University Report on SDG 12







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SDG12: RESPONSIBLE CONSUMPTION AND PRODUCTION

Shaping Sustainable Consumption and Production: Qassim University's Contribution to SDG 12 in Saudi Arabia

Sustainable Development Goal 12 (SDG 12) emphasizes responsible consumption and production patterns to ensure the sustainable use of resources and reduce environmental impacts. This essay delves into Saudi Arabia's endeavors to achieve SDG 12, focusing on Qassim University's role in promoting responsible consumption and production practices.

SDG 12 in Saudi Arabia:

Saudi Arabia recognizes the significance of sustainable consumption and production in minimizing waste, conserving resources, and mitigating environmental degradation. The country has taken several initiatives aligned with SDG 12:

- Waste Management: Saudi Arabia has implemented waste management strategies to reduce the generation of waste and promote recycling and proper disposal practices.
- Circular Economy: The nation is exploring the concept of a circular economy, where resources are reused, recycled, or repurposed to minimize waste and resource depletion.
- Sustainable Agriculture: Saudi Arabia is investing in sustainable agricultural practices that optimize resource use, reduce chemical inputs, and promote eco-friendly farming methods.
- Energy Efficiency: The country is striving to improve energy efficiency across sectors, reducing consumption and associated environmental impacts.

Qassim University's Initiatives:

Qassim University actively contributes to SDG 12 by promoting responsible consumption and production practices:

- Sustainable Campus Operations: The university implements energy-efficient technologies, reduces water consumption, and practices waste segregation and recycling on campus, setting an example for responsible resource management.
- Curriculum Integration: Qassim University integrates sustainable consumption and production topics across disciplines. Students are educated about the environmental, social, and economic implications of their consumption choices.
- Research for Sustainability: Faculty and students engage in research related to sustainable consumption and production. This includes studies on waste reduction, renewable energy, and sustainable agriculture practices.
- Awareness Campaigns: The university conducts awareness campaigns and workshops to educate students and staff about responsible consumption habits, waste reduction, and sustainable lifestyles.
- Community Outreach: Qassim University collaborates with local communities to raise awareness about responsible consumption and production. It partners with NGOs, schools, and local authorities to promote sustainable practices.
- Innovation and Entrepreneurship: The university fosters innovation and entrepreneurship by supporting students' initiatives that contribute to responsible consumption and sustainable production.

Challenges and Future Prospects:

Achieving SDG 12 requires a shift in mindsets, consumer behavior, and industry practices. Challenges in Saudi Arabia might include addressing cultural norms, ensuring policy implementation, and tackling consumerism. However, with ongoing efforts, these challenges can be overcome.

Promoting responsible consumption and production is essential for the sustainable future of Saudi Arabia. By adhering to SDG 12, the country aims to reduce its ecological footprint and foster a greener economy. Qassim University, through its holistic approach encompassing education, research, and community engagement, plays a pivotal role in shaping responsible individuals who contribute to sustainable consumption and production patterns. Through these collaborative efforts, Saudi Arabia and Qassim University contribute to a more sustainable and balanced world for present and future generations.

12.2 Operations

Qassim University has launched several projects and initiatives to boost waste disposal activities, to improve recycling, reuse and energy recovery processes, and to operationalize the concept of circular economy. QU consume vital efforts on these issues to maintain Kingdom's natural resources.

12.2.1 Does your university as a body have a policy on ethical sourcing of food and supplies?

Nutrition Management

https://dsa.qu.edu.sa/content/news/13 [1]

One of the departments of the Deanship of Student Affairs, which is concerned with full supervision of the main student nutrition services, which are (breakfast - lunch - dinner) and what is provided in the canteens in the various university colleges, and the Nutrition Department is concerned with supervising all food services provided on university occasions and student activities, and the Nutrition Department is keen that all nutrition services provided are at a high level of health and nutrition and that suit all tastes.

Tasks of the Nutrition Department:

The Nutrition Department performs many administrative, technical, supervisory and awareness tasks in the field of food hygiene, and we mention here the most important administrative and supervisory tasks due to their importance:

Administrative tasks are based on:

- General supervision of student nutrition services at the university and its affiliated colleges.
- Make sure to provide healthy meals of high quality.
- Developing and improving the services provided at the university
- Ensure that students' suggestions are taken into account and acted upon.
- Follow up students' special problems.
- Follow-up delegations and parties.
- Preparation of monthly nutrition treatment.

Supervisory tasks are based on:

- Supervising the preparation and processing of meals.
- Follow-up workers working in the kitchen in terms of personal hygiene and cleanliness of tools.
- Supervising the cleanliness of the serving counter and dining halls.
- Supervising the distribution of the meal in the appropriate manner.
- Follow-up canteens in terms of cleanliness and diversity of items provided.
- Follow-up of dry and fresh foodstuffs in terms of validity and quality.
- Follow up the warehouses and find out what is missing and the demands of the contractor to insure.
- Follow up the implementation of nutrition conditions and submit violations to the Director of the Nutrition Department.

