

2024–2025 ACADEMIC YEAR
ZERO HUNGER REPORT
SDG 2

ISTINYE UNIVERSITY

İSTİNYE ÜNİVERSİTESİ İSTANBUL

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ABOUT US

Our Mission

Istinye University's mission is to provide innovative and sustainable education in a student centred institution working closely with industry; to conduct research based on advanced technology; to produce new knowledge and technologies; and to contribute to society by developing solutions to local and global problems.

Our Vision

Istinye University's vision is to become one of the world's leading universities pursuing excellence in education, research, innovation and technology development, with artificial intelligence at its centre.

Our Values

- Respect for people and differences
- Commitment to professional ethics and human values
- Social and community responsibility
- Justice and merit
- Environmental awareness and sustainability
- Lifelong learning
- Collective wisdom
- Participation
- Innovation
- Entrepreneurship
- Leadership

Source: [1] Mission and Vision

DINING SERVICES AND ACCESS TO FOOD

Campus Dining Services

Istinye University provides dining services through campus dining halls and cafeterias. Academics from the Department of Nutrition and Dietetics prepare the menus, which are published monthly.

Food samples are taken regularly and tested by food engineers to support healthy and hygienic dining conditions for students, academic staff and administrative staff.

Source: [2] 2024 Institutional Self Evaluation Report p 40

Meal Support for Students Facing Financial Difficulties

Students who experience unforeseen financial difficulties during their studies may apply for a meal scholarship by documenting their circumstances during the announced scholarship application period. Subject to a favourable assessment by the Scholarship Commission and a decision by the Board of Trustees, a lunch scholarship may be provided throughout the academic year.

Source: [3] Financial Support for Students

Meal Entitlement for Students Working Part time

In addition to their wages, students working part time are entitled to free university meals while they are actually working. Article 10 of the Directive on Part time Student Employment establishes this entitlement.

Source: [4] Directive on Part time Student Employment Article 10

EVENTS

Local and Seasonal Foods

Terra Madre

17 December 2024 · Vadi H Campus



Terra Madre event poster.

The Department of Gastronomy and Culinary Arts announced Terra Madre, a product presentation and tasting event, for 17 December 2024. The programme focused on the sustainability of local and seasonal foods and the conservation of biodiversity, with the second floor social area of Vadi H Campus as its venue.

Source: [5] Terra Madre event announcement

Healthy Eating Education

Healthy Snack Recipes Recreated for You

31 January 2025 · High School Winter Camp

The Department of Nutrition and Dietetics prepared healthy snacks with high school students during the High School Winter Camp. Students worked on nutritious recipes and learned the basic principles of healthy food choices through practical activities.



Healthy snacks workshop held during the High School Winter Camp.

The workshop also addressed adequate and sustainable nutrition. By combining theoretical knowledge with kitchen practice, it aimed to develop nutrition knowledge that young people could use in daily life.

Source: [6] High School Winter Camp healthy snacks workshop

Nutrition Education with Student Clubs

Nutrition Education for Preschool Children

11 March 2025 · Topkapı Campus

The Healthy Steps Club organised a programme on developing healthy eating habits from an early age. It addressed the role of balanced nutrition in children's physical and cognitive development, ways to encourage children to enjoy healthy foods, and the adverse effects of fast food consumption. Practical suggestions were shared for parents and educators.

Source: [7] Nutrition Education for Preschool Children

Sports Nutrition Seminar

8 January 2025 · Topkapı Campus

The Sports Club's seminar covered nutrition before and after training, energy balance and adequate hydration. Nutrition and dietetics specialists explained common dietary mistakes among athletes and their relationship with performance, and answered participants' questions.

Source: [8] Sports Nutrition Seminar

Dietary Supplements in Nutrition Science

15 January 2025

The Healthy Steps Club brought Nutrition and Dietetics students together for a seminar on the place of dietary supplements in nutrition and their appropriate use. The discussion emphasised choosing products that meet individual health needs and the importance of guidance from a dietitian.

