



**2** ZERO HUNGER



# Message From the Rector

In an era when the world faces mounting environmental, social, and economic challenges, the role of universities has become more vital than ever. Institutions of higher education are not only centers of learning but also agents of transformation — shaping knowledge, values, and actions that define the future of our planet and humanity.

At Biruni University, we embrace this global responsibility with determination and vision. Guided by the United Nations Sustainable Development Goals (SDGs), we are committed to advancing sustainability through excellence in education, innovative research, and community-centered impact.

Our mission extends beyond academic achievement; it is about producing knowledge that heals, transforms, and sustains life in all its forms.

As a pioneering health sciences university, we channel our scientific expertise toward creating solutions that enhance well-being and social equity. Our multidisciplinary approach allows us to integrate health, innovation, and sustainability — transforming research into real-world benefits for people and communities. The projects and studies we carry out, particularly in the fields of medicine, health, and technology, stand as concrete reflections of this commitment.

Our understanding of sustainability transcends academic boundaries. It is woven into the fabric of our campuses, hospitals, and community initiatives — from energy efficiency and environmentally friendly infrastructure to nurturing students with the awareness and capacity to become responsible global citizens.

Through the dedication of our academic and administrative teams, and the unwavering support of our partners, Biruni University continues to build a resilient, inclusive, and sustainable future. Together, we reaffirm our pledge to serve humanity through science and compassion — today and for generations to come.



**Prof. Dr. Adnan Yüksel**  
Rector, Biruni University

# Message From the Editor

The world is entering an age of profound transformation — one that demands wisdom as much as it demands action. Climate disruption, social fragmentation, and economic imbalance have made it clear that the systems which once defined progress can no longer sustain it. Humanity needs a new compass — one that points toward balance, compassion, and collective renewal.

Universities stand at the very heart of this change. They are not merely institutions of teaching and research; they are the laboratories of humanity's future — places where science, conscience, and purpose must meet.

At Biruni University, we see sustainability not as a goal to be reached, but as a way of being. It is the thread that weaves through our research, our classrooms, our hospitals, and our partnerships. It is how we measure success —

by the difference we make in people's lives and the legacy we leave for the generations to come.

Guided by the **United Nations Sustainable Development Goals**, we are reimagining higher education as a force for healing — for reconnecting human progress with planetary well-being, for bridging innovation with empathy, and for transforming knowledge into impact.

Our mission is both scientific and moral: to cultivate minds that create, question, and care; to generate ideas that build a more equitable, peaceful, and sustainable world. Every discovery, every collaboration, every act of learning becomes part of a larger story — the story of humanity's renewal through knowledge.

This report is more than an evaluation of where we stand; it is a reflection of who we choose to be. Biruni University stands as a living commitment

to the idea that education can heal, science can serve, and together we can build a future worthy of hope.



**Aslıhan Güzin ALSAN, P.h.D. FHEA**  
Director of Institutional Impact,  
Visibility and Corporate Reputation



# BIRUNI UNIVERSITY COMMITMENT TO ZERO HUNGER

Hunger is not only the emptiness of a plate — it is the silence of unrealized potential, the erosion of dignity, and the breaking point of humanity’s shared responsibility. To end hunger is not simply to feed; it is to restore justice, equity, and connection in a fragmented world.

At Biruni University, we approach hunger as both a symptom and a system — one that intertwines biology, economy, and emotion. We believe that ending hunger requires more than nutrition; it requires awareness, empowerment, and the rebuilding of community ecosystems. Guided by Sustainable Development Goal 2: Zero Hunger, our mission is to ensure that every human being not only survives, but thrives.

Our vision begins with health as the foundation of life. Food is medicine, and nutrition is the first act of care. As a university rooted in the health sciences, we dedicate our research, education, and outreach to dismantling the invisible structures that

perpetuate malnutrition, food insecurity, and inequity. From laboratory innovation to field practice, we strive to translate knowledge into nourishment — for body, mind, and society.

Through our university hospitals, research centers, and community programs, we work to combat the social determinants of hunger: poverty, health inequality, and lack of access to safe, nutritious food. We educate not only future health professionals but also future citizens who understand that ending hunger begins with empathy and informed action.

Our work extends beyond direct service. Biruni University actively collaborates with policymakers, municipalities, and NGOs to develop sustainable nutrition programs, early childhood health interventions, and food waste prevention systems. These partnerships reflect our belief that ending hunger is a shared moral and scientific pursuit — one that unites research, innovation, and collective will.

This report embodies our journey toward a world where no one goes hungry — a world where science serves compassion, and knowledge feeds life.



## Our Approach: Reimagining Nutrition as a Human Right

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We view nutrition as a basic human right, not a privilege of circumstance. Ending hunger, for us, means rethinking how societies grow, distribute, and value food.

Our approach is built on four guiding principles: Health, Dignity, Education, and Sustainability.

- Health, because hunger erodes well-being before it empties the stomach.
- Dignity, because access to food is not charity — it is justice.
- Education, because lasting solutions begin with informed communities.
- Sustainability, because today's consumption patterns must protect tomorrow's life.

Biruni University integrates these principles across curricula, research projects, and community engagement. From nutrition education to sustainable agriculture studies, from clinical research to social innovation, every initiative aligns with the conviction that no one should be denied the right to nourishment.



