

SDG HANDBOOK

2 ZERO
HUNGER



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SDG 2: ZERO HUNGER

OVERVIEW

The Sustainable Development Goal 2 (SDG 2), an integral part of the United Nations' 2030 Agenda for Sustainable Development, is a bold commitment to achieve Zero Hunger by ensuring access to safe, nutritious, and sufficient food for all. It recognizes that hunger and malnutrition not only deprive individuals of their basic human right to food but also impede progress across various other facets of life.

SDG 2 aspires to break the cycle of hunger and poverty by promoting sustainable agriculture, improving food security, and fostering resilience in vulnerable communities. This goal acknowledges that a lack of nourishment not only threatens individual well-being but also hinders societal progress, economic growth, and environmental sustainability.

By tackling hunger and malnutrition, we not only save lives and improve health but also pave the way for increased productivity, reduced inequalities, and stronger economies. The realization of SDG 2 is vital for the holistic achievement of the broader sustainable development agenda.

As we guide children through the realms of food production, distribution, and consumption, we will ignite their curiosity and empathy, enabling them to become change agents in their communities.

Let us embark on this enriching journey of knowledge and compassion, cultivating a generation that values nourishment as a fundamental right and envisions a planet where hunger is but a distant memory. Through education and action, we shall sow the seeds of positive change, nurturing a sustainable future that thrives on well-nourished bodies, minds, and societies.

Remember, nourishing our world begins with nurturing young minds!



UNDERSTANDING THE CONCEPT OF ZERO HUNGER:

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Zero hunger means eradicating all forms of hunger, including chronic undernourishment, malnutrition, and food insecurity. It emphasizes the importance of access to safe, nutritious, and sufficient food for every individual, regardless of their location or socio-economic status.

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Hunger is a complex issue that goes beyond the absence of food. SDG 2 recognizes the multidimensional nature of hunger and aims to address its root causes.

1. Availability: Ensuring that sufficient quantities of diverse and nutritious food are produced through sustainable agricultural practices, and that it is accessible to all people.

2. Access: Promoting equitable access to food for every individual, irrespective of their income, gender, or location. This involves removing barriers that prevent people from obtaining food, such as poverty, discrimination, and conflicts.

3. Utilization: Enhancing nutrition education and awareness to enable individuals to make informed food choices and improve their dietary practices. It also involves addressing issues of food safety, hygiene, and proper food preparation to maximize the nutritional benefits of available food.



UNDERSTANDING THE CONCEPT OF ZERO HUNGER:

4. Stability: Building resilient food systems that can withstand shocks and crises, ensuring consistent access to food even in the face of natural disasters, conflicts, or economic downturns.

5. Sustainability: Promoting sustainable agricultural practices that preserve the environment, protect biodiversity, and ensure the long-term availability of resources for future generations. This includes reducing food waste, managing water resources efficiently, and mitigating the impact of agriculture on climate change.

SIGNIFICANCE OF SDG 2 IN THE GLOBAL CONTEXT:

SDG 2 - Zero Hunger is of paramount importance in the global effort to achieve sustainable development. Hunger and malnutrition are significant challenges that affect millions of people worldwide. By addressing SDG 2, we aim to ensure that every person has access to safe, nutritious, and sufficient food, which is not only a fundamental human right but also essential for overall well-being and prosperity.

The significance of SDG 2 extends beyond hunger reduction. It is closely linked to several other sustainable development goals, as well as broader global issues such as poverty, health, education, gender equality, and environmental sustainability.

Achieving SDG 2 is crucial for creating a world that is equitable, resilient, and capable of meeting the needs of both present and future generations.