Source: [9] Dietary Supplements in Nutrition Science · [14] Community Engagement Activities

Nutrition Awareness and Collaboration

Obesity a Major Challenge of Our Time

4 March 2025 · Vadi H Campus

The Department of Healthcare Management and the Collaboration Against Obesity Movement organised a conference for World Obesity Day. The programme addressed nutrition and lifestyle in obesity prevention, eating disorders and the role of digital applications.



A presentation at the obesity conference.

Sessions drew on nutrition and dietetics, psychology and family medicine. They were followed by a presentation of the Collaboration Against Obesity Movement's activities and award winning entries in a competition for innovative solutions to obesity.

Source: [10] Obesity a Major Challenge of Our Time event announcement · [11] University news on the obesity conference

Sustainable Food Systems

Sustainable Future Summit

28 May 2025 · Vadi H Campus

The Sustainable Future Summit, organised in collaboration with Young TEMA, addressed sustainability in the food sector and nutrition. Discussions examined the importance of sustainable approaches across the journey from food purchasing and supply chains to the dining table.



Institutional photograph from the Sustainable Future Summit.

Other sessions considered sustainable packaging, plastics use and supply chain practices. Exhibitions and Demoday presentations introduced participants to young entrepreneurs' projects.

Source: [12] Sustainable Future Summit event announcement · [13] Istinye Post news on the Sustainable Future Summit

Nutrition and Sustainable Food Activities

Date	Activity	Source
17.12.2024	Terra Madre	Announcement [5] Link
08.01.2025	Sports Nutrition Seminar	News [8] Link
15.01.2025	Dietary Supplements in Nutrition Science	News [9] Link
31.01.2025	Healthy Snack Recipes Recreated for You	News [6] Link
04.03.2025	Obesity a Major Challenge of Our Time	News [11] Link
11.03.2025	Nutrition Education for Preschool Children	News [7] Link
07.05.2025	Collaboration Against Obesity How We Succeeded	Activity record [14] Link
28.05.2025	Sustainable Future Summit	News [13] Link

Source: [14] Community Engagement Activities

PROJECTS

Academic Projects

Funding Institution	Call Name	Project Title
TÜBİTAK	1003 Priority Areas R&D Projects Support Programme	Development of New Olive Cultivars with Superior Traits and DNA Markers for Advanced Breeding through Innovative Approaches
European Union	PRIMA 2020 Section 1 Call Agro-Food Value Chain	Development of New Wheat-Derived Foods of the Mediterranean Diet with Improved Nutritional and Health Value
TÜBİTAK	1002 Short Term R&D Funding Programme	Production of EPS from Different Yeast Genera and Determination of Their Technofunctional, Antioxidant and Probiotic Properties
Republic of Türkiye Ministry of Industry and Technology	Agricultural Infrastructure Development Project	Production of Pistachio Rootstocks and Plantlets through Tissue Culture

Source: [15] Istinye University academic project register

Student Projects

TÜBİTAK 2209 Programme 2024/1 and 2025/1 Call

Project Title	Funding Institution
Sustainable Campus: From the Green Teaching Kitchen of the Department of Gastronomy and Culinary Arts to a Green Campus	TÜBİTAK
Use of Hazelnut Waste (Shells, Husks and Skins) as a Cocoa Substitute in Cookie Production	TÜBİTAK
Baklava Culture in the Ottoman Period from the 15th to the 19th Century and Practical Sustainable Recipes	TÜBİTAK
Comparison of Sustainable Dietary Preferences among Graduate Chefs of the Department of Gastronomy and Culinary Arts and Industry Chefs	TÜBİTAK
The Conscious Kitchen: Compost Production from Kitchen Waste by Istinye University Gastronomy and Culinary Arts Students	TÜBİTAK
Potential Use of Coffee Waste in Cookie Production	TÜBİTAK
Evaluation of the Use of Mulberry Flour in Gluten-Free Cookie Production	TÜBİTAK
Isolation of EPS from Probiotic S. boulardii and Its Use in the Encapsulation of Selected Probiotics	TÜBİTAK
Development of a Smart Upcycling Application That Tracks Food Shelf Life and Suggests New Uses to Prevent Household Food Waste	TÜBİTAK
Measuring the Nicotine Concentration in Solanum melongena Cooked with Different Methods	TÜBİTAK
Investigation of the Effect of Social Media Use on Body Image and Eating Behaviour in Pregnant Women	TÜBİTAK
Investigation of Changes in Stress, Sleep Quality and Dietary Habits during Examination Week	TÜBİTAK
Investigation of Healthy Eating Awareness, Parental Attitudes and Barriers to Healthy Eating at Home	TÜBİTAK
The Effect of Adults' Social Media Addiction and Sustainable Dietary Behaviours on Anthropometric Measurements	TÜBİTAK
Evaluation of the Relationship between Social Media Use and Eating Disorders among Individuals Aged 18–25	TÜBİTAK
Digital Addiction and Eating Behaviours in Early Adulthood: The Role of Screen Use and Social Media	TÜBİTAK