## Institutional Framework: : Science, Solidarity, and Systemic Change

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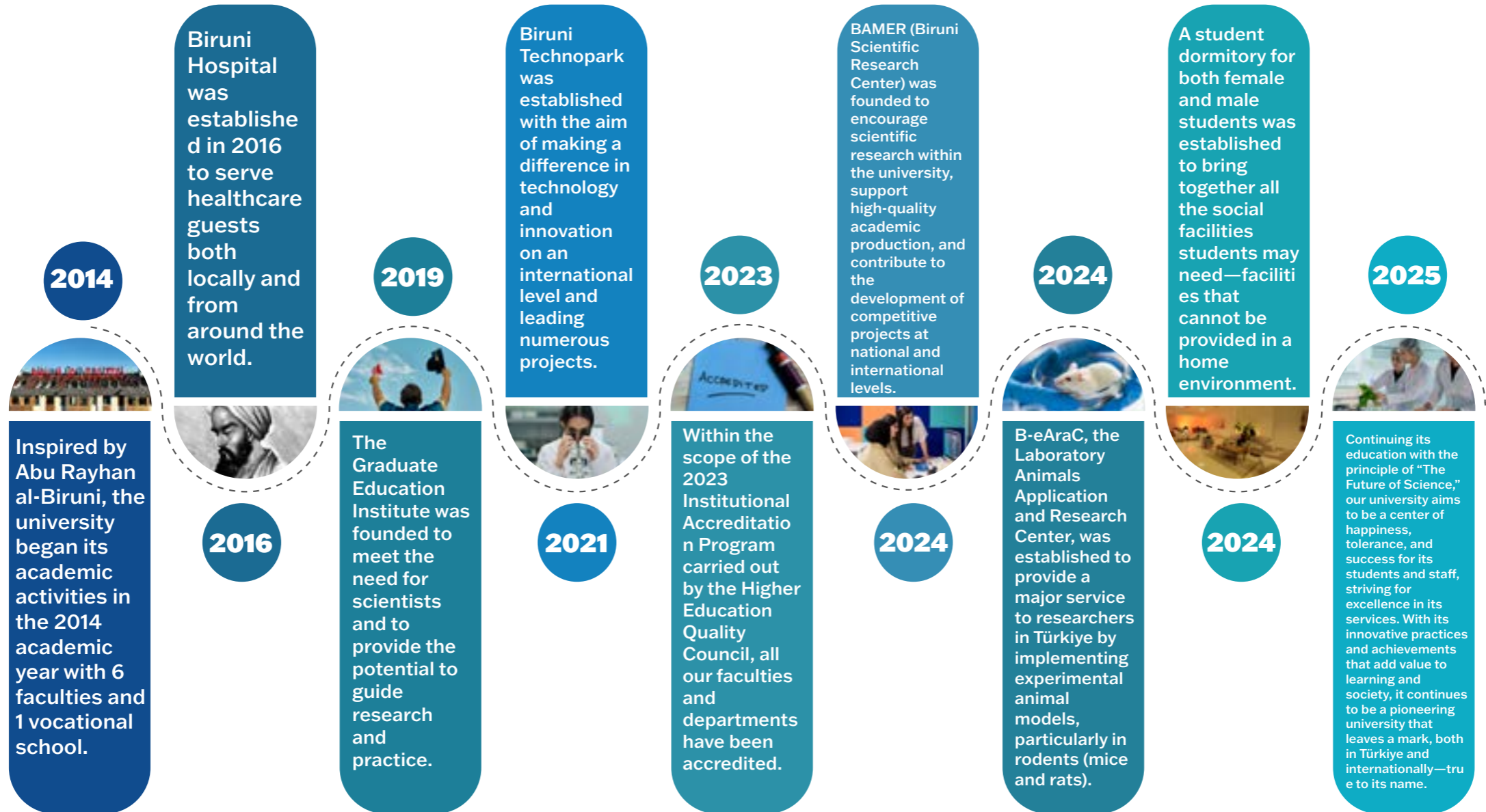
Our sustainability framework for SDG2 operates on three interconnected levels — Knowledge, Action, and Policy.

**1. Knowledge:** We invest in interdisciplinary research that explores the relationship between nutrition, disease prevention, and public health. Our faculties of health sciences, medicine, and pharmacy collaborate to design evidence-based solutions that address the biological and social roots of hunger.

**2. Action:** Through our Community Nutrition and Health Outreach Program, students and faculty deliver education and screening services in low-income areas, raising awareness about balanced diets, safe food handling, and early detection of malnutrition.

**3. Policy:** Biruni University contributes to national and regional discussions on food security, public health nutrition, and sustainable production. Our experts serve on advisory boards and collaborate on frameworks that integrate health, agriculture, and social welfare systems. Sustainability is thus not an abstract aspiration — it is embedded in how we teach, heal, and collaborate. Each project we lead, each partnership we build, reinforces our institutional identity as a university committed to nourishing life in every form.

# O U R S T O R Y



# O u r V i s i o n

To be a pioneering university that, true to its name, leaves a lasting mark — leading change through knowledge, innovation, and impact.

# O u r M i s s i o n

To be an innovative and leading university that cultivates qualified individuals through transformative education, produces original knowledge at both national and international levels, and contributes to solving societal challenges with scientific and ethical responsibility.

# C O R E V A L U E S



## K n o w l e d g e

Commitment to learning, discovery, and the pursuit of truth as the foundation of progress.



## W i s d o m

Using knowledge with depth, reflection, and ethical judgment to serve humanity.



## H u m a n i t y

Placing human dignity, empathy, and compassion at the heart of education, research, and service.



## A c a d e m i c F r e e d o m

Protecting the right to think, question, and create freely within an environment of respect and integrity.



## P i o n e e r i n g S p i r i t

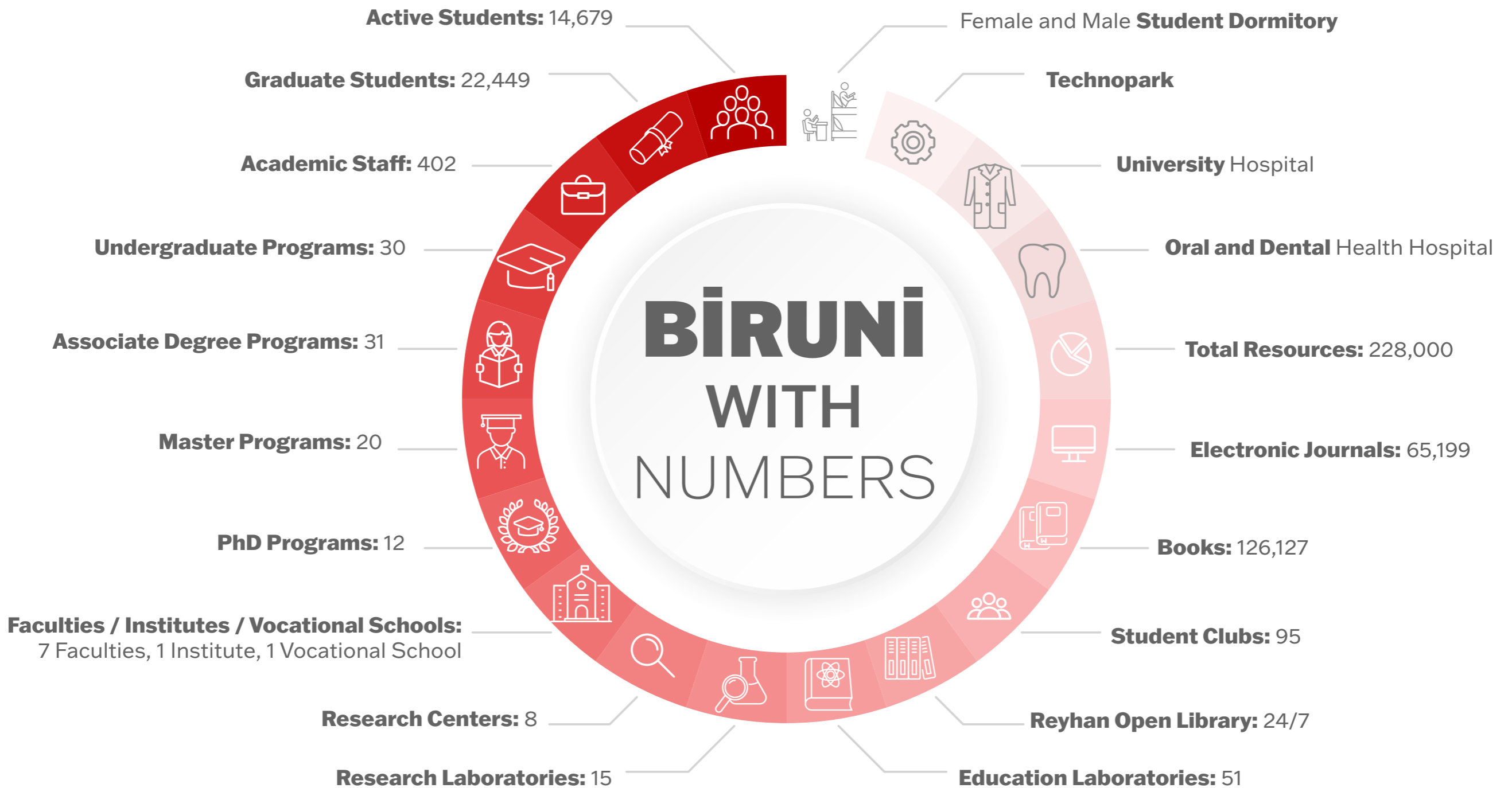
Challenging conventions with creativity and vision; leading transformative change in education and science.