Nutrition Directorate

https://qa.qu.edu.sa/files/shares/handbooks/Student%20Manual.pdf [2]

The Department is concerned with the implementation of nutrition services for university students in accordance with the health conditions at reasonable prices, and in this regard the Department provides basic meals for students. The department also offers meals for student activities and university events. The administration is affiliated with the students' restaurant in the administration building, a number of buffets at the university colleges in the University City, the university studies center for girls .and the community colleges in Buraidah and Unaizah

Cooperative Employment Program

https://qa.qu.edu.sa/files/shares/handbooks/Student%20Manual.pdf [2]

Cooperative employment is a cooperative program between the student funding department and the private sector to provide the services needed by the student from paper photography, the provision of textbooks, stationery and the provision of light nutrition services, drinks and other services. This program aims to provide quality service to students at reasonable prices, as well as reduce the operating expenses of the Student funding department through cooperative operating contracts with the specialized private sector and experienced in various student services. Through this cooperation, the fund operates photographic centers, bookstores, snack and beverage services in cooperation with a number of private sectors specialized in these fields. The Fund currently operates a number of student services, as follows:

Food Services:

The Box is keen to provide light food services, which cannot be provided in the university restaurants or canteens of main meals such as hot and cold drinks and snacks through coffee shops)) coffee Shop, which is operated by the Fund department in cooperation with the private sector specialized in this field to provide a good service commensurate with the status Scientific University and its employees.

The Students Box is keen to provide its services with excellence and diversity needed by the university students in the places prepared and equipped for this in the university, in cooperation with the private sector through the cooperative operating program. The operation of the buffet located in the lobby of the University main building and other Buffets have been assigned to specialized companies in providing hot and cold drinks and snacks.

<u>The College of Agriculture and Veterinary Medicine</u> <u>holds several scientific lectures "remotely" to activate</u> World Food Day

https://www.qu.edu.sa/content/news/2245 [3]

In conjunction with World Food Day, and under the patronage of His Excellency Prof. Dr. Abdul Rahman bin Hamad Al-Dawood, President of the University, the University, represented by the Community Service Unit at the College of Agriculture and Veterinary Medicine, held on Wednesday, 4/3/1442 AH, a number of scientific lectures remotely, in cooperation with the departments of the college.

The lectures presented by the university on this



occasion varied, including: a lecture entitled "Food Safety in the Application of the HACCP Program", presented by Dr. Shawkat Fathi, a faculty member at the faculty, in which he talked about the emergence of the HACCP food safety system in the United States of America, and then crossed the Atlantic Ocean to Europe and the rest of the world, where it was described as an integrated control system that ensures the achievement of food safety and freedom from risks by analyzing the risks that may exist in food during the stages of preparation and processing and identifying control points Critical and work to monitor and control them to avoid the occurrence of these risks.

The lecture also indicated that many governments and civil institutions have begun to apply this system in order to produce safe food for the consumer, and in the Kingdom, the Ministry of Municipal and Rural Affairs paid attention to the "HASP" system and issued technical bulletins and manuals in preparation for its application, and the Saudi Food and Drug Authority has crowned the ministry's endeavors in issuing a circular on 24/3/2019 AD obliging food factories and water bottling to apply this system because of its great impact on food safety.

After that, a lecture entitled "Functional Poultry Food and Human Health" was held, presented by Dr. Tariq Obaid, a faculty member at the college, during which he stressed the increased interest in the role of functional foods in improving human health recently, as eggs are one of the most important and most prevalent functional foods such as eggs rich in omega-3, eggs rich in organic selenium and eggs rich in vitamins, in addition to the presence of eggs rich in more than one of the previous elements, which is eggs Columbus, and there is now poultry meat rich in omega-3. Poultry meat rich in vitamin E and poultry meat rich in selenium.

The lecture revealed that these products have an important vital role in protecting the human body from many diseases, including cardiovascular diseases, autoimmune diseases and some inflammatory diseases, in addition to protecting humans from cancer and Alzheimer's, so they are recommended for the elderly and children.

The college held a lecture entitled "Together towards a balanced diet to maintain your health", presented by Dr. Raghad Al-Hamid, a faculty member at the college, during which she explained the basic role of balanced food in the health of the body and its freedom from diseases, as balanced food is defined as food that provides the human body with various essential nutrients from proteins, carbohydrates, fats, vitamins, mineral elements and water, which the body needs to carry out its

functions properly, build cells, tissues, and organs in the body, prevent diseases, and raise awareness in The community is about a balanced food that should contain a variety of foods with appropriate portions from different food groups.

