

FOOD SERVICES AND HEALTHY FOOD CHOICES REPORT

Campus Food Providers, Healthy Options

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Introduction

In line with **Saudi Vision 2030**, which promotes improving quality of life and fostering healthier lifestyles, Alfaisal University is committed to creating a campus environment that supports the health and well-being of its students, faculty, staff, and visitors. Recognizing that access to nutritious and diverse food choices plays an important role in enhancing physical health, academic performance, workplace productivity, and overall wellness, the University strives to provide convenient and accessible food services that encourage balanced dietary habits.

As part of its commitment to sustainability and community well-being, Alfaisal University offers a comprehensive network of **21 food outlets** and **23 vending machines** strategically distributed across the campus. These services provide a wide variety of food and beverage options designed to meet the diverse needs and preferences of students, faculty, staff, and visitors. In addition to conventional offerings, several food outlets and vending machines feature healthier alternatives, including bottled water, fruit juices, protein-enriched beverages, high-protein dairy products, low-sugar and no-added-sugar items, and customizable coffee options that allow users to reduce or eliminate added sugar. By integrating these healthier choices into its campus food services, the University encourages balanced dietary habits while ensuring convenient access to nutritious refreshments throughout the day.

The University's approach aligns with the objectives of several **United Nations Sustainable Development Goals (SDGs)**, particularly:

- **SDG 2 – Zero Hunger:** Supporting access to safe, nutritious, and diverse food options.
- **SDG 3 – Good Health and Well-being:** Promoting healthier lifestyles through the availability of balanced food and beverage choices.
- **SDG 12 – Responsible Consumption and Production:** Encouraging responsible and sustainable food service practices and informed consumer choices.

The primary objectives of providing healthy food choices on campus include:

1. Supporting the health and well-being of the University community.
2. Offering diverse dining options that accommodate different tastes and dietary preferences.
3. Increasing access to healthier meals, snacks, and beverages through campus food outlets and vending services.
4. Encouraging informed nutritional choices by making healthier alternatives readily available and convenient.
5. Enhancing the overall campus experience through accessible, high-quality food services.
6. Contributing to a sustainable, inclusive, and health-conscious campus environment.

Through these initiatives, Alfaisal University demonstrates its commitment to creating a supportive food environment where students, faculty, staff, and visitors can make choices that align with their individual nutritional needs and wellness goals while supporting the University's broader sustainability and quality-of-life objectives.

1. Campus Food Services

Alfaisal University currently provides **21 food outlets** distributed across the campus, offering a wide variety of meals, snacks, beverages, and refreshments.

The food outlets currently operating or planned on campus include:

No	Provider Name	Product Type	Healthy Options
1.	CACTI	Mexican-inspired cuisine	Fresh salads, burrito bowls, grilled chicken, vegetables, fresh juices
2.	Kudu	Local fast food	Grilled chicken sandwiches, salads, black coffee, bottled water, sugar-free beverages
3.	Dunkin' Donuts	Beverages & pastries	Black coffee, Americano, tea, reduced-sugar beverages
4.	Alkhafeef	Arabic cuisine & bakery	Grilled meals, fresh salads, yogurt, fresh juices
5.	Key Café	Café & beverages	Black coffee, low-fat milk options, sugar-free syrups, healthy sandwiches
6.	McDonald's	Fast food	Grilled chicken options, side salad, bottled water, black coffee
7.	Noon Albon Café	Café & light meals	Fresh sandwiches, salads, fruit cups, fresh juices
8.	Toss Café	Salads & healthy options	Signature salads, grain bowls, lean proteins, fresh juices
9.	Subway	Sandwiches & wraps	Whole-wheat bread, fresh vegetables, grilled chicken or turkey, salads
10.	Waynes Coffee	Coffee & beverages	Black coffee, tea, low-fat milk, sugar-free beverage options
11.	Hola Juice & Ice Cream	Fresh juices & frozen desserts	Fresh fruit juices, smoothies, fruit cups

12.	iYK (Opening soon)		
13.	Skoops!	Ice cream & desserts	Fruit-based frozen desserts, low-fat frozen yogurt (where available)
14.	Thoughts	Specialty café	Coffee, tea, healthy sandwiches, salads
15.	Archi	Bakery & café	Fresh sandwiches, salads, low-sugar beverages
16.	Go Greek	Frozen Greek Yogurt	Low-fat frozen Greek yogurt, fresh fruits, nuts, seeds, reduced-sugar toppings
17.	SELU de Café	Café (Hot & Cold Beverages, Smoothies)	Unsweetened or reduced-sugar iced lattes, matcha (with low-fat or plant-based milk), fresh mojitos without added sugar, coffee without syrups, low-fat milk options, reduced-sugar smoothies (where available).
18.	Oryx	Grocery / Convenience Store	Bottled water, sugar-free beverages, low-fat dairy products, yogurt, and healthier snack options
19.	Afis Table	Home-style meals	Balanced meals, grilled proteins, vegetables, salads
20.	Floated		Vacated
21.	MW Coffee	Specialty Coffee & Beverages (Hot & Cold)	Americano, espresso, black coffee, cappuccino or latte with low-fat or plant-based milk, reduced-sugar beverages, iced coffee without flavored syrups.