## C o u r a g e

Acting with integrity and resilience in the face of uncertainty — daring to stand for what is right and meaningful.

# BİRÜNİ WITH NUMBERS



## Key Indicators

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**10.236**

C a m p u s  
p o p u l a t i o n

**35 mt**

T o t a l F o o d  
W a s t e

## Academic Participation of Biruni University in the 11th International Nutrition and Dietetics Congress

In line with its commitment to promoting academic productivity and scientific exchange, Biruni University participated in the **11th International Nutrition and Dietetics**

**Congress** held in Ankara with four of its faculty members. This international congress served as a prominent scientific platform that brought together current research, innovative practices, and developments related to global health policies within the field of nutritional science.

One of the university's faculty members contributed to the event's content planning by serving on the **Scientific Advisory and Organizing Committee**, thereby reinforcing Biruni University's active presence in national and

international academic networks. Two other faculty members presented their research findings, sharing recent advancements and

clinical dietetic approaches, showcasing original insights into these areas.

This participation stands as a concrete reflection

of Biruni University's dedication to expanding its academic influence, advancing research, and fostering knowledge exchange. Through active involvement in international scientific gatherings, the university continues to strengthen the expertise of its academic staff while contributing to the sustainable

development of knowledge in the field of nutrition and dietetics. Their presentations particularly focused on community-based nutrition strategies, nutrition education, and

practical experiences in the field of nutrition and dietetics.



## Participation of Biruni University in the 17th International Metabolic Diseases and Nutrition Congress

Biruni University participated in the **17th International Metabolic Diseases and Nutrition Congress** held in Antalya, taking part in an international platform where the latest scientific advancements in nutrition and metabolism were shared. The congress featured presentations and scientific sessions that fostered discussions on innovative approaches to the prevention, management, and nutritional treatment of metabolic diseases.

Biruni University's representation at this event reinforced its position as a higher education institution actively engaged in following and contributing to current research in nutrition science, metabolic health, and clinical practice. The insights gained throughout the congress hold significant value for enhancing both academic research and educational activities within the university.

This participation stands as a clear reflection of Biruni University's commitment to scientific productivity, continuous learning, and international knowledge exchange, while also laying a valuable foundation for future interdisciplinary collaborations in the fields of health and nutrition.



## Community Engagement and Knowledge Transfer

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Biruni University extends its public mission beyond campus walls by sharing its scientific expertise with the local food and nutrition ecosystem.

Through applied learning, community seminars, and partnerships with local organizations, the university contributes to the development of **healthier, more sustainable, and economically resilient food practices** within Istanbul and surrounding regions.

## Nutrition and Food Safety Seminars for Local Producers

Led by the Faculty of Nutrition and Dietetics, these public seminars provide practical training for small food enterprises, catering staff, and local producers.

- Topics include **basic hygiene practices, food safety standards, nutrient preservation in preparation, and labelling awareness.**
- Sessions are often conducted in collaboration **with district municipalities**, reaching **hundreds of participants annually**, including food vendors and cooperative members.
- These seminars directly contribute to improving community health and consumer protection.



## Collaboration with Municipalities and Cooperatives

Biruni University maintains ongoing engagement with **Istanbul Metropolitan Municipality** and local **women's cooperatives**, offering academic guidance and educational materials on nutrition and sustainable food management.

- Experts from the Faculty of Health Sciences provide input for **public-health events, nutrition days, and school canteen audits**, sharing evidence-based knowledge for healthier food systems.
- This partnership model ensures that **academic expertise informs community-level practice** — particularly in low-income districts.

## Student-Led Community Workshops

As part of their professional training, **Nutrition and Dietetics students** participate in **outreach workshops** organized under course modules and elective community service programs.

- Students deliver interactive presentations in schools and public centers on **healthy eating, portion control, and reducing food waste**.
- These events promote early nutrition awareness, directly supporting both SDG 2 (Zero Hunger) and SDG 3 (Good Health and Wellbeing).
- Approximately **1,000 community members** benefit from such outreach each academic year.

## Expert Contributions to Local Events

Biruni academics frequently act as speakers or moderators at **local agriculture and food panels**, hosted by NGOs, chambers of nutrition, or municipal development units.

Through these participations, the university contributes to regional discussions on **sustainable diets, food affordability, and ethical production** — strengthening the bridge between science and practice.

## Graduate Seminars in Nutrition and Dietetics: Scientific Advances and Contemporary Approaches to Nutritional Values



Organized by the Department of Nutrition and Dietetics at Biruni University, the “Graduate Seminars 24/1” event provided an academic platform that brought together current research, scientific developments, and applied studies in

the field. Graduate-level research was shared interactively with both undergraduate and master’s students, fostering a strong connection between knowledge generation and the learning process.

