

SDG PROGRESS REPORT

on **SDG-2 ZERO HUNGER**



SDG PROGRESS REPORT

ISTANBUL MEDENIYET
UNIVERSITY

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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://unstats.un.org/sdgs/report/2023/progress-midpoint/>

<https://sdgs.un.org/goals>

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 agriculture, 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

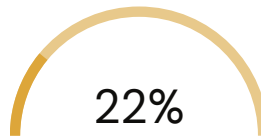
WORLD



1/3 of the world struggles with moderate to severe food insecurity

2,4 BILLION

people were moderately or severely food insecure in 2022



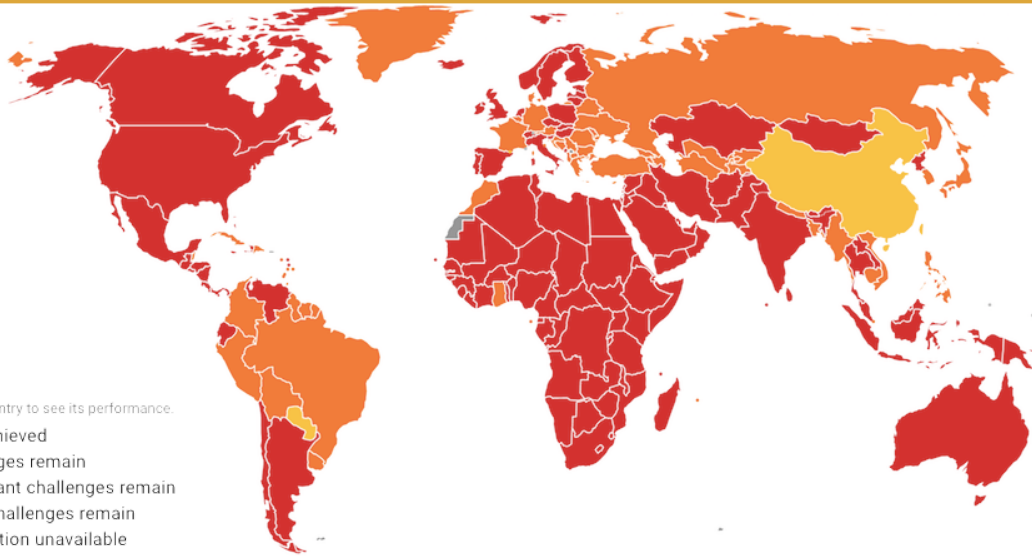
22% of children under age of 5 experienced growth failure in 2022

735 MILLION

people were facing chronic hunger in 2022



1 in 3 women of reproductive age are anemic



TURKEY

IMU



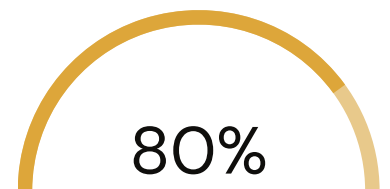
100% of lunch costs subsidized for 165 students



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

401-600

Zero Hunger 2023 Rank in



80% of lunch costs subsidized for all students

0,214 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 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, 165 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 periods in 2022, 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 Fall and Spring Semesters 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 7,000 servings of warm soup were distributed to 1400 students everyday between January 14-18 and also between November 7-11.


7,000
CUPS
of soup were distributed
during the midterm exam week



07-11 November 2022

Stay for Soup, not for the Resit Exams Event

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



To ensure that our staff members can easily access healthy and nutritious food, a certain portion of the **staff lunch prices is subsidized** by our university and the rate of subsidy is higher for the staff members with less salary.

IMU added a new one to anti-hunger programs it provides for its students in 2022. As of November 2022, **free tea/coffee and cakes** have been offered to our students, thanks to the vending machine system installed in our University Ziraat Bank Library. At the end of two months, a total of 16,000 food support packages were provided to our students with this support.

