

Title of Sustainable Development Goal:
2 - End hunger, achieve food security and improved nutrition and promote sustainable agriculture
Zero hunger

Short Description of SDG:
This SDG aims to end hunger, achieve food security and, improve nutrition and promote sustainable agriculture.
You can contribute to ending hunger through participation in solidarity actions, supporting sustainable production and consuming healthy and local food.

Action Area 1
Solidarity Action

Question 1 (Solidarity Action)	
Have you already participated in food or meals distribution for homeless or other people in a vulnerable condition?	
1	No, I'm not interested.
2	No, but I would like to participate this year.
3	Yes, I have already participated
4	Yes, I am a regular volunteer in this area.

Question Feedback:
A homeless person or a family in a vulnerable situation may find it difficult to acquire food for their meals. By volunteering in this area, you have the opportunity to understand their reality and contribute to reducing inequalities in the distribution of food.

Question 2 (Solidarity Action)	
Are you committed to avoiding food waste?	
1	No, I'm not interested.
2	Yes, I consume food with the closest expiration date first.
3	Yes, I use leftover food to make new meals.

4	Yes, I compost at home.
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Question Feedback:

Some tips to avoid food waste:

- Cook fresh food to eat healthier and avoid packaging waste.
- Consume food with the closest expiration dates and be more careful with perishable products.
- Adjust the portion sizes of the food served to your nutritional needs
- Use leftover food to make other dishes or freeze for another meal.

Question 3 (Solidarity Action)

Do you donate food to food bank campaigns?

1	Never
2	Sometimes
3	Frequently
4	Always

Question Feedback:

Food banks are important in the fight against food poverty and to reduce food waste. To support their mission you can donate or engage as a volunteer.

Action Area 2

Sustainable Production

Question 1 (Sustainable Production)

Do you read the labels of the foods you buy to ensure they come from sustainable sources of production?

1	Never
2	Sometimes
3	Frequently
4	Always

Question Feedback:

Some food labels certify that producers have sustainability concerns, such as Fair Trade, Animal Welfare, Rainforest Alliance and Carbon Footprint.

Question 2 (Sustainable Production)

Have you already visited a project or farm with sustainable agricultural practices?	
1	No, I'm not interested
2	No, but I would like to visit this year.
3	Yes, I have already visited
4	Yes, I have already visited and I would like to learn more about it.
Question Feedback:	
Sustainable agricultural practices have to promote fertility and productivity of soil at economically viable levels. Some examples of sustainable agricultural practices are crop diversity and rotation, cover crops and integrating crops and livestock.	

Question 3 (Sustainable Production)	
Have you already studied sustainable agriculture and its role in climate change adaptation?	
1	No, I'm not interested in the topic.
2	No, but I'm interested in this topic.
3	Yes, I have previously studied the topic
4	Yes, I'm interested in this topic and I would like to get more information
Question Feedback:	
Climate change will have a strong impact on the agricultural sector through flash floods, periods of drought, the introduction of invasive species, among others. Sustainable agriculture should increase the resilience of this sector to climate change.	

Action Area 3
<i>Conscious consumption</i>

Question 1 (Conscious Consumption)	
Do you buy food at local markets to support local producers and to reduce the ecological footprint?	
1	Never
2	Sometimes
3	Frequently
4	Always
Question Feedback:	

Buying from local markets (municipal markets, street markets, traditional commerce) has several advantages. You have the opportunity to help the local economy, your neighbours, to buy fresh and healthy food and it's better for the planet!

Question 2 (*Conscious Consumption*)

How often do you eat fruit and vegetables?

1	Never
2	Sometimes
3	Frequently
4	Always

Question Feedback:

A nutritious diet is important to lead a healthy lifestyle, reducing the risk of diseases and increasing your energy level. This means eating a wide variety of foods in the right proportions, namely fruits and vegetables.

Question 3 (*Conscious Consumption*)

Do you plan your meals?

1	Never
2	Sometimes
3	Frequently
4	Always

Question Feedback:

Planning your meals can help you to reduce your "foodprint" and food bill. Use shopping lists and avoid impulse buys. Be careful and don't buy more food than you need, especially perishable items, in order to reduce food waste.

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