



## SDG 2 - ZERO HUNGER

The second of the Sustainable Development Goals (SDGs), "Zero Hunger," aims to achieve food security and food safety on a global scale and improve nutritional conditions, if not to completely end hunger in the world by 2030. This goal is based on making food systems more resilient through the promotion of sustainable agricultural practices that protect ecosystems and support small-scale farmers, in addition to fighting malnutrition.

### 2.2.1 - Does your university measure the amount of food waste generated from food served within the university?

If food supply is provided externally, tracking this data will be mandatory. Although the university does not yet have a dedicated system for weighing or directly quantifying food waste, the catering service unit conducts daily monitoring based on portion counts. After each meal service, remaining food in the trays is visually assessed to estimate the number of uneaten portions. Since the capacity of each tray (e.g., 30 or 40 portions) is predetermined, the amount of leftover food can be calculated accordingly ; for instance, if half of a 30-portion tray remains, 15 portions are recorded as waste. These data are documented in daily reports and reviewed regularly to improve production planning and minimize waste. In addition to food waste monitoring, the university maintains waste tracking charts for non-food materials such as packaging, paper, and plastics as part of its broader sustainability management system. This integrated approach helps the university enhance resource efficiency and reduce overall environmental impact.

**Evidence:** There are information boards regarding waste segregation and waste bins for recyclable, non-recyclable, glass, organic, plastic, paper, and cardboard waste in all areas of the university, including the cafeteria. Posters have been placed in the 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 minimizes the harmful effects of waste on human health and the environment. The tracking chart, which provides measurable data for waste management studies, is followed by the Sustainability Coordinatorship.

- <https://uskudar.edu.tr/usgumer/atik-takip-cizelgesi>



### 2.3.1. Does your university have a program on student food insecurity/hunger?

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

**Evidence:** Üsküdar University scholarship directive and the Instagram platform that informs students about scholarship applications can be accessed from the link below.

Üsküdar University Scholarship Directive:

<https://uskudar.edu.tr/assets/uploads/sayfa/18/file/uskudar-universitesi-burs-yonergesi-18-07-2023.pdf>

### 2.3.2. Does your university as a body provide interventions to prevent or alleviate hunger among students?

Üsküdar University implements a comprehensive intervention system ranging from nutritional support to financial aid in order to prevent and alleviate hunger among students. While food access is diversified thanks to the fixed-price four-course menu or the "pay-as-you-go" system that allows selection according to budget in the university cafeteria ; personalized menu options are provided through the Solution Center for students with food allergies or metabolic conditions. While lunch and education scholarships are provided by the decision of the Board of Trustees to students experiencing financial difficulties and documenting their situation, psychological counseling services are offered for stress and anxiety conditions arising from food insecurity. In addition to these tangible supports, academic awareness and social solidarity are strengthened through activities such as nutrition education, symposiums on waste, and iftar programs organized by student clubs.

**Evidence:**

- **Food Menu and Service Options:** <https://sks.uskudar.edu.tr/en/lunch-menu>
- **Special Dietary Requests (Solution Center):** <https://cozum.uskudar.edu.tr/>
- **Nutrition Education and News:** [Nutrition Social Media Post](#)
- **Savings and Waste Symposium:** [1st Savings and Waste Symposium Details](#)
- **Scholarship Directive and Applications:** [Üsküdar University Scholarship Directive](#) ve [Scholarship Information Page](#)
- **Psychological Counseling Unit:** <https://sks.uskudar.edu.tr/en/psychological-counseling-unit>
- **Social Events:** [Iftar Organizations](#)



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

Üsküdar University implements a holistic nutrition policy that includes vegan and vegetarian menu alternatives in order to promote sustainable food choices throughout the campus. Menus, which include plant-based protein sources such as legumes two days a week, are meticulously planned by expert dietitians taking into account seasonal and local agricultural products. In the food procurement process, companies with sustainability targets such as Eker (a member of the Sustainable Food Platform), Bereket Tarımcılık (which supports local farmers), and Beytav (certified with Good Agricultural Practices - GAP) are preferred. While these processes are secured with official technical specifications, food awareness is raised to the highest level through healthy snack options in campus facilities, educational activities carried out by the Nutrition and Dietetics Club (Diyetüsk), and academic events like the "1st Savings and Waste Symposium".

