

SDG PROGRESS REPORT

on **SDG-2 ZERO HUNGER**

**20
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SDG PROGRESS REPORT

ISTANBUL MEDENIYET
UNIVERSITY

**Istanbul Medeniyet University
Sustainability Office**

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SDG Icons

<https://www.un.org/sustainabledevelopment/news/communications-material/>

Sustainable Development Report Maps

<https://dashboards.sdgindex.org/profiles/turkey>

SDG Statics

<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

https://www1.undp.org/content/seoul_policy_center/en/home/sustainable-development-goals.html

2 ZERO HUNGER



The number of undernourished people has dropped by almost half in the past two decades because of rapid economic growth and increased agricultural productivity. Many developing countries that used to suffer from famine and hunger can now meet their nutritional needs. Central and East Asia, Latin America and the Caribbean have all made huge progress in eradicating extreme hunger.

Unfortunately, extreme hunger and malnutrition remain a huge barrier to development in many countries. There are 821 million people estimated to be chronically undernourished as of 2017, often as a direct consequence of environmental degradation, drought and biodiversity loss. Over 90 million children under five are dangerously underweight. Undernourishment and severe food insecurity appear to be increasing in almost all regions of Africa, as well as in South America.

The SDGs aim to end all forms of hunger and malnutrition by 2030, making sure all people—especially children—have sufficient and nutritious food all year. This involves promoting sustainable agricultural, supporting small-scale farmers and equal access to land, technology and markets. It also requires international cooperation to ensure investment in infrastructure and technology to improve agricultural productivity.

UN SDG

WORLD



%63
of the world's hungry lived in Asia in 2017



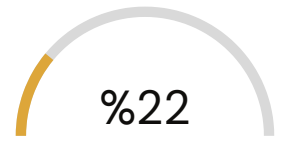
more than 1 in 8 adults is obese

821
MILLION

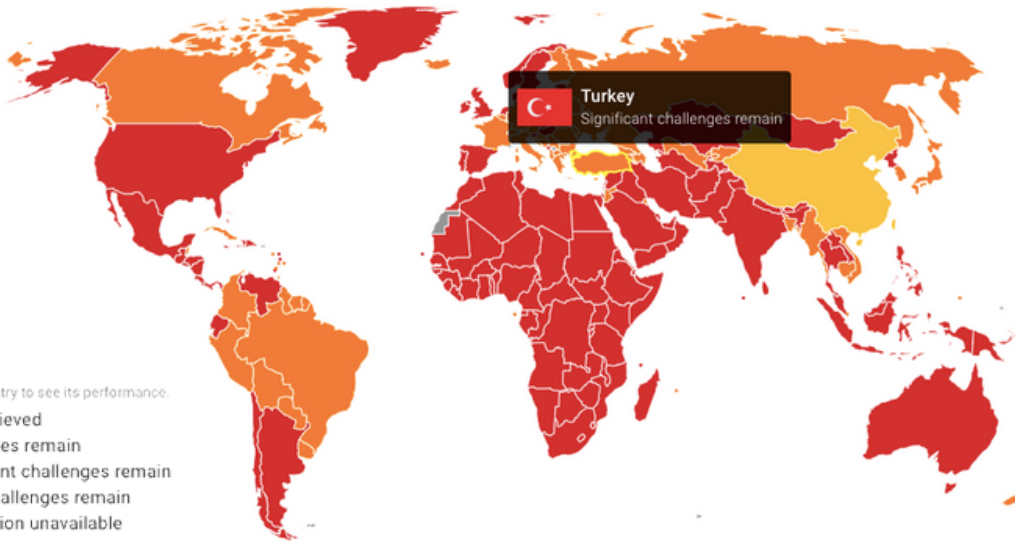
the number of undernourished people in 2017



1 in 3 women of reproductive age is anemic



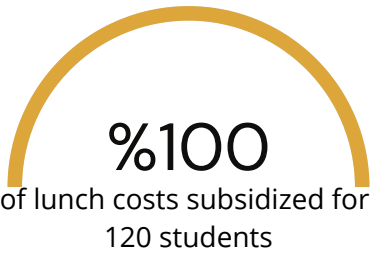
%22
of children under five were still stunted in 2017