The seminar specifically focused on the topic of nutritional values, discussing the energy and nutrient content of foods, nutrient losses during processing, analytical methods, and the impact of food components on health. Participants gained insights into the evaluation of macro- and micronutrients, environmental factors influencing food composition, and emerging measurement technologies.

By supporting Biruni University’s research-based learning approach, this seminar enhanced students’ abilities to analyze scientific data, think critically, and translate knowledge into practical applications. The Graduate Seminars in Nutrition and Dietetics contributed to raising awareness among students about nutritional values and public health by sharing the latest directions in nutrition science within the academic community.

## FoodXImpact: Best Practices and the Future of the Food Supply Chain



In line with SDG 2: Zero Hunger, Biruni University organized **“FoodXImpact: Good Practices and the Future of the Food Supply Chain”**, an innovative awareness initiative focused on sustainability and accessibility in food systems. The event brought together academics, industry representatives, and students to

of social responsibility across every link of the food value chain.

This event served as a concrete reflection of Biruni University’s commitment not only to academic knowledge production but also to

comprehensively examine the current structure of the food supply chain, share exemplary practices, and explore its potential for future transformation.

Throughout the program, discussions centered on food safety, transparency in production processes, waste reduction, empowerment of local producers, and fair distribution models. Participants emphasized the critical role of sustainable agriculture and conscious consumption habits in combating hunger, while highlighting the importance

the development of sustainable food policies that benefit society. FoodXImpact provided an experiential learning platform for students aiming to build equitable, environmentally responsible, and socially impactful food systems, thus directly contributing to the achievement of the Zero Hunger (SDG 2) goal.

## Nutriomics 2024: New Approaches to Personalized Nutrition through Artificial Intelligence and Machine Learning

Organized by the Biruni University Molecular Biology and Genetics Society, “**Nutriomics 2024: AI and Machine Learning in Precision Nutrition**” was an innovative academic event that opened new horizons at the intersection of nutritional science and digital technologies. The event provided a multidimensional exploration of the role of artificial intelligence, machine learning, and bioinformatics in developing personalized nutrition models.

Participants examined AI-based approaches in the analysis of genetic data, addressing both the opportunities and the ethical implications of data security and privacy. Expert speakers discussed the potential of algorithmic modeling in designing individualized nutrition plans and highlighted the transformative impact of these technologies on disease prevention, metabolic balance, and health sustainability.

**Nutriomics 2024** reflected Biruni University’s pioneering approach to scientific innovation, technology-driven health solutions, and interdisciplinary learning. Serving as a valuable knowledge-sharing platform, the event contributed significantly to the academic community and the broader field of health technologies, helping to shape the future of AI-assisted nutrition research.

INTERNATIONAL ONLINE WORKSHOP

# NUTRIOMICS 2024:

AI AND MACHINE LEARNING IN  
PRECISION NUTRITION

14 & 15 DECEMBER, 2024

**ORGANISERS**

**INDUSTRY COLLABORATORS**

**ACADEMIC PARTNERS**

REGISTRATION FEE	
HEALTHCARE PROFESSIONALS	2500 INR
STUDENTS	750 INR

**REGISTER NOW**

## Sustainable Nutrition Practices in Community Health

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Organized by Biruni University, the Community Health Nutrition Field Practices event aimed to help students understand the relationship between nutrition, public health, and social well-being through experiential learning. Within the scope of this activity, participants directly engaged with the community to observe nutritional habits on-site and developed practical strategies to promote healthy and sustainable lifestyles.

Aligned with **SDG 2 – Zero Hunger**, the event emphasized the importance of equitable access to adequate and balanced nutrition while raising awareness about malnutrition and food insecurity. By integrating academic knowledge with field experience, this initiative reflected Biruni University's vision of sustainability, social impact, and inclusive education, contributing to the development of conscious individuals dedicated to improving community health.



## Awareness Training on Community Nutrition Problems and Epidemiological Approaches

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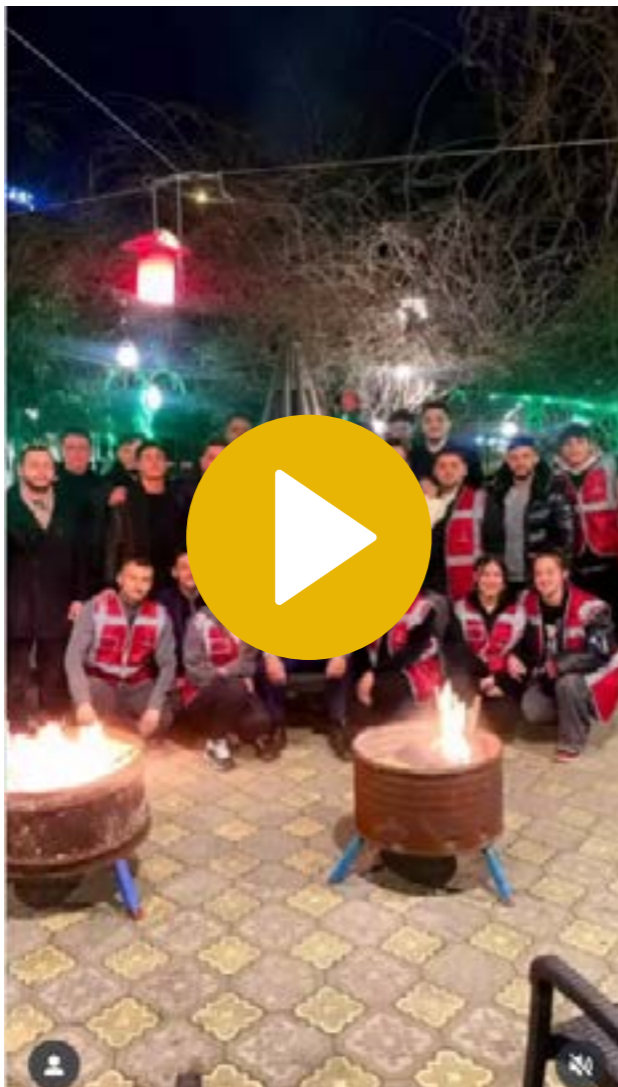


Organized by Biruni University, the Community Nutrition Problems and Epidemiology event aimed to help students analyze community nutrition challenges through a scientific lens and gain hands-on experience in applying epidemiological methods. Throughout the program, participants examined key public health issues such as malnutrition, obesity, and micronutrient deficiencies, developing data-driven solutions to address these pressing problems.