NOW LET'S INCREASE OUR UNDERSTANDING OF SOME KEY DIMENSIONS OF SDG 2:

SDG 2 is of utmost importance in our collective efforts to eliminate world hunger. Despite progress in recent years, millions of people still suffer from hunger and malnutrition. By focusing on SDG 2, we can address the systemic issues that perpetuate hunger and work towards sustainable solutions. Here are some key reasons why SDG 2 is crucial:

- 1. Human rights and social justice:** Ensuring that everyone has access to adequate food is a fundamental human right. SDG 2 emphasizes the importance of equity, aiming to eliminate hunger and malnutrition in all its forms, leaving no one behind.
- 2. Health and well-being:** Proper nutrition is vital for overall health and well-being. SDG 2 recognizes the link between hunger, malnutrition, and various health problems, including stunting, wasting, and micronutrient deficiencies. By eradicating hunger, we can improve the health outcomes of individuals and communities.
- 3. Poverty reduction:** Hunger and poverty are intertwined. SDG 2 aims to break this cycle by promoting sustainable agriculture and enhancing the income-generating potential of rural communities. By improving food security and agricultural productivity, we can alleviate poverty and foster economic development.
- 4. Environmental sustainability:** Unsustainable agricultural practices contribute to environmental degradation, including deforestation, water pollution, and greenhouse gas emissions. SDG 2 emphasizes the need for sustainable agriculture to preserve natural resources, protect biodiversity, and mitigate climate change.

By understanding the multidimensional aspects of hunger and recognizing the relevance of SDG 2, we can actively contribute to its realization. Through our collective efforts, we can eliminate hunger, achieve food security, and create a future where every person has access to safe, nutritious, and sufficient food.

GOAL 2 FACTS AND FIGURES

50%

Half of all people living in poverty are under 18

1 in 10

One Person in every 10 person is extremely poor

80%

80% of people living on less than \$1.90

736 M

736 Million people still live in extreme poverty

10%

10% of the world population lives in extreme poverty

1.3 B

Some 1.3 billion people live in multidimensional poverty



DISCUSSING THE INTERCONNECTIONS BETWEEN ZERO HUNGER AND OTHER SDGS:

SDG 2 is interconnected with various other sustainable development goals, and progress in one goal often contributes to progress in others. Some key interconnections include:

1 NO POVERTY

SDG 1: NO POVERTY:

Hunger and poverty are intertwined. SDG 2 contributes to SDG 1 by addressing the root causes of hunger, enabling poverty reduction, and promoting sustainable livelihoods through agriculture and food-related initiatives.

3 GOOD HEALTH AND WELL-BEING

SDG 3: GOOD HEALTH AND WELL-BEING:

Proper nutrition is essential for good health. SDG 2 aims to improve nutrition and reduce malnutrition, which directly impacts progress towards SDG 3 by reducing the burden of preventable diseases and improving overall health outcomes.

4 QUALITY EDUCATION

SDG 4: QUALITY EDUCATION:

Addressing hunger in schools through initiatives like mid-day meals enhances school attendance and performance, contributing to SDG 4's objective of ensuring inclusive and quality education.

5 GENDER EQUALITY

SDG 5: GENDER EQUALITY:

Women play a significant role in agriculture and food production. Empowering women in the agricultural sector enhances food security and promotes gender equality, contributing to SDG 5.

13 CLIMATE ACTION

SDG 13: CLIMATE ACTION:

Sustainable agriculture practices promoted under SDG 2 contribute to climate change mitigation and adaptation, aligning with SDG 13's goals of addressing climate-related challenges.

STORIES OF IMPACT

INSPIRING STORIES OF INDIVIDUALS AND COMMUNITIES COMBATING ZERO HUNGER IN INDIA:



STORY 1

THE AKSHAYA PATRA FOUNDATION - MID-DAY MEALS

In 2000, the Akshaya Patra Foundation sprouted as a beacon of hope in India's educational landscape. With a mission to conquer classroom hunger, the foundation embarked on a journey to provide nutritious mid-day meals to millions of schoolchildren. By doing so, Akshaya Patra aimed not only to satiate stomachs but to nourish minds and aspirations.

