



## SDG2- Zero Hunger



There is an extensive system for handling, disposal and management of food waste at University of Poonch Rawalakot. The University has adapted and implemented a food waste policy, and it strives for minimum food waste generation through various approaches most prominently; adapting sustainable food choices, and appropriate food technologies. Our food outlets, cafeterias and hostels serve freshly cooked food sourced from the local plant food and fresh meats and eggs.

The University of Poonch Rawalakot ensures the access to safe, nutritious, sufficient and affordable food for students, faculty and staff members round the year. UPR designed and carry forward university-based food assistance programs and different activities to ensure food security at campuses, hostels and neighboring community. UPR has been quite successful in supporting the production, distribution and preservation of healthy foods to under privilege students and communities. The department of food Science and Technology works with food processors, restaurants and women groups at the community level by offering knowledge and training of value-added food products, food preservation techniques for entrepreneurial skills. Our Faculty of Agriculture's Horticulture team also market fresh produce of vegetables, fruits, pulses, grains from University farms during the harvest seasons.

The University of Poonch Rawalakot ensures the access and availability of nutritious food to its students, staff and faculty by ensuring the supply of plant and animal sourced food year along. Our on-campus food supply and management program is running with the collaboration of local community groups/farmers to provide supplies of fresh fruits, vegetables and meat to ultimately offer balanced meal for low-wage workers and marginalized students at subsidized rates. The University is also continuously improving food related interventions including food donations, women empowerment, training for preservation of food, free consultation about agriculture to ensure zero hunger.

UPR has an intensive financial assistance program which covers over 30% students on campus, the program includes monthly stipend to afford uninterrupted food at campus and the hostels. The University has established a Food bank/pantry for the supply of fresh produce (summer & winter vegetables, fruits, grains, milk, meat etc grown on the University Farms. In this context, the food assistant program committees have been monitoring the sustainable supply of food commodities and its distribution among the needy students and staff either free or at reduced rates.

The food choices at the campus are sustainable, our cousins at the Cafeterias, Students Hostels and even private food outlets around the campus offer naturally sourced food both vegetarian and

vegan. Keeping in view the consequences concerning health, finance and environment, our outlets are monitored and mandated to offer menus those offer choices to choose from a decent variety of vegetarian and vegan food at campus and hostels. Our Food Safety and Quality Management Committee comprising members from the Agriculture, Livestock and Food Science and Technology department develop the menus and help establish the supply chains of the health food choices. Our food pantry offers supply of fresh vegetables and fruits along the seasons.

Overall, the socio economic status of University students and employees have been considered during menu preparation and pricing of food. Majority of the University students can afford healthy, balanced and nutritious food at reasonable prices at all food outlets. Our cafeterias are offering --- daily hot meals to the students' year along and prices are less than a dollar for every food item. As compared to the market, we offer 50% discount on each food commodity to the students at different University cafeterias

The University of Poonch Rawalakot provides knowledge, skills and technology to the local farmers and food producers' whole year according to their needs. Mostly, free services, trainings/workshops, free seed provision, support for development of high yielding wheat crop, increase in pulses production through area expansion and productivity enhancement in a sustainable manner, enhance farm level economy (i.e. farm profits) to restore confidence of farmers for improving food production, provide knowledge how to restore soil fertility and productivity at individual farm level, provision of subsidized medicines, sprays

The Faculty of agriculture, University of Poonch Rawalakot , outreach program mainly focus to provide free technical assistance to framers, regarding the selection of seed, appropriate and less use of fertilizers, control of diseases to farmers on their door steps so that they can enhance their crop productivity. University of Poonch Rawalakot is actively involved in various community services including free of cost services to small growers to address disease related issues of local farmers and to motivate them for the cultivation of different food crops. Our expert's efforts of free consultations, regular technical assistance helped local farmers to improve the apple crop at their small farms and household level. The production of apple increased by 30% due to a significant decrease in the wastage resulted for various diseases.





