

LET'S GLOCALIZE – COMMUNITY FOUNDATIONS DRIVEN BY SDGs SPIRIT

2 ZERO HUNGER



Sustainable Development Goals

SDG 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

This is a complex and global challenge that certainly needs systemic solutions. But how can we contribute locally and each of us – individually? Let's focus on the aspect of improved nutrition.

Why is it important?






The number of Europeans struggling with overweight and obesity is increasing. So-called "quality hunger" is also becoming an important problem. This occurs when we do not provide our bodies with the right nutrients to help us maintain good health - even though we eat the right amount of calories. We also need adequate hydration for the body to function properly. Note, water makes up 80% of our brain!

The basis of healthy eating is choosing balanced meals, created according to the recommendations presented on the so-called Healthy Eating Plate. It is also important to pay attention to the path the food has taken before arriving at your table. The best choice is local food, of good quality and produced with care for the environment. We need sustainable agriculture, which allows efficient and nature&people friendly use of resources - soil, water, machinery and fertilizers.

DO YOU CONTRIBUTE TO RAISING AWARENESS ABOUT HEALTHY AND QUALITY NUTRITION? TAKE A TEST!

Think about the activity your **community foundation** runs, actions and events you organize, projects that you target to local stakeholders ... and answer the questions below:

YES or NO

- | | | | |
|--|--|-----------------------|-----------------------|
|  | Do you educate on the health consequences of overweight and obesity, and refer to correct BMI (Body Mass Index)? | <input type="radio"/> | <input type="radio"/> |
|  | Do you promote healthy eating habits within your community, such as: eating regularly - about 5 meals a day, eating 5 portions of fruit and vegetables a day, ensuring daily hydration of the body? | <input type="radio"/> | <input type="radio"/> |
|  | Do you create a consumer awareness within your community by encouraging people to read product's composition on labels and/or to buy local and seasonal products? | <input type="radio"/> | <input type="radio"/> |
|  | Do you advocate for limiting alcohol consumption? | <input type="radio"/> | <input type="radio"/> |
|  | Do you advocate for limiting meat consumption, as recommended by the World Health Organization? | <input type="radio"/> | <input type="radio"/> |

THE MORE "YES" YOU TICK, THE GREATER IS YOUR CONTRIBUTION TO THE SDG 2. THE "NO" ANSWERS MAY BE AN INSPIRATION WHAT YOU CAN DO!

Check the **SDG 2 indicator** in your country [CLICK HERE](#) and find out what the situation is in your local community.