The impact of this initiative reverberated deeply. Through wholesome meals, it dismantled hunger-related barriers, bolstering school attendance and concentration. By addressing hunger, the foundation aligned perfectly with Sustainable Development Goal 2 (Zero Hunger), while simultaneously nurturing SDG 4 (Quality Education) - an empowered education that transcended empty stomachs. Its tale underscores that a hunger-free world is a pivotal stepping stone to a brighter, educated, and more equitable future.

STORY 2

Kheyti - The Green Revolution for Small Farmers



In rural India, where small farmers grapple with the dual challenges of food insecurity and poverty, Kheyti emerged as a transformative force. Founded by Saumya and Kaushik, this social enterprise embarked on a mission to revolutionize agriculture for vulnerable farming communities.

Understanding the plight of these farmers, Kheyti introduced an ingenious solution - the "Greenhouse-in-a-box." This innovative concept offered small farmers an affordable and climate-resilient greenhouse system, enabling year-round cultivation of high-value crops. With the greenhouse's protection against erratic weather and pests, farmers no longer fell victim to the uncertainties of traditional farming.

The impact of Kheyti's approach was profound. Farmers who once struggled to make ends meet now enjoyed increased yields and stable incomes. This not only alleviated poverty but also contributed significantly to achieving Sustainable Development Goal 2 (Zero Hunger) by enhancing food security. Additionally, the initiative aligned with SDG 1 (No Poverty) and SDG 13 (Climate Action).

KEY TAKEAWAYS FROM THESE INSPIRATIONAL STORIES:

1. Innovation and Adaptation:

Both stories underscore the significance of innovation and adaptation in achieving zero hunger. Creative solutions and technological advancements play a pivotal role in transforming food systems and breaking the cycle of hunger.

2. Holistic Approaches:

Addressing zero hunger requires comprehensive strategies that encompass nutrition, education, and empowerment. A multi-faceted approach is essential for sustainable change.

3. Public-Private Partnerships:

Collaborative efforts between governments, NGOs, businesses, and communities are vital for success. Public-private partnerships amplify the impact of hunger reduction initiatives and accelerate progress towards SDG 2.

4. Empowerment and Ownership:

Empowering individuals and communities fosters ownership and self-sufficiency. Providing resources, skills, and knowledge enables them to drive their own development and contribute to hunger reduction.

5. Education and Nutrition:

The connection between education and nutrition is evident in The Akshaya Patra Foundation's success. By providing mid-day meals, children receive both nourishment and an incentive to attend school regularly, leading to better educational outcomes.

Take Action

Remember, every action, no matter how small, contributes to the collective effort to end poverty and creating a more equitable world. Be inspired, take action, and make a lasting impact on the lives of others.

HIGHLIGHTING SUCCESSFUL INITIATIVES AND SOLUTIONS IN ACHIEVING ZERO HUNGER IN INDIA:

India, as a signatory to SDG 2, has undertaken various successful initiatives and solutions to combat hunger and achieve food security. These efforts have made significant impacts on improving nutrition, reducing malnutrition, and ensuring access to sufficient food for all.

1. National Food Security Act (NFSA): The NFSA, implemented in 2013, is a landmark legislation aimed at providing subsidized food grains to nearly two-thirds of the country's population. Under this act, eligible families receive rice, wheat, and coarse grains at highly subsidized rates through the Targeted Public Distribution System (TPDS). The NFSA has improved food access for vulnerable populations and acted as a safety net during times of economic challenges.

2. Mid-Day Meal Scheme (MDM): The Mid-Day Meal Scheme was launched in 1995 to provide free nutritious meals to schoolchildren across India. The program not only addresses hunger but also encourages children to attend school, thereby promoting education and breaking the cycle of poverty. The MDM scheme has positively impacted child nutrition and school enrollment rates.

3. Integrated Child Development Services (ICDS): The ICDS program is an essential government initiative focused on improving maternal and child health, nutrition, and development. It provides a package of services, including supplementary nutrition, healthcare, and preschool education, to pregnant women, nursing mothers, and children under six years of age.