Sustainable, Healthy and Affordable Food

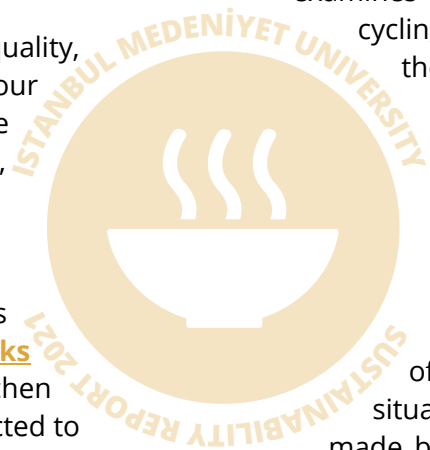
In IMU, our meals are cooked afresh in the healthy and hygienic atmosphere of our campus kitchen by contracted service providers to be served to our students, staff, and guests following routine inspections. Our conditions of contract for the catering services to be offered in our campuses include **providing 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 250 **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.



As Istanbul Medeniyet University, we not only lead the society by carrying out activities to achieve Sustainable Development Goals (SDGs) at the institutional level and but also guide how the SDGs are applied at local, national, and international levels as a community through our collaboration efforts and support solving problems through our research projects.

Prof.Dr. Pinar OBAKAN YERLIKAYA, a faculty member of the Department of Molecular Biology and Genetics served as a consultant for the project titled **"Climate-Smart Food Innovation: Use of Plant and Seaweed Proteins from Upcycled Sources" (IPSUS)**. In the IPSUS Project, it is aimed to turn proteins obtained from plants and seaweed into opportunities for improving the nutritional value of foods. In this context, the project selects six protein-rich foods that are important for the project partner countries and examines the qualitative and quantitative up-cycling opportunities of foods throughout the food chain. In the project, the nutritional quality, food safety, bioavailability and potential allergenicity of proteins are determined. In the project, which was initiated within the scope of supporting sustainable food consumption and production, OBAKAN YERLIKAYA is the consultant of the presence of potential allergenic situations. With the improvements to be made based on the results of the project, it was aimed to contribute to ensuring food safety and improved nutrition thanks to Smart Food Innovation. The project partners include Istanbul Sabahattin Zaim University, Greenwich University from the UK, Parma University and SSICA from Italy, Ecole Nationale d'Agriculture de Meknes and Mohammed V University from Morocco, and BEIA Consult International from Romania, KEDGE Business School from France and Kaanlar Gıda A.Ş. from Turkey.



2022

IPSUS Project



IMU became the Turkish partner of the **ERASMUS+ KA220 ETDTFA (Education and Training Development for the Treatment of Food Allergies) Project**. Our university shared the partnership of the project coordinated by Budapest Business School from Hungary with Portucalense University from Portugal and János Selye University from Slovakia. Recognizing that food allergies, which is one of the most important causes of anaphylactic reactions today and is defined as an abnormal response of the immune system to nutrients, is an important public health problem, the project aimed to develop and implement trainings on the management of food allergies for HoReCa sector managers, employees and higher education students who create employment in the sector in order to protect human health. In the project, firstly, national and international legal regulations on food allergies were examined, the effectiveness of the current legal system was evaluated and good examples in practice were examined. The researchers then interviewed representatives of the HoReCa sector, relevant non-governmental organizations and legal authorities to assess the current conditions on food allergies, existing problems and expected demands for their solutions. As a result of these efforts, suggestions and content of training programs were created to improve the quality of education provided to students of sector-related university departments. The research results were also used to create trainings for sector managers and employees to improve service quality in the sector. With these trainings, it was aimed to control access to foods that pose allergy risks through information and regulations in the food market and food supply chains, and to eliminate health risks that customers may experience due to food allergies by providing safe food service to customers.



