



SDG 2 – ZERO HUNGER

The second goal is to end hunger, achieve food security and improved nutrition and promote sustainable agriculture. So, hunger is the leading cause of death in the world. Our planet has provided us with tremendous resources, but unequal access and inefficient handling leaves millions of people malnourished. If we promote sustainable agriculture with modern technologies and fair distribution systems, we can sustain the whole world's population and make sure that nobody will ever suffer from hunger again.

- Does your university as a body measure the amount of food waste generated from food served within the university?

Food waste is recorded in our university cafeterias. Food waste estimates include 30, 60, and 90-cup tubs after service. Based on the data for the last 3 months of 2023, the total bio-waste obtained from the waste left on the plates at the end of the service was calculated as approximately 0.109 MT. Cafeteria menus are created by a dietician, considering the institution's socio-demographic structure. Monthly menus are shared on our university's Health, Culture, and Sports Department website to improve food preferences and reduce food waste. Visuals are displayed in our cafeterias to raise awareness of food waste. Üsküdar University Occupational Safety, Occupational Health and Environmental Health Application and Research Centre website includes data on waste management. In addition, our university has a "Zero Waste" certificate. The relevant documents can be accessed below.

Evidence: In all areas of the university, including the dining hall, there are information boards about waste separation and bins for recyclable, non-recyclable, glass, organic, plastic, paper and cardboard waste boxes. Posters are placed in cafeterias on our campuses to raise awareness about food waste.

- Üsküdar University waste tracking chart aims to contribute to waste management in a way that minimises the harmful effects of waste on human health and the environment. In this direction, it has been decided that the data processed annually since 2021 will be shared digitally and made public in accordance with the principle of transparency as of 2023. The tracking chart, which provides measurable data for studies on waste management, is monitored by the Sustainability Coordination Department.

Evidence: Food waste for the year 2023 (January-December) has been calculated as the average tub waste and is 294 kg. According to the data in ÜSGÜMER, this amount is 4 mt.

<https://uskudar.edu.tr/usgumer/en/waste-tracking-schedule>

- Does your university as a body have a programme in place on student food insecurity/hunger?



Students who have difficulty in paying due to unforeseen reasons while continuing their education at Üsküdar University and who document this situation are given lunch scholarships and tuition scholarships during the academic year with the decision of the Board of Trustees if deemed appropriate by the scholarship commission. Students who wish to benefit from these scholarships in the following years must reapply with the necessary documents.

Evidence: The Üsküdar University scholarship guidelines and the Instagram platform that provides information to students about scholarship applications can be accessed from the link below.

- Üsküdar University Scholarship Guidelines:
 - o <https://uskudar.edu.tr/assets/uploads/sayfa/18/file/uskudar-universitesi-burs-yonergesi-18-07-2023.pdf>
- Üsküdar University Social Media Posts:
 - o https://www.instagram.com/p/CxdTPwltjIQ/?utm_source=ig_web_button_share_sheet&igsh=MzRIODBiNWFIZA==
 - o https://www.instagram.com/p/CzY1oq5IH6C/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

- Does your university as a body provide interventions to prevent or alleviate hunger among students? (e.g. including supply and access to food banks/pantries)

The university cafeteria offers two options for dining: a fixed-price four-course menu and a "pay as you go" system. Students may select dishes from the menu of the day according to their budgetary considerations. The prices of bread and water are not available for consultation. Students with food allergies or metabolic diseases (e.g., celiac disease, lactose intolerance) may request a personalized menu by notifying the Üsküdar University Solution Center.

- Our university campuses are strategically situated in central locations. In this context, our students have the opportunity to benefit from the city's restaurant offerings within the Istanbul Metropolitan Municipality, which provide affordable service.
- Nutrition Education: To keep the public and university students informed, we include nutrition news in periodicals and press/media organs. We also organize symposiums and congresses on this topic.
- As part of the Nutrition Principles and Practices course, which is part of the Department of Nutrition and Dietetics curriculum at our university, students engage in weekly recipe development exercises for food groups in the Nutrition Principles Laboratory. The meals produced at the end of the course are shared with students in need.
- Emergency Fund Programs: Emergency funds are designed to assist students experiencing financial challenges in addressing unforeseen costs that could potentially impact their ability to maintain adequate nutrition.