#### **Evidence:**

- **Sustainable Supplier Information:** [Eker Sustainability](#) , [Bereket Tarımcılık Local Production](#) , [Beytav Certificates](#)
- **Dietitian-Approved Seasonal Menus:** [Food Menu Page](#)
- **Food Services Technical Specifications:** [Procurement Specifications](#)
- **Education and Awareness:** [Diyetüsk Social Media Posts](#), [1st Savings and Waste Symposium](#)
- **Social Events:** [Iftar Organizations](#)

### **2.3.4. Does your university as a body provide healthy and affordable food choices for all on campus?**

Üsküdar University provides healthy, balanced, and economic food options for all individuals throughout the campus. Access to food is facilitated by pricing the four-course meal served in the university cafeteria at 195 TL, which is quite affordable compared to alternatives in the outside market. To further strengthen this accessibility, free lunch scholarships are provided to eligible students, and food service is offered to all university staff at no additional cost. Monthly menus prepared with sustainable choices suitable for different dietary needs under the supervision of nutritionists are regularly published on the website of the Directorate of Health, Culture, and Sports to ensure transparency and encourage healthy selection. Furthermore, continuous access to food and beverages is supported by vending machines placed at various points of the campuses and water dispensers in staff kitchens ; all services provided are secured by the quality and hygiene certifications held by the catering company.



#### Evidence:

- **Economic Meal Service and Pricing:** [Food Menu Page](#)
- **Meal Scholarship and Staff Support:** Free meal scholarships are provided to eligible students; staff benefit from the service free of charge.
  - [Üsküdar University Scholarship Directive](#)
- **Nutrition Planning and Menus:** Menus are planned by dietitians and shared on the official website
  - [Food Menu Page](#)
- **On-Campus Access Opportunities:** Vending machines are available campus-wide.
- **Quality and Hygiene Documents:** The catering service provider has quality standard documents and certificates.
- **Social Media and Communication Current updates from campus cafeterias can be accessed via social media accounts**
  - [Leo Coffee](#)

#### 2.3.5. Does your university provide any interventions to prevent or alleviate hunger among staff?

Üsküdar University implements various support mechanisms for its employees to protect their well-being and contribute to food security within the university community. In this context, all university staff are provided with one free meal (lunch) every working day, and two free meals (lunch and dinner) during extended working hours. Menus planned according to balanced and adequate nutrition criteria under the supervision of nutritionists are published monthly on the institution's website to support staff's healthy food choices. Additionally, continuous and safe access to food is provided through refrigerators in campus kitchens where staff can safely store food brought from home, clean drinking water dispensers, tea-coffee services, and vending machines on certain floors. All food services offered are secured by quality standards and certifications that meet hygiene and nutrition criteria

#### Evidence:

- **Free Meal Service:** Staff have the right to one free meal every working day and two free meals when working overtime.
- **Food Storage and Kitchen Facilities:** Refrigerators and beverage preparation areas are available in staff kitchens for safe food storage.
- **Clean Water and Vending Machine Access:** Water dispensers are available in kitchens on all campuses, and food-beverage vending machines are located on certain floors.
- **Expert-Supervised Monthly Menus:** Menus are planned by nutritionists and shared on the Health, Culture, and Sports Directorate page
  - [Food Menu Page](#)
- **Quality and Hygiene Certificates:** Official documents proving the compliance of the food provided by the catering service provider with hygiene and quality standards are available.



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

Üsküdar University provides access to knowledge, skills, and technology on food security and sustainable agriculture to local farmers and food producers through academic and institutional initiatives. In this context, while knowledge sharing is supported through organizations such as the 3rd International Food Chemistry Congress, awareness is raised on resource efficiency and reducing food waste through the 1st Savings and Waste Symposium. Local soil-free (hydroponic) agriculture systems and biopolymer food packaging development projects conducted within the university encourage technology transfer to local producers. Additionally, necessary technical equipment for sustainable production is provided through educational programs such as Food Technology, Medicinal and Aromatic Plants, and Nutrition and Dietetics, as well as laboratory infrastructure open to sectoral stakeholders. The ISO 9001, ISO 14001, and ISO 22000 certificates held by the institution's catering service provider register the university's institutional commitment to food safety and sustainable practices.