The lecture warned that the caloric components of food must be suitable for the body according to the person's age, type and activity to achieve and maintain a healthy weight, as each type of food contains one or more of these nutrients in varying quantities and each type has certain functions in the human body.

In conclusion, a lecture entitled "Organic Agriculture in Achieving Sustainable Agricultural Development: Vegetable Crops as Models" was presented by Dr. Adel Hassan, a faculty member at the Faculty, during which he explained that organic agriculture is an agricultural pattern that preserves and develops natural resources by improving the fertility and characteristics of the soil and improves biodiversity and its biological cycles, in a way that preserves the environment from pollution, and this characteristic makes it play an important role in providing the nutritional needs of current generations and preserving the rights of future generations in Achieving sustainable development.

The lecture touched on the data and figures obtained from the Food and Agriculture Organization (FAO) and practical research centers interested in organic agriculture and organic production management in various countries of the world and the importance of organic agriculture and its role in achieving sustainable agricultural development, pointing to the need for more studies in the field of organic production by introducing new agricultural systems based on the non-use of chemicals and rationalizing the use of traditional agricultural inputs with modern and sustainable scientific methods.

It is noteworthy that the date of October 16 of each year coincides with the day of the founding of the "Food and Agriculture Organization" in 1945, where the organization participates in this day with events in more than 150 countries around the world, through which it promotes awareness and action at the global level to eradicate hunger, the need to ensure food security, and a nutritious diet for all.

Participation of Food Science and Human Nutrition department in the 40th Buraidah Spring Festival https://cavm.gu.edu.sa/content/news/1309 [4]

On Friday, 28.04.1440 H, the College of Agriculture and Veterinary Medicine participated in the 40th Buraidah Spring Festival . The college contributed in this festival with one of its finest food product known collectively as Kelaja. Kelaja is manufactured in the Food processing factory lines in the Department of Food Science and Human Nutrition. This product Kelaja or Kleicha (Arabic: الكليجا) is one of the most popular flour confectionery in Qassim region. There are different delicacies Kelaja varieties. It comes in several traditional shapes and fillings. The most popular Kelaja is that filled with dates syrup. It is usually flavored with cardamom, ginger, cinnamon and sometimes rose water, and glazed with whipped egg. It is usually stuffed with dates and served with tea or Arabic coffee.

Kelaja typically eaten for a range of celebrations and has a specific annual festival

In March 2019 the 11th Kleicha festival was organized at Buraidah city, Qassim region, KSA.

Qassim University

Sustainable Development Goals







Lecture entitled (Conscious Consumer)

https://cavm.qu.edu.sa/content/news/771 [5]



The Department of Food Science and Human Nutrition (Female Section) at the Faculty of Agriculture and Veterinary Medicine at Qassim University organized a lecture entitled (Conscious Consumer) within the program of young women held by the Princess Nourah bint Abdulrahman Al-Faisal Social Center in Onaiza targeting middle school students, presented by Mr. Samar Abdulrahman Al-Muhaimid, on Wednesday, 18/3/1439 H, and through the lecture the importance of the food label was identified with a simplified scientific template commensurate with the target group in addition to practical applications of how to test healthy food products through Food Card.





Food Irradiation Lecture

https://cavm.qu.edu.sa/content/news/1006 [6]



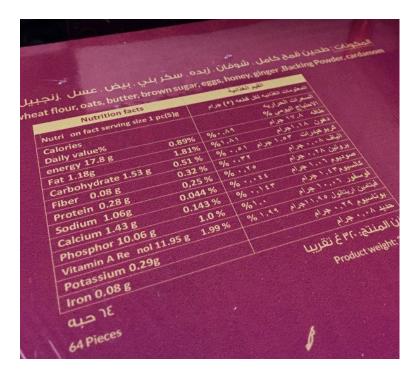
In cooperation with the Deanship of Community Service, the College of Agriculture and Veterinary Medicine, represented by the Department of Food Science and Human Nutrition (Female Section), organized an educational and nutritional awareness campaign for the students of the twenty-second secondary school in Buraidah and the number of participating students reached 275 students. Dr. Atiyat Ahmed Labib, Associate Professor of the Department, participated in the presentation of an interesting lecture entitled "Food Irradiation" and the following:

Dr. Maha Abdul Muttalib Al-Mowafi and Dr. Ferdous Mohamed Hassan, Assistant Professors at the Department, will present a lecture entitled (Food and Your Psychological Comfort) in addition to responding to the inquiries of the students and providing nutritional consultations and practical application to identify the nutritional status of the students using the Tanita scale to identify the weight, body mass index and fat percentage, on Sunday, 29/3/1439H. Various leaflets numbering 160 leaflets were distributed to the students.