Evidence:

- Social media posts promoting sustainable nutrition
 - o <https://www.instagram.com/p/CvjXKCJNUm/>
 - o <https://www.instagram.com/p/CwrbkZkNoeu/>
 - o <https://uskudar.edu.tr/tr/icerik/12542/otoimmun-hastaliklarda-glutenin-yeri-ve-guncel-yaklasimlar-sempozyumu-duzenlendi>
 - o <https://uskudar.edu.tr/en/icerik/42033/eating-out-all-the-time-is-harmful-to-both-your-health-and-budget>
- Social media posts regarding Nutrition and Dietetics Club (DİYETÜSK) activities
 - o <https://www.instagram.com/reel/CmoYTtmBDkO/>
- Emergency Fund Programs: Üsküdar University scholarship directive and the Instagram platform that provides information about scholarship applications to students can be accessed from the link below.
 - o <https://uskudar.edu.tr/images/tools/yonetmelik/17.pdf>
 - o <https://uskudar.edu.tr/tr/burslar>
 - o https://www.instagram.com/p/CxdTPwltjIQ/?utm_source=ig_web_button_share_sheet&igsh=MzRIODBiNWFIZA==
 - o https://www.instagram.com/p/CzY1oq5IH6C/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

- Does your university as a body provide sustainable food choices for all on campus, including vegetarian and vegan food?

Sustainable Sources: The sustainability targets of the companies supplying food to our university cafeteria were examined. Eker, the company that supplies milk and dairy products to our university cafeteria, is a member of the Sustainable Food Platform within the Sustainability Academy. Another company, Bereket Tarımcılık, not only utilizes its own agricultural products in the supply process but also sources products from local farmers. Beytav, the supplier of white meat, is certified for its adherence to Good Agricultural Practices (GAP).

Seasonal Menus: The menus of our university are planned by a dietician, taking into account the seasons and the local agricultural products.

Plant-Based Proteins: Our campus menus include vegan/vegetarian options as well as plant-based protein sources such as legumes two days a week.

Food Education Programs: Our university's Nutrition and Dietetics Club plans activities to promote healthy eating. In addition, informative posts are regularly posted on the social media accounts of our university's Health, Culture and Sports Office.



Evidence:

- Sustainable Sources:
 - o <https://www.eker.com/sayfa/Surdurulebilirlik>
 - o <https://www.berekettarimcilik.com/tarlalarimizdan/>
 - o <http://www.beytav.com.tr/belgeler.html>
- Seasonal Menus and plant-based proteins: menus are available on the website
 - o <https://sks.uskudar.edu.tr/yemek-menu>
- Üsküdar University's "Technical Specifications for the Procurement of Food Services" is available on the website:
 - o https://cdn.uskudar.edu.tr/uploads/files/2021/08/04/yemek-teknik-sartname_2.docx
- Food Education Programs: informative posts to promote healthy eating are regularly posted on the social media
 - o <https://www.instagram.com/p/CvjXKCJNUm/>
 - o <https://www.instagram.com/p/CwrbkZkNoeu/>
 - o <https://www.instagram.com/reel/CmoYTtmBDkO/>
 - o https://www.instagram.com/p/Cw4TjM7tu8l/?img_index=1
- Sustainable and healthy food choices are available in/nearby our campus
 - o <https://tesislerimiz.ibb.istanbul/eng/>
 - o <https://www.instagram.com/explore/locations/102521879507526/leo-coffee-bakery/>

- Does your university as a body provide healthy and affordable food choices for all on campus?

The price set by our university's catering service provider for a four-course meal is 90 TL, which is relatively affordable compared to other food options available for consumption outside the home. Our university's food scholarship program provides complimentary cafeteria services for eligible students. Furthermore, the cafeteria services are available to our university staff at no additional cost. Monthly menus are shared on our university's Health, Culture, and Sports Department website to improve food preferences. The cafeterias on our campuses offer a variety of sustainable and healthy food choices. Vending machines offering a variety of food and beverage options are available at designated locations on all campuses. Water dispensers are located on each floor of all university campuses and are available for use by staff and students. Furthermore, the quality standard documents provided by the university's catering service provider are presented below.