- Legend**
Click on a country to see its performance.
- SDG achieved
 - Challenges remain
 - Significant challenges remain
 - Major challenges remain
 - Information unavailable

TURKEY

IMU



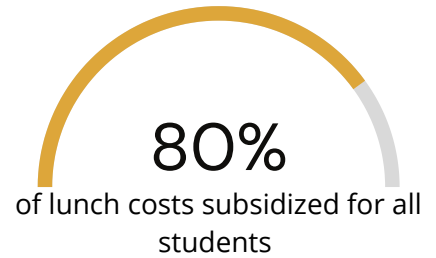
%100
of lunch costs subsidized for 120 students



healthy meals routinely inspected by on-campus dietitians and food engineers

401+

Zero Hunger 2022 Rank in



80%
of lunch costs subsidized for all students

0.299
DOLLARS

the lunch cost for students

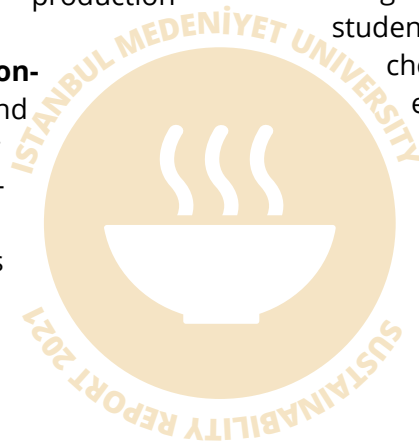
Food Waste

Food waste can emerge at any stage of the process whereby food is delivered from the producer to the consumer; i.e., production, handling and storage, processing, distribution, and consumption. As Istanbul Medeniyet University, we seek to develop diverse operations for these different stages in order to reduce the food waste generated by our campus community. For instance, to minimize the **food waste generated during transport**, we produce our lunches in our **own campus kitchen**. Thereby, we prevent the food waste that would be otherwise generated from production to consumption stages and also ensure that the meals produced by our contracted service providers in our campus kitchen to be served to our students, staff, and guests are cooked in a healthy and hygienic environment and can be fully inspected throughout the production process.

In order to minimize the **consumption-stage food waste**, we serve salads and other side dishes in a way that our students and staff can get the sufficient amount they can consume, instead of portioning them ourselves in our dining halls. Thereby, we prevent a great deal of food waste.

Student and Staff Hunger

As a university program to remedy student hunger, we aim to ensure that our students can easily access nutritious meals in an affordable way in our dining halls and cafeterias. For this reason, all our students are given an **80 percent subsidy** on the regular lunch prices and each year, 120 students receive a **100 percent food stipend**. All registered undergraduate and graduate students of the University may apply for a food stipend.



In addition, our staff members receive an extra 20 percent discount in the restaurants run by Istanbul Metropolitan Municipality as per the agreement between our university and the municipality.

Furthermore, we implement additional interventions during certain periods to support our community's access to healthy and affordable food. For instance, during the exam period in 2021, we provided free and healthy food support to our students studying for their exams in our university library, giving them easier access to healthy food choices outside lunch hours. The Young Vision Student Club of our university distributed warm soup to our students during the midterm exam week in Fall Semester through the event **"Çorbaya Kal Büte Kalma"** (Stay for Soup, not for the Resit Exams) they organized with the sponsorship of Üsküdar Municipality. With this anti-hunger intervention of our university, our

students were provided with a healthy food choice and economic support during the exam period as a total of 3,500 servings of warm soup were distributed to 700 students daily at the campus entrance at 08.00 AM and in our Ziraat Bank Library at 18.00 PM everyday from 22 to 26 November.

3.500
CUPS
of soup were distributed
during the midterm exam week

80%
SUBSIDY
is provided for all students
as an anti-hunger program



Stay for Soup, not for the Resit Exams Event

Our students and staff studying in our Ziraat Bank Library were also served **free tea and coffee** throughout the academic year.

Sustainable, Healthy and Affordable Food

In IMU, our meals are cooked afresh in the healthy and hygienic atmosphere of our campus kitchen by contracted service providers to be served to our students, staff, and guests following routine inspections. Our conditions of contract for the catering services to be offered in our campuses include **providing locally grown, fresh and healthy products.**

Our meals are subjected to calorie and food health certificate inspections in full compliance with the laws. **Our menus are designed by dietitians to meet the daily calorie** and protein needs of our students (**a daily average** of 1800-2000 kcal for women and 2200-2500 kcal for men) in consideration of seasonal conditions, as well as the harmony and variety of the courses served.

