



Fayoum University

## **Fayoum University Sustainable Food Policy**

### **Policy**

#### **Food on Campus**

Consistent with Fayoum University's Strategic Plan, the purpose of this policy is to guide University to address food insecurity at Fayoum University

Alongside the various cafeterias spread on Campus, both of the food outlet managed by the Faculty of Agriculture and the restaurant managed by the Faculty of Tourism and Hotels, are an integral part of Campus and University life. They present bakeries, snacks, coffee, and eating between sessions.

Some university students experience some degree of food insecurity. Across our campus, students, faculty and staff are working together through the FU Food Security Initiative — a collaborative, multi-disciplinary initiative that takes a systems-based approach to addressing food insecurity at FU. The initiative has three goals: deepen our understanding of food security; alleviate immediate pressures of food insecurity while addressing longer-term food security and affordability solutions for Fayoum campus community; and, foster knowledge exchange and advocacy efforts to promote food security within Fayoum University and beyond.

#### **Sustainable Food Choices**

FU Sustainable food choices focus on selecting foods that are better for the environment, society, and long-term human health. These choices aim to minimize environmental impact, support fair labor practices, and contribute to overall well-being. Here are some key principles and ideas for making sustainable food choices:

##### **1. Eat More Plant-Based Foods**

- Plant-based foods generally have a lower environmental impact compared to animal products. Producing vegetables, fruits, and grains requires fewer resources (land, water, energy) and generates fewer greenhouse gas emissions than raising animals.

##### **2. Choose Local and Seasonal Produce**

- Local foods typically have a smaller carbon footprint because they don't need to be transported long distances. Seasonal produce tends to be grown with fewer inputs, like artificial heating or lighting, and requires less energy to produce.

### **3. Minimize Food Waste**

- Food waste is a major contributor to environmental problems, including greenhouse gas emissions. Wasted food means wasted resources such as water, energy, and labor.
- **How to reduce waste:**
  - Plan meals to avoid buying excess.
  - Store food properly to extend shelf life.

### **4. Choose Eco-Friendly Packaging**

- Excessive packaging, especially plastic, contributes to pollution and landfill waste. Opting for products with minimal or recyclable packaging reduces waste and energy use.

### **5. Consider Regenerative Agriculture**

- Regenerative farming focuses on improving soil health, biodiversity, and ecosystem services, which makes it one of the most sustainable ways to produce food. These practices aim to restore the land rather than depleting it.

### **Reporting**

The University will make available on an annual basis an impact report highlighting how the University is working to meet the framework set out within the Sustainable Food Policy.

### **Review and Update**

The Sustainable Food Policy is reviewed on an ongoing basis by the University.

### **Effective Date and Approval**

This Policy is effective January 1, 2016. Last reviewed and updated Jan 1, 2024.