This diverse mix of restaurants, cafés, and beverage providers enables students and employees to select food options that meet their tastes, schedules, and dietary preferences.

2. Vending Machine Services

In addition to food outlets, the University provides **23 vending machines** strategically located across campus to improve accessibility to food and beverages.

The vending machines are operated by several providers, including:

- MEED
- TCN
- BIOTIC
- EASY VEND
- AZKOYEN
- POINT

These vending facilities offer convenient access to refreshments throughout the day, supporting students, faculty, staff, and visitors in different campus locations.

No	Provider Name	Product Type	Healthy Options
1.	MEED	A wide selection of snacks	• Bottled water. • Juice products • flavored milk • beverages energy drinks
2.	TCN	A variety of convenient snacks and beverages	• Bottled water • Fruit juices
3.	BIOTIC	Healthier snacks and beverages.	• Protein milk beverages • High-protein dairy drinks • Protein yogurts and puddings • Protein bars • Low-sugar and no-added-sugar snack products • Healthy pancakes with no added sugar • Chika protein snacks • Functional nutrition products • Bottled water

			• Zero-sugar soft drinks • Low-calorie beverage alternatives
4.	EASY VEND	A diverse selection of beverages and snacks	• Protein milk beverages (including no-added-sugar varieties) • High-protein yogurt drinks • Protein desserts and puddings • Bottled drinking water • Sports drinks
5.	AZKOYEN	Freshly prepared hot drinks	Allow the users to personalize their beverages by adjusting the amount of sugar and milk or by selecting the no sugar option.
6.	POINT	A convenient selection of ready-to-drink beverages and packaged snacks	• Iced tea

MEED Vending Machines

The MEED vending machines provide a convenient selection of snacks and beverages to support the daily needs of students, faculty, staff, and visitors across the campus. Based on the products available, the machines offer bottled water, juices, coffee drinks, flavored milk beverages, soft drinks, energy drinks, chocolates, biscuits, potato chips, and a variety of confectionery items, ensuring a diverse range of refreshment options.

From a health perspective, the machines include several better-for-you choices, such as bottled water, fruit juices, and flavored milk beverages, allowing users to select alternatives to sugary soft drinks and traditional snacks. The availability of these options supports informed decision-making and enables members of the University community to choose refreshments that align with their individual dietary preferences and wellness goals.

AZKOYEN Coffee Machines

The AZKOYEN automated beverage machines provide freshly prepared hot drinks and allow users to customize their beverages according to their individual preferences. The machines offer a wide selection of drinks, including Espresso, Espresso Light, American Coffee, Coffee with Milk, Cappuccino, Latte Macchiato, Mochaccino, Caramel Coffee, Hazelnut Coffee, Tea, Milk Tea, Hot Chocolate, and Chocolate Milk. Users can also personalize their beverages by adjusting the amount of sugar and milk or by selecting the no sugar option.

From a health perspective, machines support healthier consumption habits by giving users control over their drink composition. Choosing options such as Espresso, Espresso Light, American Coffee, or Tea without added sugar provides a lower calorie alternative while still offering flavor and refreshment. The availability of sugar free customization encourages reduced sugar intake and enables students and staff to make beverage choices that better align with their personal health and wellness goals.

TCN Vending Machines

The TCN vending machines provide a variety of convenient snacks and beverages that cater to the diverse needs of the University community. Based on the available products, the machines offer bottled drinking water, fruit juices, soft drinks, potato chips, chocolate bars, biscuits, cookies, snack foods, and instant noodle cups, ensuring that users have access to refreshments throughout the day.

From a health perspective, the machines include options such as bottled water and fruit juices, enabling students and staff to make healthier beverage choices when compared with sugar-sweetened soft drinks. By offering a combination of nutritious refreshments alongside conventional snack items, the TCN vending machines support individual dietary preferences and encourage more balanced consumption choices on campus.

BIOTIC Healthy Vending Machines

As part of its commitment to promoting healthier lifestyles and improving access to nutritious food choices, Alfaisal University has installed BIOTIC healthy vending machines across campus. These machines complement the University's food service offerings by providing students, faculty, staff, and visitors with convenient access to healthier snacks and beverages throughout the day.