#### Evidence:

- **Academic Congresses and Events:** Participation in the Organizing Committee of the 3rd International Food Chemistry Congress and the 1st Savings and Waste Symposium.
  - [https://drive.google.com/file/d/1cy2LqtMLOZE6Ai5wIoYA\\_hDCxYrT01ao/view](https://drive.google.com/file/d/1cy2LqtMLOZE6Ai5wIoYA_hDCxYrT01ao/view)
  - <https://uskudar.edu.tr/en/new/the-1st-savings-and-waste-symposium-was-held/57987>
- **Technology Transfer and R&D Projects:** Local soil-free agriculture (hydroponic) systems prototype development and food packaging application projects.

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Prof.Dr. Osman ÇEREZCİ	Rüzgar Enerji Santrallerinde Elektromanyetik Alanların Çevresel Etki Değerlendirmesinin İncelenmesi Projesi	ELEKTRİK-ELEKTRONİK MÜHENDİSLİĞİ (İNGİLİZCE)
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Dr. Öğr. Üyesi Nigar KANTARCI ÇARŞIBAŞI	Farklı Lapsa Ve Sles Parametrelerine Sahip Deterjanların Kemik Dokudan Dna İzolasyonuna Etkisinin Araştırılması	KİMYA MÜHENDİSLİĞİ (İNGİLİZCE)
Dr. Öğr. Üyesi Nigar KANTARCI ÇARŞIBAŞI	Farklı Boyutlardaki Çinko Oksit (Zn) Nanoparçacıklarının Güneş Koruyucu Etkisinin Uva/Uvb Parametre Değerleri İle Araştırılması	KİMYA MÜHENDİSLİĞİ (İNGİLİZCE)
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Dr. Öğr. Üyesi Nigar KANTARCI ÇARŞIBAŞI	Histamin H <sub>4</sub> Reseptörünün İnhibisyonunu Sağlayacak Doğal Kaynaklı Potansiyel Antihistaminik Moleküllerin İn Siliko Keşfi Ve İn Vitro Kimyasal Validasyonu	KİMYA MÜHENDİSLİĞİ (İNGİLİZCE)
Dr. Öğr. Üyesi Cihan TAŞTAN	Hydroponik Sistemde Elektrikle Uyarılmış Pedot:Pss-Selüloz-Karbon Nanofiber Toprakla Pamuk Yetiştiriciliği	MOLEKÜLER BİYOLOJİ VE GENETİK (İNGİLİZCE)



- **Educational Curricula:** Sustainable agriculture-oriented course content belonging to Food Technology, Medicinal and Aromatic Plants, and Nutrition and Dietetics departments.
  - <https://cdn.uskudar.edu.tr/uploads/files/2023/07/11/gida-teknolojisi-ders-2022-2023.pdf>
  - <https://cdn.uskudar.edu.tr/uploads/files/2023/07/11/tibbi-ve-aromatik-bitkiler-2022-2023.pdf>
  - <https://cdn.uskudar.edu.tr/uploads/files/2023/07/14/2023-2024-beslenme-ve-diyetetik-ders-icerikleri.pdf>
- **Infrastructure Access:** Laboratories and research-development centers open to the use of sectoral stakeholders
  - <https://uskudar.edu.tr/tr/laboratuvarlar>
- **Institutional Quality Certificates:** ISO 9001 (Quality), ISO 14001 (Environment), and ISO 22000 (Food Safety) management system documents belonging to the catering service provider.

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

Üsküdar University organizes various events and knowledge transfer processes to increase sustainable agriculture capacity by establishing strong connections between the academic community and local food system stakeholders. The 1st Savings and Waste Symposium held in this context brought together academics and sectoral stakeholders, creating a ground for dialogue on resource efficiency and reducing food waste. Furthermore, the university facilitated knowledge exchange on food quality and sustainability by taking part in the organizing committee of the 3rd International Food Chemistry Congress. In the dimension of technological innovation, direct technology transfer to local producers is supported through project proposals for soil-free (hydroponic) agriculture systems, and the laboratories and R&D centers within the university are kept open to the access of all relevant sector representatives.