INSPIRATION FOR TAKING ACTION:

These stories from India demonstrate the potential for transformative change when individuals and communities come together to combat hunger. Here are some practical actions families and children can take to contribute to SDG 2:

1. FOOD DRIVES:

Organize food drives in your community to collect non-perishable food items for donation to local food banks or organizations supporting the underprivileged.

2. AWARENESS CAMPAIGNS:

Use social media and creative campaigns to raise awareness about hunger issues and the importance of sustainable food practices.

3. COMMUNITY GARDENS:

Start or support community gardens that provide fresh produce to those in need and promote sustainable agriculture.

4. VOLUNTEER WITH NGOS:

Engage with organizations working towards SDG 2 and contribute your time and skills to support their initiatives.

5. REDUCE FOOD WASTE:

Encourage mindful consumption at home, reducing food waste and optimizing food resources.

Remember, every small action taken collectively can make a significant impact in achieving SDG 2 - Zero Hunger. By drawing inspiration from these stories and taking concrete steps, children and families can contribute to building a world where everyone has access to nutritious food and hunger becomes a thing of the past. Together, we can create a more sustainable and equitable future for all.

Food Mapping Activity:

EXPLORING FOOD DIVERSITY AND ACCESSIBILITY

OBJECTIVE

The Food Mapping activity aims to teach children about the diversity of food production, the concept of food accessibility, and the significance of sustainable agriculture in different regions of the world or their local community.



MATERIALS REQUIRED:

1. World map or map of the local community (print or digital)
2. Colored markers or stickers
3. Information sheets about different food items and their origins
4. Notebooks or sheets for reflections



Instructions —

1. Introduction: Begin by explaining the concept of food accessibility and how different regions rely on various food sources. Discuss the importance of sustainable agriculture and how it ensures food security while preserving the environment.
2. Mapping: Provide each child or group of children with a world map or a map of the local community. Ask them to mark areas known for specific food items. For example, mark coffee-growing regions, rice-producing areas, fruit orchards, or wheat fields. Use different colored markers or stickers for each food item to make the map visually engaging.
3. Research: Distribute information sheets about various food items and their origins. Encourage children to research and find out where specific foods are grown or produced. Discuss the factors that influence the choice of crops in different regions, such as climate, soil, and cultural practices.
4. Group Discussion: Bring the children together for a group discussion. Ask each child or group to share the food items they mapped and the reasons behind their choices. Discuss the challenges and benefits of food production in different regions.
5. Reflection: Provide notebooks or sheets for reflections. Ask children to reflect on what they learned during the activity. Encourage them to consider the importance of food diversity and accessibility for ensuring global food security.

EXPLORING FOOD DIVERSITY AND ACCESSIBILITY



Outcome:

Through this activity, children will gain a better understanding of food diversity and accessibility around the world or in their local community. They will learn about the significance of sustainable agriculture in meeting the food needs of different regions while preserving the environment. The activity encourages critical thinking, geographical awareness, and empathy towards the challenges faced by communities in ensuring food security.

Fun Game Variation:

To add an element of fun to the activity, turn it into a scavenger hunt game. Divide children into teams and provide them with a list of specific food items to find on the map. For each food item they correctly identify and locate, they earn points. The team with the highest points at the end of the game wins a small prize or a certificate of achievement. This game fosters teamwork and keeps the children engaged and excited throughout the activity.

By combining education, exploration, and fun, the Food Mapping activity helps children develop a deeper appreciation for the diversity of food production and the importance of sustainable agricultural practices. It empowers them to make informed choices as future consumers and advocates for a food-secure and environmentally sustainable world.