Directly aligned with **SDG 2 – Zero Hunger**, the event raised significant awareness about promoting sustainable and healthy eating habits within society. Reflecting Biruni University's dedication to sustainability, social impact, and science-based education, this initiative exemplified the institution's vision of cultivating socially responsible individuals who take active roles in advancing public health.

## A Helping Hand from the Trabzonspor Community: Food Parcel Support for Families in Need

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As part of a social responsibility project organized by the Biruni University Trabzonspor Community, food parcels were prepared and distributed to families in need. The initiative aimed to contribute to the fight against poverty, strengthen social solidarity, and promote a culture of sharing within society.

Community members carefully prepared parcels containing essential food items and actively participated in the distribution process to ensure that the aid reached those most in need. This meaningful activity helped students develop a stronger sense of empathy, volunteerism, and social responsibility.

Aligned with **SDG 2 – Zero Hunger**, this community-oriented initiative strongly reflects Biruni University's vision of fostering social awareness, approaching support for those in need as a moral duty, and empowering students to act upon humanitarian values.

## Maternal and Child Nutrition

**The Maternal and Child Nutrition** course exemplifies Biruni University's sustainability vision in higher education, providing a learning experience that directly contributes to public health. Designed in alignment with Sustainable Development Goal 2: **Zero Hunger**, the course enables students to comprehend the critical importance of nutrition across the human life cycle. Through experiential, field-based learning, students analyze dietary habits affecting maternal and child health and conduct data-driven research on nutrient deficiencies, malnutrition, and food security.

This process enhances students' awareness of creating social impact on both individual and community levels while fostering innovation and entrepreneurship-oriented approaches to developing sustainable nutrition solutions. Guided by the principle of inclusive education, the course cultivates sensitivity toward reducing nutritional inequalities among mothers and children from diverse socioeconomic backgrounds and encourages students to take active roles in designing community-based interventions.

Integrating this holistic approach with Biruni University's commitment to quality education empowers students to gain not only academic knowledge but also ethical responsibility and the ability to generate sustainable, socially beneficial solutions. In doing so, the course produces measurable outcomes in both scientific research and community service, making a significant contribution to Biruni University's sustainability-driven higher education model.



## Assessment of Nutritional Status



The **Assessment of Nutritional Status** course represents one of the key components of Biruni University's sustainability-oriented educational vision in higher education. The course aims to equip students with the skills to scientifically analyze the nutritional status of individuals and communities and to develop evidence-based strategies that promote health and well-being. Closely aligned with Sustainable Development Goal 2: **Zero Hunger**, it integrates experiential learning to enable students to transform theoretical knowledge into practical application.

Throughout the course, students identify individual and community-level nutrition issues using anthropometric measurements, biochemical data, and dietary analyses, while developing innovation- and entrepreneurship-based solutions grounded in their findings. This process

encourages active engagement in research and fosters participation in the design of sustainable nutrition policies that generate social impact. In accordance with the principle of inclusive education, students conduct applied studies across different age, gender, and socioeconomic groups, cultivating a deep awareness of health equity and community-based service.

Supported by real data and measurable outcomes, the course not only enhances students' academic competence but also strengthens their sense of social responsibility and ethical awareness as future health professionals. In doing so, it reinforces Biruni University's commitment to advancing its sustainability-driven higher education model and contributing meaningfully to global sustainable development goals.

## Nutrition Education and Counseling

**The Nutrition Education and Counseling** course stands at the core of Biruni University's sustainability-oriented and community-based health approaches in higher education and is directly aligned with Sustainable Development Goal 2: **Zero Hunger**. The course primarily aims to enable students to scientifically analyze the nutritional habits of individuals and communities while developing practical and sustainable solutions to public health issues such as undernutrition, food insecurity, and malnutrition.

Through experiential learning, students engage in hands-on counseling practices, gaining real-world experience in nutrition education and developing awareness of food inequality by working with diverse socioeconomic groups in line with the principle of inclusive education. Participants also generate social

impact through community nutrition programs, school-based awareness activities, and local collaborations, while advancing innovative and entrepreneurship-driven approaches such as sustainable nutrition models, digital educational tools, and public health-oriented initiatives.

This interdisciplinary learning process strengthens students' research-based thinking, social responsibility, and professional ethics, contributing both to their individual development and to the collective well-being of society. In doing so, Biruni University reinforces its identity as an innovative higher education institution dedicated to nurturing qualified professionals who actively contribute to the fight against hunger and malnutrition, thereby advancing global sustainable development goals.



## Principles of Nutrition and Practice I



The **Principles of Nutrition and Practice I** course lies at the heart of Biruni University's sustainability-driven and community-based health education framework, aligning strongly with Sustainable Development Goal 2: **Zero Hunger**. The course aims to provide students with an in-depth understanding of the fundamental principles of nutrition science, enabling them to scientifically assess individual and community nutritional status while developing applicable and sustainable solutions to global public health challenges such as undernutrition, food insecurity, and malnutrition.

Through an experiential learning approach, the course allows students to gain hands-on experience in food systems and nutrition practices, fostering innovation and entrepreneurship skills. By engaging with diverse socioeconomic groups,

students develop awareness of reducing food inequality in accordance with the principles of inclusive education. They also create tangible social impact through community-based nutrition education programs and projects that bridge theory with practice.

This interdisciplinary learning process strengthens students' research-oriented thinking, social responsibility, and professional ethics, contributing both to individual growth and societal well-being. In doing so, Biruni University reinforces its position as an innovative higher education institution dedicated to training qualified professionals who combat hunger and malnutrition, thereby advancing the global sustainable development agenda.

## Exercise and Nutrition

**The Exercise and Nutrition** course plays a central role in Biruni University's higher education mission aimed at promoting sustainability and health awareness, establishing a direct link with the United Nations Sustainable Development Goal 2: **Zero Hunger**. This interdisciplinary course enables students to learn the foundational principles of nutrition and physical activity that underpin a healthy lifestyle, while fostering the development of holistic and sustainable solutions to public health challenges such as undernutrition, obesity, and food insecurity.

Through an experiential learning approach, students engage in applied projects that focus on efficient food resource utilization, community health improvement, and nutrition awareness, encouraging innovation and entrepreneurship in the field. This inclusive educational model allows

students to understand the barriers faced by different socioeconomic groups and to create tangible social impact by working toward reducing food inequality.

By reinforcing research-based thinking, social responsibility, and professional ethics, the course strengthens students' ability to design evidence-based strategies that promote public health and sustainability. In doing so, **Exercise and Nutrition** exemplifies Biruni University's innovative higher education approach—dedicated to training qualified professionals committed to eliminating hunger and malnutrition and advancing the goals of sustainable development.