Unlike conventional vending machines that primarily offer confectionery and sugary drinks, BIOTIC machines focus on health-conscious and nutrition-oriented products that support balanced dietary habits. Based on the available inventory, the machines provide a wide range of healthier options, including protein milk beverages, high-protein dairy drinks, protein yogurts and puddings, protein bars, healthy pancakes with no added sugar, Chika protein snacks, low-sugar and no-added-sugar products, functional nutrition items, bottled water, zero-sugar soft drinks, and low-calorie beverage alternatives. Depending on product availability, the machines may also offer other nutrient-rich snacks designed to encourage healthier eating.

The presence of BIOTIC vending machines increases the availability of healthy grab-and-go food options on campus, encourages informed dietary choices among the University community,

provides convenient access to nutritious snacks between classes and work schedules, and complements the University's broader health and wellness initiatives by making healthier refreshments easily accessible.

POINT Vending Machines

The POINT vending machines provide a convenient selection of ready-to-drink beverages and packaged snacks for students, faculty, staff, and visitors across the campus. Based on the available products, the machines offer iced tea beverages, energy drinks, potato chips, crackers, biscuits, snack bars, and a variety of packaged confectionery items, ensuring quick and accessible refreshment options throughout the day.

From a health perspective, the availability of ready-to-drink iced tea provides an alternative beverage choice for users seeking options beyond carbonated soft drinks. The machines also offer a range of snacks to accommodate different preferences and daily needs, supporting convenient grab-and-go consumption between classes and work activities.

EASY VEND Smart Vending Machines

The EASY VEND smart vending machines provide a diverse selection of beverages and snacks, combining conventional refreshments with several healthier alternatives to meet the varying needs of the University community. Based on the available products, the machines offer protein milk beverages, including non-added-sugar varieties, high-protein yogurt drinks, protein desserts and puddings, bottled drinking water, sports drinks, soft drinks, chocolates, snack bars, potato chips, crackers, and energy drinks.

From a health perspective, the EASY VEND machines enhance access to nutritious grab-and-go options by offering protein-enriched beverages, functional dairy products, bottled water, and products with no added sugar alongside traditional snacks. This variety enables students, faculty, and staff to make choices that better align with their dietary preferences and wellness goals while maintaining the convenience of on-campus vending services.

3. Healthy Food Availability and Contribution to Campus Well-being

Alfaisal University is committed to fostering a campus environment that supports healthier lifestyle choices by ensuring that nutritious food and beverage options are readily available alongside conventional offerings. Across its food outlets and vending services, members of the University community have access to a variety of healthier alternatives, including fresh juices, bottled water, protein-enriched beverages, high-protein dairy products, low-sugar and no-added-sugar items, functional nutrition products, and customizable coffee beverages with adjustable sugar levels.

The University's diverse network of food providers allows students, faculty, staff, and visitors to select food and beverages that best suit their dietary preferences, nutritional needs, and daily schedules. Dedicated healthy vending solutions, such as the BIOTIC and EASY VEND machines, expand access to protein-rich snacks and beverages, while the AZKOYEN coffee machines enable users to customize sugar and milk levels, supporting more mindful beverage choices. In addition, bottled water and healthier beverage alternatives are available through several vending providers, ensuring convenient access to nutritious refreshments throughout the campus.

By integrating healthier options into its dining and vending services, Alfaisal University encourages balanced dietary habits and supports the overall health and well-being of its community. These initiatives contribute to creating a supportive campus environment that promotes informed food choices, enhances the daily campus experience, and reinforces the University's commitment to providing accessible, convenient, and health-conscious food services.

4. Alignment with Sustainability and Saudi Vision 2030

The University's food service initiatives support broader sustainability and quality-of-life objectives by promoting access to nutritious food choices and encouraging healthier lifestyles. These efforts align with:

Framework	Contribution
Saudi Vision 2030	Supports quality of life initiatives and healthier communities
SDG 2 – Zero Hunger	Promotes access to safe and nutritious food options
SDG 3 – Good Health and Well-being	Encourages healthy lifestyles through the availability of healthier food and beverage choices
SDG 12 – Responsible Consumption and Production	Supports responsible campus food service practices and informed consumer choices

5. Conclusion

Alfaisal University is committed to providing a diverse, accessible, and health-conscious food environment for its campus community. With **21 food outlets** and **23 vending machines** available across the campus, the University offers a wide range of dining options while ensuring that several vendors provide **healthier food and beverage choices**.

Through these services, the University supports the well-being of its students and employees, contributes to a positive campus experience, and reinforces its commitment to sustainability and the objectives of **Saudi Vision 2030** and the **United Nations Sustainable Development Goals**.