Also, routine inspections for the quality, portioning, and presentation of our meals are carried out by the university's **inspection commission**, our on-campus food engineer and dietitian, and another food engineer assigned by the contractor. Daily samples are taken from the meals and sent to labs for **health checks** and approval. In addition, our kitchen and service staff are routinely subjected to health checks for infectious diseases. In addition to the regular menus, a **vegetarian menu** is also offered in our dining halls and is also planned according to the balanced calorie values for adults, just like our regular menus.

Our students and staff can access fresh and healthy food choices throughout the day in our cafeterias found in every campus. Our cafeterias are run by private contractors, who are subject to the University's health and price checks. To ensure that our students have access to healthy food choices and nutritious snacks with reasonable prices, **a price list** is determined and announced every year by the University administration for the products sold in the cafeterias.

There are over 100 **fruit trees** in our campuses which provide our students with seasonal healthy snacks and we have been adding to the number with the new seedlings we plant every year.

In addition to our operational efforts, we, as a university, also see our students as leaders of the future. Therefore, we aim for each and every one of our students to become leaders in the society in implementing sustainable development goals through their research and social responsibility projects and thus, support them in their zero-hunger efforts.

Sociology Club, one of the student clubs of our university, contributed to the preparation of **aid packages** for poor and needy families, orphans, and homeless people during the month of Ramadan to support their access to healthy food. In this direction, food packages were packed and distributed by our students in cooperation with the Imam of Beyoğlu Selime Hatun Mosque to the target group to assist them with free healthy food on April 7, 2021.



Psychology Club, one of the student clubs of our university, organized a **charity sale** on 29-30 November 2021 in cooperation with Kutu Kutu Tebessüm Project. In this event, the target audience for aid was determined as refugees living in Adana. Our students held a charity sale and sold their own homemade food at Göztepe Campus, which also provided our students with healthy food choices for two days. The money raised through the event was donated to the refugees living in Adana through the aid foundation to help them with their food needs. Thanks to this event, a helping hand was extended to refugees in the fight against hunger in Adana, which is a significant contribution to building a sustainable community.

Science and Civilization Club and volunteers of Young Civilization IHH held an event named **"Make the Orphan Laugh! Charity Sale"** to support orphans in healthy food. Various food products and handmade bags were sold at the charity sale held at Goztepe South Campus C Block on December 29-30, 2021. Club members also provided our students with homemade healthy food choices during these days. The money collected during the two-day charity sale was transferred to the Orphan Fund of the IHH Humanitarian Relief Foundation, which undertakes the regular care of orphans every month and supports them in food, education, health, and shelter. Thanks to the event, which was held within the scope of social responsibility, our students contributed to prevent malnutrition among orphan children, and also to ensure their access to the health system and to meet their needs for education and ensure poverty reduction for them. On the one hand, the event contributed to the development of social solidarity and cooperation awareness with the efforts of the Science and Civilization Club members and the support of our students. On the other hand, with the amount collected at charity sale, food, education, health, shelter, and similar expenses of three orphan children were covered for one year.



29-30 December 2021

"Make the Orphan Laugh!" Charity Sale

Learning processes are key in achieving SDGs. Thus, universities play a critical role both by training professionals who will prioritize SDGs in their future practices and by increasing local, national, and global capacity to successfully achieve SDGs. As Istanbul Medeniyet University, we are fully aware of our critical role and thus aim to empower and motivate for SDGs not only our students through course contents, co-curricular activities, and student club activities, but also the community at large at a much wider scale. Therefore, we organize university-wide life-long learning activities, online courses, certificate programs, seminars, workshops, congresses, symposia, and panels that are open to all segments of society for participation. In 2021, we held a wide range of learning activities to end hunger, achieve food security and improved nutrition, sustainable agriculture and access to sustainable food.