## Clinical Nutrition: Pediatric Applications



**The Clinical Nutrition: Pediatric Applications** course stands at the heart of Biruni University's higher education mission, which integrates sustainability and community-centered health practices, and is strongly aligned with the United Nations Sustainable Development Goal 2: **Zero Hunger**. The course aims to equip students with a deep understanding of pediatric nutrition science, enabling them to analyze individual and community nutritional statuses through scientific methods while developing practical and sustainable solutions to critical public health challenges such as undernutrition, child malnutrition, and food insecurity.

Through an experiential learning approach, students gain hands-on experience in pediatric nutrition practices, applying innovative and entrepreneurial skills in real-world contexts. By engaging with

children from diverse socioeconomic backgrounds, they cultivate awareness of food inequality and learn to design inclusive interventions that promote equitable access to adequate nutrition. Students also contribute to measurable social impact through clinical practices and community-based projects, bridging research with applied service. This interdisciplinary learning process strengthens their analytical thinking, sense of social responsibility, and professional ethics—fostering both personal growth and societal well-being.

Ultimately, the course embodies Biruni University's commitment to nurturing qualified professionals dedicated to combating childhood hunger and malnutrition, thereby reinforcing the institution's role as a pioneering higher education model advancing sustainable development goals.

## Clinical Nutrition: Adult Applications

**The Clinical Nutrition: Adult Applications** course lies at the core of Biruni University's sustainable higher education framework, reflecting its commitment to community-based health promotion and aligning closely with the United Nations Sustainable Development Goal 2: **Zero Hunger**. The course is designed to provide students with an in-depth understanding of clinical nutrition principles in adults, enabling them to scientifically assess both individual and population-level nutritional status while developing evidence-based and sustainable solutions to global public health issues such as undernutrition, food insecurity, and malnutrition in clinical and community settings.

Through experiential learning practices, students engage directly in adult nutrition applications, gaining practical experience and fostering innovation and entrepreneurship skills in real-world environments. By working with diverse

socioeconomic and clinical risk groups, they strengthen their awareness of food inequities and contribute to inclusive strategies that promote equitable nutrition access.

Students create measurable social impact through clinical practice and community-based health initiatives that merge academic knowledge with applied service. This interdisciplinary learning process reinforces their research-driven thinking, sense of social responsibility, and professional ethics, enhancing both their individual development and their contribution to collective well-being.

Ultimately, the course exemplifies Biruni University's mission to educate competent professionals dedicated to addressing adult hunger, undernutrition, and clinical malnutrition—solidifying its position as an innovative higher education institution advancing sustainable development goals through health and nutrition.



## Clinical Nutrition



**The Clinical Nutrition** course stands at the core of Biruni University's sustainable and community-oriented health education model, aligning directly with the United Nations Sustainable Development Goal 2: **Zero Hunger**. The course aims to equip students with a comprehensive understanding of the principles of nutritional science in disease management, enabling them to assess both individual and population-level nutritional status through scientific methods and to develop practical, sustainable solutions to global public health challenges such as undernutrition, clinical malnutrition, and food insecurity within hospital and community settings.

Through experiential learning, students actively engage in clinical nutrition practices, applying their theoretical knowledge to real-world contexts while fostering innovation and entrepreneurship skills. By working with diverse socioeconomic and clinical risk

groups, they gain awareness of food inequities and the burden of malnutrition, contributing to inclusive and equitable nutrition strategies.

The course also emphasizes the integration of research-based learning, ethical awareness, and social responsibility, encouraging students to design and implement community health projects that generate measurable social impact. This interdisciplinary learning experience enhances both their professional competence and their commitment to improving public health outcomes.

By cultivating highly qualified professionals capable of addressing hunger, malnutrition, and clinical nutrition challenges, Biruni University strengthens its position as an innovative higher education institution dedicated to advancing sustainable development through education, research, and community engagement.

## Campus Food Security

Hunger continues to be one of the greatest humanitarian challenges of our time, both globally and in our country. According to United Nations data, approximately 735 million people around the world struggle with chronic hunger. At the same time, one-third of all food produced each year is wasted before it is consumed. This clearly shows that hunger is not solely the result of food scarcity, but largely due to the unequal and inefficient distribution of resources.

A similar situation exists in our country; while approximately 15 million people face problems of insufficient nutrition, 18 million tons of food are wasted each year. Despite Türkiye's strong agricultural production capacity, food waste and economic inequalities still prevent some segments of society from accessing healthy food.

As Biruni University, our commitment to the goal of "Zero Hunger" continues through various initiatives. Our university has made the United Nations Sustainable Development Goals part of its institutional vision, and within the scope of SDG 2 (Zero Hunger), we are taking steps to combat hunger and ensure food security. For example, by providing free lunch services to all our staff, we ensure equal access to healthy food. Additionally, we offer meal scholarships to

students in need to prevent financial hardship from limiting their access to nutritious meals. Within campus operations, we implement measures to reduce food waste, promote the use of surplus food, and conduct awareness activities on waste separation and reduction.

As evidence of this approach, our Gastronomy and Culinary Arts program places special emphasis on a "zero-waste" philosophy and sustainable food practices. Course content includes subjects such as donating leftover food, producing compost from organic waste, supporting sustainable agricultural techniques, and teaching creative recipes that utilize food scraps. In our Nutrition and Dietetics department, we also conduct academic research on food insecurity and healthy nutrition to generate solutions.

At Biruni University, we are fully aware of our responsibility in the fight against hunger. With our scientific expertise and social awareness, we continue to play an active role in addressing hunger. We encourage our students and staff to participate in awareness-raising events such as World Food Day and to support social responsibility projects like food banking. We also collaborate with student

clubs to coordinate efforts with organizations such as "Çorbada Tuzun Olsun Derneği" to help deliver healthy food to those in need.

We strongly believe that universities can contribute to the vision of "Zero Hunger" not only through education and research, but also by serving as a role model and making direct contributions to society. On behalf of Biruni University, I would like to emphasize our determination to support the complete eradication of hunger in our country and around the world, and our readiness to cooperate with all stakeholders in this mission.



**Assoc. Prof. Dr. Burak Önal**  
Advisor to the Rector

## Healthy, Affordable, and Equitable Food Access for All

At Biruni University, nutrition is an integral part of our wellbeing philosophy. We believe that no one — student, academic, or staff — should face hunger or barriers to healthy nutrition within the university community.

Through a system that combines in-house food production, dietitian supervision, affordability policies, free beverages and water, and solidarity-based student support, Biruni ensures that access to nutritious food is a daily reality for all.