*Availability of fresh produce at campus vicinity for students and staff, and workshops for local producers to acquaint them with food security knowledge*



**Table 1: Summary of the UPR’s initiatives related to SDG 2 (Zero Hunger)**

Indicator	Indicator Name	Action taken
2.2.1	Campus food waste tracking	<ul style="list-style-type: none"> <li>University of Poonch Rawalakot (UPR) has a food Waste Management Committee to control food waste in the university premises.  (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f2cea63afc-2.2.1%20Campus%20Food%20Wastage%20tracking%201.pdf">https://upr.edu.pk/storage/uploads/blogs/655f2cea63afc-2.2.1%20Campus%20Food%20Wastage%20tracking%201.pdf</a>)</li> <li>Waste Management Committee is responsible to implement the food waste management policy of the university.  (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f2d1099fff-2.2.1%20Campus%20Food%20Waste%20Management%20policy%202.pdf">https://upr.edu.pk/storage/uploads/blogs/655f2d1099fff-2.2.1%20Campus%20Food%20Waste%20Management%20policy%202.pdf</a>)</li> </ul>
2.2.2	<ul style="list-style-type: none"> <li>Total Food waste</li> <li>Campus Population</li> </ul>	Full time employees and students Students = 5446 Employees = 465
2.2.2		
2.3.1	Student food insecurity and hunger	<ul style="list-style-type: none"> <li>UPR has value added product from indigenous resources such as spreadable cheese, apricot kernel butter. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f2d443c8b0-2.3.1.%20Student%20food%20insecurity%20and%20hunger%20-1.pdf">https://upr.edu.pk/storage/uploads/blogs/655f2d443c8b0-2.3.1.%20Student%20food%20insecurity%20and%20hunger%20-1.pdf</a>)</li> <li>UPR conducted a training workshop on food processing and preservation. UPR also conducted a national seminar on world food safety day and awareness about food waste. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f2d6584d74-2.3.1.%20Student%20food%20insecurity%20and%20hunger-2.pdf">https://upr.edu.pk/storage/uploads/blogs/655f2d6584d74-2.3.1.%20Student%20food%20insecurity%20and%20hunger-2.pdf</a>)</li> </ul>

2.3.2	Student and staff hunger intervention	<ul style="list-style-type: none"> <li>• UPR is dedicated to provided fresh produced vegetables, beans and fruits at subsidized rates for utilization in our cafeteria, hostels and distribution within local community. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f2d95e0824-2.3.2.%20Student%20and%20staff%20hunger%20interventions%20-1.pdf">https://upr.edu.pk/storage/uploads/blogs/655f2d95e0824-2.3.2.%20Student%20and%20staff%20hunger%20interventions%20-1.pdf</a>)</li> <li>• Winter and summer foods are freshly available at farm for students, staff and community. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f30d83e080-2.3.2.%20Student%20and%20staff%20hunger%20interventions-2.pdf">https://upr.edu.pk/storage/uploads/blogs/655f30d83e080-2.3.2.%20Student%20and%20staff%20hunger%20interventions-2.pdf</a>)</li> </ul>
2.3.3	Sustainable food choices on campus	<ul style="list-style-type: none"> <li>• UPR’s Food Safety and Quality Management Committee develops the menus and help establish the supply chains of the health food choices. The food choices at the campus are sustainable, our cousins at the Cafeterias, Students Hostels and even private food outlets around the campus offer naturally sourced food both vegetarian and vegan. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f31028f03c-2.3.3.%20Sustainable%20food%20choices%20on%20campus%20%20-1.pdf">https://upr.edu.pk/storage/uploads/blogs/655f31028f03c-2.3.3.%20Sustainable%20food%20choices%20on%20campus%20%20-1.pdf</a>)</li> <li>• UPR offers technical assistance to the small famers, food producers to enhance productivity of plant and animal-based food. Research studies are conducted to address food security by assessing the performance of dual-purpose maize cultivars under varying nitrogen (N) regimes in temperate conditions. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f312d90ab7-2.3.3.%20Sustainable%20food%20choices%20on%20campus-2.pdf">https://upr.edu.pk/storage/uploads/blogs/655f312d90ab7-2.3.3.%20Sustainable%20food%20choices%20on%20campus-2.pdf</a>)</li> </ul>
2.3.4	Healthy and Affordable food choices	<p>As compared to the market, UPR offers 50% discount on each food commodity to the students at different University cafeterias (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f315a41366-2.3.4.%20Healthy%20and%20affordable%20food%20choices-1.pdf">https://upr.edu.pk/storage/uploads/blogs/655f315a41366-2.3.4.%20Healthy%20and%20affordable%20food%20choices-1.pdf</a>)</p>
2.4.1	<ul style="list-style-type: none"> <li>• Number of Graduates</li> <li>• Number of graduates from</li> </ul>	<ul style="list-style-type: none"> <li>• 5446</li> <li>• 1687</li> </ul>