Project Title	Funding Institution
Investigation of the Relationships between Eating Attitudes, Meal Patterns, Central Body Fat Distribution and Food-related Life Satisfaction: A Cross-sectional Study	TÜBİTAK
Effects of Eating Alone and Eating Together on Adults' Eating Behaviours: A Cross-sectional Study	TÜBİTAK
Effects of Problematic Social Media Use and Appearance-related Social Media Consciousness on Sustainable and Healthy Eating among University Students	TÜBİTAK
Investigation of the Relationship between Perceived Stress, Eating Behaviour and Sustainable Nutrition Attitudes among Foodservice Workers	TÜBİTAK
Evaluation of Play-supported Education on Food Groups and the Healthy Plate Model in Preschool Children	TÜBİTAK
Effects of Food Label Reading Education on University Students' Food Label Literacy and Eating Behaviours: A Quasi-experimental Pretest–Posttest Study	TÜBİTAK
A Single-group Longitudinal Comparison of Stress and Eating Behaviour among University Students during and outside Examination Periods	TÜBİTAK
Effects of Food Waste Awareness Education on University Students' Food Waste Knowledge, Attitudes and Eating Behaviours: A Pretest–Posttest Quasi-intervention Study	TÜBİTAK
Relationship of Food Packaging Choices with Sustainable Eating Behaviour and Environmental Awareness in Young Adults	TÜBİTAK
The Role of Social Media Use Characteristics in Body Satisfaction, Eating Behaviours and Eating Disorder Risk among University Students	TÜBİTAK
Evaluation of Geographically Indicated Honeys as Sugar Substitutes in Different Product Recipes Using Sous Vide and Traditional Techniques for Gastronomic Applications	TÜBİTAK
Development of Optimal Recipes for Sirkencubin Varieties Prepared with Local Vinegars and Honeys and Their Reintroduction into Gastronomy	TÜBİTAK
Production of Gluten-free Pasta Enriched with Spirulina platensis: Improving Functional Properties	TÜBİTAK
Evaluation of Vegetable and Fruit Peel Powders as Functional Ingredients in Sustainable Gluten-free Breadcrumb Production	TÜBİTAK
A Smart Plant Monitoring and Irrigation System	TÜBİTAK
Determination of the Microbiological Quality of Corn Sold in Cups in Istanbul	TÜBİTAK
Comparison of the Antimicrobial and Antioxidant Properties of Kefirs Produced with Different Berries	TÜBİTAK

Source: [16] Istinye University TÜBİTAK 2209 student project list 2024/1 and 2025/1

SOURCES

[1] Mission and Vision

[2] 2024 Institutional Self Evaluation Report p 40

[3] Financial Support for Students

[4] Directive on Part time Student Employment Article 10

[5] Terra Madre event announcement

[6] High School Winter Camp healthy snacks workshop

[7] Nutrition Education for Preschool Children

[8] Sports Nutrition Seminar

[9] Dietary Supplements in Nutrition Science

[10] Obesity a Major Challenge of Our Time event announcement

[11] University news on the obesity conference

[12] Sustainable Future Summit event announcement

[13] Istinye Post news on the Sustainable Future Summit

[14] Community Engagement Activities

[15] Istinye University academic project register

[16] Istinye University TÜBİTAK 2209 student project list 2024/1 and 2025/1

Images are drawn from the relevant university news items and announcements.