Young Green Crescent Club, one of the student clubs of our university, organized a talk on **"The Effect of the Developing Food Industry on Food Addiction"**, in which the food industry was discussed in terms of nutritional food, sustainable food production, and malnutrition. In the event held on March 5, 2021, Dietitian Aybüke BALLICA talked about the food industry in general, mentioning the effects of packaged foods on human health and obesity, the ingredients added to extend the shelf life of packaged foods, the importance of reducing global food waste, and the chemicals used to make food more palatable and triggering the addiction points in the brain. The event was significant in that it raised awareness among all the participants and particularly among the students of our Department of Nutrition and Dietetics with regard to preferring healthy and nutritious food in their diet.



İSTANBUL MEDENİYET
ÜNİVERSİTESİ

İstanbul Medeniyet Üniversitesi
Genç Yeşilay Topluluğu



1-7 MART YEŞİLAY HAFTASI
101.YIL KONUŞMALARI

Gelişen Gıda Endüstrisinin
Bağımlılığa Etkisi

Seminar on Food Industry on Food Addiction

5 March 2021



On the second day of the **Sustainability Week**, planned and organized by IMU International Performance Development Center and Medeniyet Gemisi student club on 20-24 December 2021, a presentation on **food sustainability and food supply chain** was delivered by Abdurrahman KAN, Executive Board Member in Kaanlar Corporate Group and 6th President of MUSIAD (Independent Industrialists and Businessmen's Association). In his presentation, KAN specified the environmental, social, and economic factors required for a supply chain to be sustainable in the long run and talked about the 'Smart Agricultural City' project which will create new employment opportunities for youth in agriculture and food production industry. He then explained the reasons behind the massive losses in the food market, particularly in vegetables and fruits, underlining that the project can also help to achieve the growth needed in the food supply chain. He stressed the importance of identifying the ethical values and propagating them along the supply chain; of obtaining profitability and competitiveness economically; and of monitorability, strategic collaboration, sharing knowledge, and efficient use of resources to achieve sustainability in supply chain management.

With respect to social sustainability, he gave information about factors such as food security, equality in income and food distribution, funding for innovation in agricultural production, and food producers' awareness about protecting resources. He highlighted our duty to respect the biological limits of natural resources and particularly of soil, water, and biological diversity and underlined our country's need for land reform and adopting more resilient agricultural practices to increase our organic soil rate by preferring to use organomineral fertilizers.

On the third day of the **Sustainability Week**, Lect. Merve MANDAL YAMAN of IMU Department of Gastronomy and Culinary Arts delivered a presentation on '**Going Green in the Kitchen**', in which she sought answers to the question "How can we achieve sustainability in the kitchen as we do in all other areas?". YAMAN briefly informed the audience about the production process of tangerine as she served them as a fruit of the season and collected the waste as she explained that they would later be used to make compost.

As she explained the answer to the question 'why sustainable food?', she mentioned hunger, diseases, lack of drinking water, and food waste due to unfair use of resources. She noted that some parts of the world are still suffering from hunger, malnutrition, food insecurity, and hunger-related diseases even though global food production is enough to feed the entire globe, giving statistics about global hunger and food waste. She emphasized that all these problems could be resolved through sustainability awareness by focusing on "what we can do today". With regard to sustainable food, she expounded on various innovative approaches such as digital technologies, the internet of things, smart kitchen appliances, compost production, vertical farming, foodbanks and the "green kitchen" concept. YAMAN also underlined the importance of how the food is served, how nature-friendly the cleaning products are, the amount of energy and water used for food production, the distance covered for transportation, and finally, what is done with the food waste and packaging materials. She then served tangerines to all the participants and talked about compost. She underlined the importance of compost in reducing food waste generated.



Food Sustainability and Food Supply Chain Seminar



Going Green in the Kitchen Seminar



The academic staff members of our university carry out research on ensuring global access to safe and nutritious food; eliminating all forms of undernourishment; doubling the productivity and incomes of small-scale food producers; sustainable food production and resilient agricultural practices; and maintaining genetic diversity in food production and publish the results of their research to provide investments in rural infrastructure, agricultural research, technology, and gene banks; to prevent agricultural trade restrictions, market distortions, and export subsidies; to ensure stability in food commodity markets and to facilitate timely access to information and share them with other researchers, decision-makers, stakeholders, and the public.