	agriculture and Aquaculture courses including sustainability aspects	
2.5.1	Access to food security knowledge	<ul style="list-style-type: none"> <li>• UPR conducted a workshop on beekeeping and honey extraction. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f31942cb65-2.5.1.%20Access%20to%20food%20security%20knowledge%20-%201.pdf">https://upr.edu.pk/storage/uploads/blogs/655f31942cb65-2.5.1.%20Access%20to%20food%20security%20knowledge%20-%201.pdf</a>)</li> <li>• UPR outreach program mainly focuses to provide free technical assistance to framers, regarding the selection of seed, appropriate use of fertilizers, control of diseases to farmers on their door steps so that they can enhance their crop productivity. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f31bd3a6f0-2.5.1.%20Access%20to%20food%20security%20knowledge-2.pdf">https://upr.edu.pk/storage/uploads/blogs/655f31bd3a6f0-2.5.1.%20Access%20to%20food%20security%20knowledge-2.pdf</a>)</li> </ul>
2.5.2	Events for local farmers and food producers	<ul style="list-style-type: none"> <li>• UPR conducted a two-days training workshop on the promotion of mushroom cultivation and seed production was conducted. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f31e780c46-2.5.2.%20Events%20for%20local%20farmers%20and%20food%20producers%20-%201.pdf">https://upr.edu.pk/storage/uploads/blogs/655f31e780c46-2.5.2.%20Events%20for%20local%20farmers%20and%20food%20producers%20-%201.pdf</a>)</li> <li>• UPR consistently provides complimentary medical outreach camps in various communities, offering essential healthcare services to those in need. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f3225126f0-2.5.2.%20Events%20for%20local%20farmers%20and%20food%20producers-2.pdf">https://upr.edu.pk/storage/uploads/blogs/655f3225126f0-2.5.2.%20Events%20for%20local%20farmers%20and%20food%20producers-2.pdf</a>)</li> </ul>
2.5.3	University access to local farmer and food producers	<ul style="list-style-type: none"> <li>• UPR has regularly followed up with the trained farmers and offered them plant stocks, and on farm technical assistance to adapt the farming of different crops on commercial basis, and also soil fertility, water and milk tests. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f32476b4f2-2.5.3.%20University%20access%20to%20local%20farmers%20and%20food%20producers%20-%201.pdf">https://upr.edu.pk/storage/uploads/blogs/655f32476b4f2-2.5.3.%20University%20access%20to%20local%20farmers%20and%20food%20producers%20-%201.pdf</a>)</li> </ul>

		<ul style="list-style-type: none"><li>• UPR provides milk, water and soil testing facility for farmers and local community. (Link: <a href="https://upr.edu.pk/storage/uploads/blogs/655f3267ea97e-2.5.3.%20University%20access%20to%20local%20farmers%20and%20food%20producers-2.pdf">https://upr.edu.pk/storage/uploads/blogs/655f3267ea97e-2.5.3.%20University%20access%20to%20local%20farmers%20and%20food%20producers-2.pdf</a>)</li></ul>
2.5.4	Sustainable food purchases	