### Evidence:

- **1st Savings and Waste Symposium Details**
  - <https://uskudar.edu.tr/en/new/the-1st-savings-and-waste-symposium-was-held/57987>
- 3rd International Food Chemistry Congress Organizing Committee
  - [Congress Organization](#)
- **Access to Laboratories and R&D Centers**
- <https://uskudar.edu.tr/tr/laboratuvarlar>
- **Technology Transfer and Innovation Projects:** Local prototype development for hydroponic farming systems and biopolymer food packaging projects.

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### 2.5.3. Does your university as a body provide access to university facilities for local farmers and food producers to develop sustainable agricultural practices?

Üsküdar University offers local farmers and food producers access to its facilities and knowledge for research and collaboration to develop sustainable agricultural practices. Laboratories and R&D centers within the university are kept open for the use of relevant sectors. Projects such as the local growth capsule for soil-free (hydroponic) agriculture systems and nanofiber cotton cultivation developed by faculty members support technology transfer and sustainable production techniques to local producers. In addition, active knowledge sharing among stakeholders is ensured on resource efficiency, reducing food waste, and sustainable food quality through organizations such as the "1st Savings and Waste Symposium" and the "3rd International Food Chemistry Congress". The catering service provider's work under certified food quality standards also reinforces the institutional contribution to safe and sustainable food production processes.

#### Evidence:

- **Laboratory and R&D Centers Access Portal:**
  - <https://uskudar.edu.tr/tr/laboratuvarlar>
- 3rd International Food Chemistry Congress Organizing Committee:
  - [Congress Participation](#)
- 1st Savings and Waste Symposium
  - <https://uskudar.edu.tr/en/new/the-1st-savings-and-waste-symposium-was-held/57987>
- **Sustainable Agriculture and Technology Transfer Projects:** Academic project applications on hydroponic farming systems and biopolymer food packaging applications.

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#### 2.5.4. Does your university as a body prioritize the purchase of products from local, sustainable sources?

Üsküdar University prioritizes local and sustainable sources in food procurement to support the local economy and fulfill its environmental responsibilities. The university's catering service procurement processes are conducted with technical specifications that require the preference of local suppliers whenever possible. Campus menus prepared in accordance with this approach are planned by expert dietitians taking into account seasonal and local agricultural products, and include plant-based protein sources such as legumes, along with vegan and vegetarian options. In supplier selection, the sustainability targets of institutions are meticulously examined; stakeholders such as Eker (member of the Sustainable Food Platform), Bereket Tarımcılık (supporting local farmers), and Beytav (certified with Good Agricultural Practices - GAP) are collaborated with. Additionally, the catering service provider's operation in accordance with ISO 14001 Environmental Management System standards registers the university's commitment to internationally recognized sustainability practices.

#### Evidence:

- **Food Services Technical Specifications:** Official procurement document determining local supplier priority
  - [https://cdn.uskudar.edu.tr/uploads/files/2021/08/04/yemek-teknik-sartname\\_2.docx](https://cdn.uskudar.edu.tr/uploads/files/2021/08/04/yemek-teknik-sartname_2.docx)
- **Sustainability Commitments of Suppliers**
  - <https://www.eker.com/sayfa/Surdurulebilirlik>
  - <https://www.berekettarimcilik.com/tarlalarimizdan/>
  - <http://www.beytav.com.tr/belgeler.html>
- **Monthly Food Menus:** Seasonal and local product-oriented, dietitian-approved nutrition plans
  - <https://sks.uskudar.edu.tr/yemek-menu>

#### CONCLUSION

Üsküdar University implements a holistic and systematic strategy ranging from financial and social support mechanisms that ensure food security within the campus to the transfer of sustainable agricultural technologies to local producers. Offering affordable and nutritious menus, supporting stakeholders in need with scholarships, and prioritizing local-sustainable supply chains clearly demonstrate the institution's commitment to fighting hunger and improving food systems. This integrated approach supported by academic awareness, technological innovation, and waste management not only protects the well-being of the university community but also leads the way in building a more resilient, inclusive, and sustainable food future at the regional level.