Prof.Dr. Seyfettin ERDOĞAN of the Department of Economics investigated the impact of food production on the sustainable development in 23 upper middle-income countries (Argentina, Armenia, Azerbaijan, Belarus, Brazil, Bulgaria, China, Colombia, Costa Rica, Ecuador, Georgia, Guatemala, Indonesia, Iran, Jamaica, Kazakhstan, Malaysia, Mexico, Peru, Russia, South Africa, Thailand, and Turkey) for the period 1995–2018 in his research article titled [“Investigating the effects of food production on sustainable development: The case of the upper middle-income countries”](#). Aiming to study the effects of the non-durable goods produced by the ever-growing food industry on the environment and health, he focused on the CO2 emissions and life expectancy at birth in these countries as indicators of sustainable development. Based on the Panel ARDL method, the long-run analysis results in the study showed that while food production increases carbon emissions, there is a positive and significant relationship between food production and life expectancy at birth and these findings are consistent with empirical findings in the literature. The statistically significant relationship between food production and carbon emissions, and life expectancy at birth indicates that food production is an important determinant of sustainable development.

In another research article titled [“A Study of Plate Waste in a Food Service”](#), co-authored by Asst.Prof.Dr. Hülya YILMAZ ONAL of IMU Department of Nutrition and Dietetics, the researchers aimed to determine the amount of plate waste of the personnel eating in a hospital food hall and to evaluate according to the food types. Using a cross-sectional trial design, they analyzed the amount of plate waste per person in a food hall of a state hospital in Istanbul and after weighing 16,722 people’s plate waste, they found that 6.2% of the edible food that was served was disposed. The average amount of waste at dinner was found to be less than lunch. According to the type of food, pastry desserts were disposed the least in lunch and the most in dinner. The authors concluded that in order for countries to create plans for preventing food loss and waste, they must first conduct waste measurement research in every field of the aspect. Measuring food waste in institutional food services, determining the reasons, and informing the consumers are necessary for the continuation of sustainable development.



“ **6.2 %** OF EDIBLE FOOD served was found to be thrown away in the research? ”

In an article titled [“Types of Bread Preferred by Adult Individuals and Bread’s Place in Daily Nutrition”](#), Asst.Prof.Dr. Havvanur YOLDAŞ İLKTAÇ of IMU Department of Nutrition and Dietetics and two other co-authors aimed to determine the individuals’ bread preferences and the contribution of the bread consumed to daily nutrition. To collect the study data, 1766 volunteer participants aged between 18-65 years living in Turkey were interviewed and to determine the nutritional status, 2-day food consumption records were kept. Average consumption rates of male and female participants were found for different bread types and the results revealed that bread is the main ingredient in nutrition for Turkish society and the type of bread, which makes up the majority of carbohydrates, is as important as the amount. The researchers concluded that training on healthy consumption of bread at the national level, and national and public service announcements and government-backed activities can positively change the bread consumption habits of individuals.



Lect. Züleyha SAYIN, PhD. authored a book chapter titled “Dünyadaki Gıda Bankacılığı Uygulamalarının Sivil Toplum Örgütlenmeleri Bakımından Analizi” (An Analysis of the Food Banking Practices in the World in relation to Non-Governmental Organizations), in which she presented the definitions and a brief history of food banks in the world and Turkey, where food banking was first introduced into the legislation in 2004 as an activity only to be carried out by non-profit organizations. She highlighted the important role of food banks in delivering donated or purchased food products directly to individuals experiencing food insecurity without sufficient support and explained its multiple benefits in solving the food insecurity problems for poor consumers, providing donating businesses with tax advantages, and preventing food loss and waste. The author then discussed the emergence patterns and roles of NGOs in the world and Turkey and provided information about the activities of various regional federations of foodbanks, including Feeding America (US), Australian Foodbank (Australia), FareShare (UK), Egyptian Foodbank (Egypt), Leket Israel (Israel), and TİDER (Turkey). She argued that activities and influence of food banks are shaped by the history of the state-civil society relations in the respective country and states may facilitate the operations of businesses and NGOs related to food banking by enacting laws or providing certain incentives such as tax reductions for donations or bans on throwing away good-quality products with approaching expiry dates. The sizes, objectives, and activities of food banks differ from one country to another. Thus, certain food banks simply deliver donated food products to the needy, while others offer additional services such as preventive services, consulting, and training. The author associated these differences with the theory of social origins and differentiated between liberal and statist models in terms of the state-civil society relations in the studied countries.

