

2 ZERO HUNGER



University of Mindanao Moves Toward a Hunger-Free, Healthier Future



Here at the University of Mindanao, every plate served matters. While conversations around this goal often focus on large-scale food security challenges, it is essential to recognize the powerful impact of localized efforts to promote healthy, sustainable food systems. One such initiative—introducing new healthy options in cafeterias—is proving to be more than a menu change. It's a meaningful step toward combating hidden hunger, improving well-being, and supporting sustainable food choices.

This initiative reflects the university's growing commitment to nutrition, accessibility, and environmental responsibility. Cafeteria menus are now featuring more plant-based options, seasonal fruits, locally sourced vegetables, and balanced meals designed to meet dietary needs without sacrificing taste or affordability. These choices support not only the physical health of students and staff but also the long-term sustainability of the local food ecosystem.



The impact of this shift goes beyond nutrition. The University of Mindanao is using its platform as a leading academic institution to raise awareness about food security, educate students on mindful eating, and encourage behavior that supports broader SDG goals. Information boards in dining areas now explain the benefits of certain ingredients, the environmental cost of food waste, and how students can contribute to more ethical food systems—even with small, daily choices.