## University Dining Hall (Main Campus)

- All meals are prepared on-site in the university's own kitchen by trained chefs, not outsourced caterers.
- A licensed dietitian supervises menu planning, calculating caloric and nutritional values for every meal and ensuring alignment with national dietary standards.
- Daily menu structure:
  - Two main-course options, one always vegetarian.
  - A vegan choice and salad buffet featuring seasonal, locally sourced vegetables.
  - Fresh fruit served daily as dessert or snack option.
  - Allergen and calorie information displayed on menu boards.
- Pricing policy: Meals are provided at an affordable, cost-controlled rate — significantly below market price — and discounted for students receiving need-based aid.
- Hygiene and sustainability: The kitchen follows ISO-based hygiene standards, portion control, and monitored waste minimisation procedures.



## Campus Cafés (5 Units)



- Operated by approved external vendors under university contracts that enforce hygiene, menu variety, and sustainability standards.
- Cafés offer healthy sandwiches, dairy-free beverages, salads, and fresh fruit at accessible prices.
- Menus include vegan and vegetarian options daily, and vendors are audited for compliance with nutrition and pricing policies.

## University Hospital Cafeterias (2 Units)

- Managed by the Hospital Administration in collaboration with the Hospital Nutrition Department.
- Provide daily set menus for medical staff, residents, and student interns, planned weekly by hospital dietitians to meet energy and nutrient requirements for clinical shifts.



## Free Water Access



- The entire Biruni University campus — including classrooms, cafeterias, hospital units, and outdoor areas — is equipped with filtered drinking-water dispensers.
  - Water is completely free of charge for students, staff, and visitors, supporting both SDG 2 (Zero Hunger) and SDG 6 (Clean Water and Sanitation).
  - To encourage environmental sustainability and hydration equity, each student and staff member receives a reusable Biruni-branded thermos at the start of the academic year.
    - This initiative eliminates the need for single-use plastic bottles.
    - It reinforces SDG 6 (Clean Water and Sanitation) and SDG 12 (Responsible Consumption and Production).
  - The university actively promotes “Bring Your Own Thermos” culture, integrating hydration habits into daily academic life.
- Outcome: All individuals on campus — regardless of role or background — have free, continuous access to safe drinking water and sustainable hydration solutions.

## Nutritional Oversight & Education

- The Faculty of Nutrition and Dietetics regularly reviews menu content and caloric balance.
- Student and staff feedback is collected through satisfaction surveys and integrated into menu improvements.
- Nutrition literacy seminars are offered each semester as part of the Food & Wellbeing Program.

**Outcome:** Every dining facility on campus — from cafeterias to cafés — offers healthy, affordable, and clearly labelled meal options, ensuring inclusivity and health for all community members.



# Interventions to Prevent Hunger and Support Wellbeing Among Students and Staff

## Food & Wellbeing Program (B-ACCESS Framework)

To prevent hunger and nutritional inequality, Biruni University implements the **Food & Wellbeing Program** under its **B-ACCESS (Biruni Access & Social Equity System)** initiative.

### Components

- **Share-a-Meal System:** Staff and alumni can donate prepaid meals via the university app; digital credits are added discreetly to verified students' ID cards for use in the dining hall.
- **Biruni Food Bank:** In partnership with municipalities and NGOs, monthly essential food packages are distributed to students experiencing financial hardship.
- **Nutrition and Budgeting Workshops:** Conducted by the Faculty of Health Sciences to teach affordable, balanced meal planning.
- **Wellbeing Hub:** Offers free counselling, stress-management sessions, and peer support to address emotional challenges linked to financial or food insecurity.

Impact (2024):

**700**

S t u d e n t s

benefited from meal, food-package, or wellbeing support.

**Zero**

D r o p o u t s

recorded among registered program participants.

**Routine**

C o o p e r a t i o n

with **municipal social-assistance departments** for need verification.

## Staff Food and Wellbeing Support

Impact:

**%100**

o f E m p l o y e e s

have guaranteed access to a free, healthy meal daily.

**Shared**

K i t c h e n

areas strengthen community and wellbeing culture.

**%100**

o f C a m p u s  
B u i l d i n g s

provide free tea, coffee, and water.

**Over  
10.000**

R e u s a b l e  
T h e r m o s e s

distributed across campus, reducing plastic waste and supporting daily hydration.

Biruni University recognises that wellbeing must include its employees.