Participants

Budapest Business University, Budapest, Hungary
 J Selye University, Komarno, Slovakia
 Istanbul Medeniyet University, Istanbul, Turkey
 Oporto Global University, Porto, Portugal

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, cooperated with Çorbada Tuzun Olsun Association and contributed to the aid activities carried out in 2022 in order to end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round. Club members supported the activities of the association on certain days, via helping to prepare food packages and **distributing meals** to vulnerable groups throughout the year.

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 March 27, 2022.

 27 Mart Pazar

 09.00-17.00

 Selime Hatun Camii

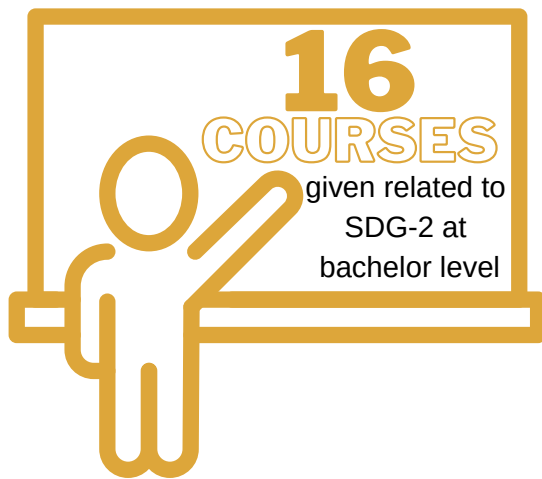
El Ele İyilik Yayalım!

Selime Hatun Camii imamı Osman GÖRKEM Hoca'nın muhtaç kimselere yardım etme amacıyla sürdürdüğü projesine, İMÜ Sosyoloji Topluluğu olarak yardımda bulunuyoruz. Ramadan Aid Packages for those in Need

27 March 2022

2022-2023 Spring Term **Community Service Practices** course students carried out various social responsibility projects to end all forms of malnutrition. In this context, a group of our students distributed food supplies and meals to those in need at the Turkish Red Crescent tent during Ramadan.

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 aware of our critical role and therefore, we primarily inform our students, the leaders and decision-makers of the future, about the Sustainable Development Goals through course contents, co-curricular activities and student club activities and strengthen their awareness. For this purpose, each of our faculties and departments prepares SDG-related course contents, including courses that address the Sustainable Development Goals holistically, as well as specific contributions that can be made by the expertise of the relevant professional field in which they provide training. In 2022, 16 bachelor degree courses related to SDG-2 were given at IMU. Some of these are listed below.



The nutritional value of walnut, its place in our diet and its health benefits were discussed in the event "[The Importance of Walnut in Nutrition and Dietetics](#)" organized by IMU Faculty of Health Sciences, Department of Nutrition and Dietetics on 23 May 2022. At the event, Specialist Dietitian Gizem KESERVURAN noted that walnut is the only tree nut that contains significant amounts of alpha-linolenic acid (ALA), an omega-3 fatty acid, which is associated with benefits for cardiovascular health, brain health and inflammation. In her speech, she informed that diets supplemented with walnuts are found to result in a significantly higher reduction in total cholesterol and LDL "bad" cholesterol. She explained that walnut consumption can slow the growth process of cancers by delaying the growth of tumor cells, that plant sources of dietary omega-3 polyunsaturated fatty acids can provide a protective effect on bone metabolism by reducing bone resorption at consistent levels of bone formation. She reported that walnuts significantly improved metabolic factors in overweight individuals with type 2 diabetes and that the good fat, fiber and protein in walnuts can help achieve satiety, which is an important success factor in weight management.

On December 15 World Tea Day, a [World Tea Day event](#) was organized with the contributions of IMU Nutrition and Dietetics Club. Speaking at the event, Asst.Prof.Dr. Burcu AKSOY CANYOLU from IMU Department of Nutrition and Dietetics talked about the production process of tea from soil to cup, tea consumption in the world and in Turkey, tea types, differences in processing processes and the recommended daily amount of tea to be consumed. She explained the functional compounds in tea and how tea should be brewed in order to obtain maximum efficiency from the health benefits of these compounds, and emphasized that the antioxidant activity of green tea is higher than black tea with its anti-cancer effects. Explaining that green/black tea leaves should be kept in 200 ml of water at 90-100 °C for 2 minutes for maximum antioxidant effect, AKSOY CANYOLU talked about the protective effect of tea against atherosclerosis and heart diseases and its effect on attention and alertness with the caffeine in its composition.