Conclusion:

Taking Action for a Sustainable Future

In "Sustainability Begins at Home: Teaching Our Children SDG 2 through Small Actions," we have embarked on a journey to understand and embrace Sustainable Development Goal 2 (SDG 2) - Zero Hunger. Throughout this handbook, we explored the concept of zero hunger, its multidimensional aspects, and the importance of SDG 2 in eliminating world hunger.

INSPIRATION FOR TAKING ACTION:

Now equipped with knowledge and inspired by the stories and activities shared in this handbook, it's time to take action and contribute to SDG 2. As individuals and families, we can play an active role in promoting food security and sustainable practices within our homes and communities.

- 1. Make Sustainable Food Choices:** Be mindful of your food choices and support local, sustainable, and nutritious options. Reduce food waste and be aware of the impact of your consumption habits on global food systems.
- 2. Engage in Community Efforts:** Get involved with local initiatives, food banks, or community gardens to support those facing food insecurity and contribute to sustainable food production.
- 3. Advocate for Change:** Raise awareness about SDG 2 and hunger-related issues in your community and beyond. Engage with policymakers to advocate for policies that prioritize food security and sustainable agriculture.
- 4. Inspire the Next Generation:** Teach your children about the importance of zero hunger and the power of small actions. Empower them to become advocates for positive change and active contributors to SDG 2.

Additional Resources

RECOMMENDED BOOKS, FILMS, AND WEBSITES FOR FURTHER EXPLORATION OF SDG 1:

BOOKS

"The End of Hunger: Renewed Hope for Feeding the World"
by Jenny Eaton Dyer and Cathleen Falsani

"One Billion Hungry: Can We Feed the World?"
by Gordon Conway

"Stuffed and Starved: The Hidden Battle for the World Food System"
by Raj Patel

"Food Rebellions! Crisis and the Hunger for Justice"
by Eric Holt-Giménez

"The Omnivore's Dilemma: A Natural History of Four Meals"
by Michael Pollan

FILMS

"A Place at the Table" - This documentary examines the issue of food insecurity in the United States, shedding light on the millions of Americans who struggle with hunger despite living in a land of plenty.

"Seed: The Untold Story" - This film explores the importance of seed preservation and sustainable agriculture practices to safeguard food diversity and security.

"Our Daily Bread" - This thought-provoking documentary offers a glimpse into the industrialized food production system, raising questions about its environmental and ethical implications.

"Before the Flood" - This environmental documentary, narrated by Leonardo DiCaprio, emphasizes the connection between climate change, agriculture, and food security.

LEARN MORE HERE

Food and Agriculture Organization (FAO) - The FAO is a specialized United Nations agency dedicated to eradicating hunger and promoting sustainable food systems through research, data, and initiatives.

World Food Programme (WFP) - As the world's largest humanitarian agency fighting hunger, WFP provides food assistance in emergencies and works to improve nutrition and food security in vulnerable communities.

Food Tank - Food Tank is a think tank focused on building a sustainable food system through research, advocacy, and collaboration with global stakeholders.

Action Against Hunger - This international organization aims to combat hunger and malnutrition by providing nutrition programs, clean water, and emergency aid in crises.

Global Alliance for Improved Nutrition (GAIN) - GAIN works to improve nutrition for vulnerable populations through partnerships with governments, businesses, and civil society.

Now, it is time for us to take action.

Remember, sustainability begins at home, and our actions, no matter how small, have the power to create lasting change.

As we conclude this handbook, we invite you to explore other Sustainable Development Goals and continue your journey towards sustainability. Each goal is interconnected and contributes to creating a better world for present and future generations.

Thank you for joining us on this inspiring journey of teaching our children about SDG 2. Let's continue our efforts to foster a sustainable Bhava (consciousness) and contribute towards building a world where no one lives in poverty.

**Take the knowledge gained here and make a difference.
Sustainable Bhava starts with us!**

To learn more about sustainable living and other Sustainable Development Goals, visit sustainablebhava.org and continue your journey towards a more sustainable future. Let's create a world of equality, justice, and opportunity for all together

About Us

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