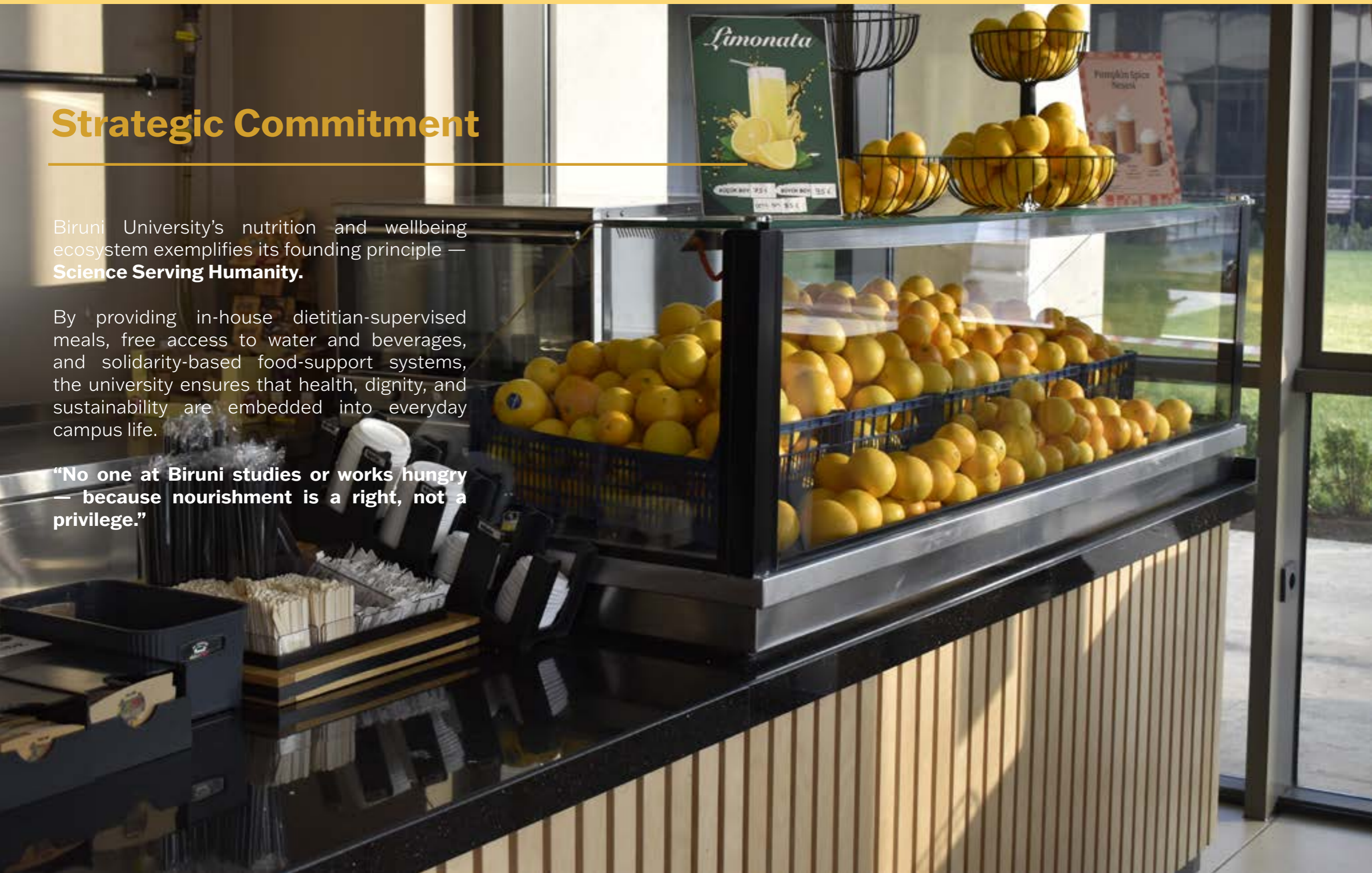
- **Free Meal Program:** All full-time academic and administrative staff receive one complimentary hot meal daily at the dining hall or hospital cafeterias.
- **Common Kitchen Spaces:** Every faculty and administrative building has shared kitchenette areas equipped with refrigerators, microwaves, and seating — enabling staff to bring and prepare their own food comfortably.
- **Free Tea and Coffee:** Provided across offices and break rooms, promoting social connection and reducing personal costs.
- **Universal Access to Water:** The same network of free, filtered-water dispensers serves both staff and students, ensuring equitable hydration and sustainability.
- **Wellbeing and Nutrition Education:** Periodic seminars on workplace nutrition, stress-resilient eating, and hydration led by health-sciences experts.

## Strategic Commitment

Biruni University's nutrition and wellbeing ecosystem exemplifies its founding principle — **Science Serving Humanity.**

By providing in-house dietitian-supervised meals, free access to water and beverages, and solidarity-based food-support systems, the university ensures that health, dignity, and sustainability are embedded into everyday campus life.

**“No one at Biruni studies or works hungry — because nourishment is a right, not a privilege.”**



## Sustainable and Local Food Procurement & Waste Management



At Biruni University, food production and procurement are integral to its sustainability mission.

Every meal served on campus reflects a commitment to **health, locality, and environmental ethics** — from sourcing fresh, regional ingredients to redistributing surplus meals with zero waste.



## Local Supplier and Sustainable Procurement Framework

- **Local Priority Policy:**

All university tenders for food provision, including the main dining hall, hospital cafeterias, and campus cafés, are governed by a **local sourcing principle**.

At least **70 % of all food products** — including fresh produce, bakery items, dairy, and legumes — are purchased from **local or regional suppliers** within Türkiye, with priority given to **Istanbul-based SMEs and agricultural cooperatives**.

- **Sustainability Standards:**

Vendors are required to comply with **Good Agricultural Practices (GAP)** or equivalent certification.

Preference is given to suppliers adhering to **animal welfare, low-pesticide farming**, and ethical labour practices.

- **Dietitian Oversight:**

Procurement decisions and menu designs are jointly reviewed each term by the **Faculty of Nutrition and Dietetics**, ensuring nutritional quality, freshness, and sustainable sourcing.



## Environmentally Responsible Logistics and Packaging



- **Bulk Procurement & Centralized Delivery:**

Food ingredients are ordered in bulk and delivered to the university's **central kitchen**, reducing the number of deliveries, cutting fuel emissions, and preventing packaging waste.

- **Eco-Friendly Packaging:**

Vendors are encouraged to use **biodegradable, recyclable, or reusable containers** for transport and delivery.

Styrofoam and non-recyclable plastics have been **phased out** from university dining operations since 2023.

- **Reusable Serviceware:**

The main dining hall and hospital cafeterias use **washable stainless-steel trays and cutlery**, eliminating single-use plastics across primary food service areas.

Compostable packaging is used only in take-away options.

- **Reusable Thermos Initiative:**

To complement the zero-waste vision, Biruni provides **free reusable thermoses** to all students and staff, reducing disposable cup use by an estimated **70 % annually** and promoting refill culture across campus.

## Food Waste Reduction and Redistribution

- **Daily Food Measurement:**

Kitchen teams monitor and record daily production, serving, and leftover quantities to optimise portion control and menu planning.

- **Surplus Food Redistribution Network:**

Edible surplus from the university dining hall and hospital kitchens is **safely collected and delivered every evening to local animal shelters**, under protocols aligned with İstanbul Metropolitan Municipality's animal welfare partnerships.

These daily donations prevent usable food from being wasted while directly supporting community shelters.

- **Biruni Food Bank (B-ACCESS Integration):**

Food items that remain suitable for human consumption — such as packaged goods and dry staples — are collected and redistributed through the Biruni Food Bank to students in need.

This dual redistribution system ensures that no consumable food is discarded unnecessarily.

- **Alignment with National Policy:**

All efforts operate in compliance with Türkiye's "Gıda İsrafını Önleme Programı" (Food Waste Prevention Initiative) led by the Ministry of Agriculture and Forestry. The university reports qualitative impact data annually to the Institutional Impact & Visibility Directorate under the Sustainability and SDG Office.



## Monitoring, Education, and Impact

Measured Impact (2024):

**%80**

o f A l l F o o d  
purchased sourced locally.

**150 kg**

o f E d i b l e  
S u r p l u s  
redistributed monthly to animal  
shelters.

**700**

S t u d e n t s  
annually benefit from the **Biruni  
Food Bank.**

**%100**

E l i m i n a t i o n  
of single-use plastic trays and  
cutlery in main food halls.

• **Training & Awareness:**

Food-service staff receive annual workshops on **waste separation, safe storage, and redistribution ethics.**

Awareness campaigns across cafeterias encourage students to **“Take What You’ll Eat – Waste Nothing.”**