Evidence:

- The price set by our university's catering service provider for a four-course meal is 90 TL, which is relatively affordable compared to other food options available for consumption outside the home.
 - o <https://sks.uskudar.edu.tr/yemek-menu>
- Our university's food scholarship program provides complimentary cafeteria services for eligible students.
 - o <https://uskudar.edu.tr/en/scholarships>
- Scholarship information on the university website (application address: <https://basvuru.uskudar.edu.tr/login>)
- Monthly menus are shared on our university's Health, Culture, and Sports Department website to improve food preferences.
 - o <https://sks.uskudar.edu.tr/yemek-menu>
- Vending machines offering a variety of food and beverage options are available at designated locations on all campuses. Water dispensers are located on each floor of all university campuses and are available for use by staff and students.
- The cafeterias on our campuses offer a variety of sustainable and healthy food choices. The social media accounts of the cafeterias on our campuses can be accessed via the links provided below.
 - o <https://www.instagram.com/leocoffeetr/>
 - o <https://www.instagram.com/loungebubble/>

- Does your university as a body provide interventions to prevent or alleviate hunger among staff?

Our university staff are provided with one meal (lunch) as standard and two meals (lunch and dinner) free of charge in the event of extended working hours. Refrigerators are available in the kitchens on certain floors to store food brought by staff from home. Tea and coffee services are available in the kitchens. Vending machines and water fountains are located on certain floors.

Evidence:

- Monthly meal menus can be accessed from the link.
 - o <https://sks.uskudar.edu.tr/yemek-menu>

- Photos of kitchens, vending machines and water dispensers



- Does your university as a body provide access on food security and sustainable agriculture and aquaculture knowledge, skills or technology to local farmers and food producers?

Faculty of Communication Department of Journalism student Hande Serra Keskin won the second prize in the Internet Media Site category with her news website "Farmer's World". The news site advised by Prof. Süleyman İrvan included news and interviews about farming.

Our university's education programs include courses on sustainable agriculture.

The laboratories within our university are accessible to parties from relevant sectors.

For this purpose, there are events held with the participation of our university faculty members.

Evidence:

- News link about the site called "Farmer's World"
 - o <https://uskudar.edu.tr/en/icerik/42344/3-more-awards-to-uskudar-communication>
- Curriculums that include sustainable agriculture courses at our university:
 - o <https://cdn.uskudar.edu.tr/uploads/files/2023/07/11/gida-teknolojisi-ders-2022-2023.pdf>
 - o <https://cdn.uskudar.edu.tr/uploads/files/2023/07/11/tibbi-ve-aromatik-bitkiler-2022-2023.pdf>
 - o <https://uskudar.edu.tr/sbf/assets/uploads/sbf/wp-content/uploads/beslenme-ve-diyetetik-ders-program%C4%B1.pdf>
- Laboratories and research centers within our university
 - o <https://uskudar.edu.tr/tr/laboratuvarlar>
- "2nd International Food Chemistry Congress" held on 16-19 March 2023 with the participation of our university faculty members
 - o <https://gidakimyasikongresi.org/arsiv/2-gida-kimyasi-kongresi/>



- Does your university as a body provide events for local farmers and food producers to connect and transfer knowledge?

Faculty of Communication Department of Journalism student Hande Serra Keskin won the second prize in the Internet Media Site category with her news website "Farmer's World".

Our faculty member Assoc. Prof. Dr. Mehmet Enis Bulak conducted a multinational study on the food industry in the context of its challenges, opportunities, competencies and diversification, using the example of Qatar.

Üsküdar University actively collaborates with local communities in efforts to preserve shared land ecosystems. An illustrative example of this commitment is the technical visit organized by the Health Services Vocational School's Program in Medicinal and Aromatic Plants, led by Program Chair Dr. Tuğba KAMAN, to the Bezmialem Phytotherapy Center (FİTOMER) during the 2023-2024 fall semester.

For this purpose, there are events held with the participation of our university faculty members.