Faculty	Course
Health Sciences	BES246- Food Safety
	BES319- Elderly Nutrition
	BES326- Nutritional Assessment of Community
	BES249- Ecology of Nutrition
Medicine	TFS520- Nutrition
Political Sciences	İKT409- Agricultural Economy
Tourism	TİŞ105- Principles of Nutrition
	GMS106- Food Science and Technology



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.

Res.Asst.Dr. Derya AYTEN of IMU Faculty of Political Sciences published her research paper on food security titled **“Biodiversity in the Grip of Market and Food Security within the Framework of the Cartagena Protocol”**. Studying the biodiversity regime, AYTEN examined the threat to biological resources arising from developments in biotechnology. In the study, in which the effect of genetically modified organisms on food security was analyzed, the importance of the capacity to have biological resources and to protect their diversity was emphasized. In this context, the reduction of biological diversity was presented as an environmental problem which had to be the part of international agenda as a factor affecting humans and their future. In the study, AYTEN also stressed that the Covid-19 pandemic further increased the concerns in food access.

“Sustainable Agriculture City Kocaeli Project”, a social R&D project lasting 11 months in 2021 and 2022, was carried out under the leadership of ŞURA Urban Policies and Research Center established within Kocaeli Metropolitan Municipality, in cooperation with Kocaeli Governorship, universities, chambers of industry and commerce, Eastern Marmara Development Agency and Kocaeli City Council. Prof.Dr. Hamza ATEŞ, a faculty member of IMU Department of Political Science and Public Administration, took part in the execution of the project and contributed to academic research. The project aimed to promote sustainable agriculture within the framework of the zero hunger Sustainable

Development Goal; develop urban agriculture, and contribute to food security by ensuring the development of agriculture with modern techniques and methods in Kocaeli, which has a significant agricultural potential even though it is known as an industrial city. In the first stage of the project, a data inventory study was conducted to determine the current situation and the strengths and weaknesses of Kocaeli province for sustainable agriculture. In the second stage, a quantitative academic research was conducted by taking 1506 producers interested in agriculture and livestock activities in Kocaeli province as a sample. In the third stage, an Agricultural Council and Workshop was held with the participation of all stakeholders of the agricultural sector throughout the province. The Agriculture Council witnessed the participation of 500 people, and the Sustainable Agriculture Workshop witnessed the participation of 238 people.

Res.Asst.Dr. Aslı DEVRİM LANPİR and our student Behiye Gül PAKDEMİR from our Nutrition and Dietetics Department carried out a project titled **“Determination of Daily Choline Intake in Vegetarian and Vegan Adults and Comparison of Food Neophobia and Healthy Eating Obsession with Dietary Pattern and Dietary Choline Intake”**. As one of the essential nutrients that are potentially missing in plant based diets, choline is very important for our vital metabolic functions and human health. Choline is involved in cellular signal transmission, regulation of gene expression, brain development in infancy and proper cognitive functioning in adulthood. In the project, the daily intake of choline in vegans and vegetarians was determined, and it was shown that how much of the daily recommended amount of choline can be taken with plant based diet. In conclusion, it was found that that the daily choline intake of adult vegan and vegetarian individuals is different from omnivores, the group with the lowest total daily choline intake is vegans and the highest group is omnivores. The contribution of dietary supplements to total daily choline intake was found to be insignificant. As a result of the study, it was concluded that plasma choline levels should be checked at regular intervals in vegan and vegetarian individuals and should be supplemented when necessary.