Evidence:

- News link about the site called "Farmer's World"
 - o <https://uskudar.edu.tr/en/icerik/42344/3-more-awards-to-uskudar-communication>
- Article of the research in which Assoc. Prof. Dr. Mehmet Enis Bulak took part
 - o Al-Abdelmalek, N., Kucukvar, M., Onat, N. C., Fares, E., Ayad, H., Bulak, M. E., ... & Ertogral, K. (2023). Transforming challenges into opportunities for Qatar's food industry: self-sufficiency, sustainability, and global food trade diversification. Sustainability, 15(7),5755.
<https://doi.org/10.3390/su15075755>
- "2nd International Food Chemistry Congress" held on 16-19 March 2023 with the participation of our university faculty members
 - o <https://gidakimyasikongresi.org/arsiv/2-gida-kimyasi-kongresi/>

- Does your university as a body provide access to university facilities (e.g. labs, technology, plant stocks) to local farmers and food producers to improve sustainable farming practices?

Üsküdar University has infrastructure, laboratories and research and development centers that can be used by local farmers and food producers who want to work on improving agricultural practices. The faculty members working in our university conduct various researches in the relevant field. In addition, there are events held with the participation of our university faculty members for this purpose.



Evidence:

- Laboratory and R&D centres and research groups of Üsküdar University
 - o <https://uskudar.edu.tr/tr/laboratuvar/75/beslenme-ilkeleri-uygulamalari-laboratuvari>
 - o <https://uskudar.edu.tr/tr/laboratuvar/134/adli-biyoloji-ve-genetik-laboratuvari>
 - o <https://uskudar.edu.tr/tr/laboratuvar/152/herbaryum-teknikleri-laboratuvari>
 - o <https://uskudar.edu.tr/tr/laboratuvar/72/ileri-protein-analiz-laboratuvari>
 - o <https://uskudar.edu.tr/tr/laboratuvar/71/mikrobiyal-biyoteknoloji-aratma-laboratuvari>
 - o <https://uskudar.edu.tr/tr/laboratuvar/18/molekuler-biyoloji-ve-genetik-laboratuvari>
 - o <https://uskudar.edu.tr/tr/laboratuvar/108/prof-dr-ekrem-kadri-unat-multidisipliner-laboratuvari>
 - o <https://tibbi-biyokimya.uskudar.edu.tr/>
 - o <https://uskudar.edu.tr/tr/laboratuvar/32/tibbi-ve-aromatik-bitkiler-laboratuvari>
 - o <https://uskudar.edu.tr/tr/laboratuvar/67/ileri-toksikoloji-ve-analiz-laboratuvari>
 - o <https://promer.uskudar.edu.tr/tr/sayfa/hakkinda>
 - o <https://uskudar.edu.tr/en/research-group/molecular-biotechnology-working-group>
 - o <https://uskudar.edu.tr/en/research-group/biological-activities-working-group>
 - o <https://uskudar.edu.tr/en/research-group/public-health-and-health-policy-working-group>
 - o <https://uskudar.edu.tr/en/research-group/current-approaches-in-nutrition-and-dietetics-working-group>
 - o <https://uskudar.edu.tr/en/non-interventional-research-ethics-board>
- "2nd International Food Chemistry Congress" was organized on 16-19 March 2023 with the participation of our university faculty members. The Ministry of Agriculture and Forestry/ TAGEM also took part in the organization of the congress. Many local food producers and suppliers also attended the congress and made scientific presentations.
 - o <https://gidakimyasikongresi.org/arsiv/2-gida-kimyasi-kongresi/>



- Does your university as a body prioritise purchase of products from local, sustainable sources?

The sustainability targets of the companies supplying food to our university cafeteria were examined. Eker, the company that supplies milk and dairy products to our university cafeteria, is a member of the Sustainable Food Platform within the Sustainability Academy. Another company, Bereket Tarımcılık, not only utilizes its own agricultural products in the supply process but also sources products from local farmers. Beytav, the supplier of white meat, is certified for its adherence to Good Agricultural Practices (GAP).

Evidence:

- Sustainability policies of companies that supply food to our university cafeteria
 - <https://www.eker.com/sayfa/Surdurulebilirlik>
 - <https://www.berekettarimcilik.com/tarlalarimizdan/>
 - <http://www.beytav.com.tr/belgeler.html>