Innovative food and health products produced by the students of the Department of Food Science and Human Nutrition at the College https://cavm.gu.edu.sa/content/news/1038 [7]

The students of the Department of Food Science and Human Nutrition produced healthy and innovative food products with high nutritional value within the final project of the field training course under the supervision of Mr. Zainab Al-Sunaidi and Mr. Samar Al-Muhaimid.Where 20 food products were implemented storeable in a cold and dry place for 6 months of production, after training the students in the Harfa Food Factory of the Women's Multipurpose Cooperative Society and ISO certified, where the students were trained during the semester on food production lines from Receiving raw materials until canning and packaging, in addition to designing the food label and calculating the nutritional value of food products. The field training complements the academic aspect of equipping specialized female cadres to advance the food industry in the Kingdom of Saudi Arabia.

Qassim University





The participation of the Faculty of Agriculture and Veterinary Medicine in a nutritional awareness program in the third Qassim University campaign "Awareness, Health and Education" in Dhariya Governorate https://cavm.gu.edu.sa/content/news/1305 [8]

The Faculty of Agriculture and Veterinary Medicine, represented by the Department of Food Science and Human Nutrition, participated in a nutritional awareness program within the third campaign of Qassim University "Awareness, Health and Education" in Dhariya Governorate from 3/7/1440 AH for a week. The nutrition awareness program aimed to provide nutrition awareness activities to all those who visit the university camp in addition to students of fifteen primary, middle and secondary schools in Daria. The program included the provision of awareness and nutritional consultations in addition to the dissemination of sound nutritional concepts through awareness banners and leaflets that were distributed, in addition to the presentation of the awareness video that was shown in the university camp during the campaign period, in addition to the awareness program in external tours in the province of Dhariya in the flower garden and the social club. The program was attended by 4 faculty members and 3 students of the eighth level in the Department of Food Science and Human Nutrition. The total number of beneficiaries of the activities of the nutrition awareness program amounted to approximately 650 visitors to the university camp and nearly 550 students from different schools virtuously.





<u>Awareness campaign entitled "Health nutrition</u> <u>education for secondary school students" at the fifth</u> <u>secondary school for female students in the city of</u> <u>Buraidah</u>

https://cavm.qu.edu.sa/content/news/1286 [9]

In cooperation with the Deanship of Community Service, the College of Agriculture and Veterinary Medicine, represented by the Department of Food Science and Human Nutrition (Female Section), organized an awareness campaign at the Fifth Secondary School for Female Students in Buraidah and the number of female students benefiting from 330 students and a number of school staff. A team consisting of Mr. Hessa Al-Habib, Mr. Wiam Al-Hamid participated in the lectures at the department and a group of students of the department on Tuesday, 19/7/1440 AH. The activities of the campaign began with a lecture entitled "Nutrition and Health" aimed at guiding students to the importance of balanced healthy food to have a healthy life and contribute to the dissemination



of healthy eating behaviors, The nutritional status of the students was also assessed using the Tanita scale and the students interacted positively with the team and educational leaflets were distributed to them.

Awareness campaign entitled "Health Nutrition Education for Secondary School Students" at the First Secondary School in Onaiza https://cavm.gu.edu.sa/content/news/1284 [10]

In cooperation with the Deanship of Community Service, the College of Agriculture and Veterinary Medicine, represented by the Department of Food Science and Human Nutrition (female section), organized an awareness campaign at the first secondary school in Onaiza governorate, and the number of female students benefiting from the school reached 265 students and a number of school staff. A team consisting of: Mr. Samar Al-Muhaimid - Mr. Ohood Al-Khulaifi - Mr. Nada Al-Zenidi

lectures at the Department of Food Science and Human Nutrition at Qassim University, and a group of students of the department also participated. On Sunday, 17/7/1440 AH, the activities of the campaign began with a lecture entitled:

"Food Label"

The nutritional status of the students was also assessed using the Tanita scale and the students interacted positively with the team and educational leaflets were distributed to them.



The Department of Production and Prevention held a workshop on the development of good practices during the production and storage chain on 11-15/2/1440 in cooperation with the Agricultural Training Center in

Qassim

https://cavm.qu.edu.sa/content/news/1337 [11]



Saudi Food and Drug Authority Selects Al-Faheed as a Member of the Standing Committee for Codex

<u>Alimentarius</u>

https://cavm.qu.edu.sa/content/news/1345 [12]



World Food Day at the Department of Food Science and Human Nutrition

https://cavm.qu.edu.sa/content/news/1359 [13]

On Wednesday, October 16, at 10 a.m., the Student Club of the Department of Food Science and Human Nutrition at the Faculty of Agriculture and Veterinary Medicine - Female Section activated World Food Day. The students of the student club introduced the World Food Day in the presence of a number of faculty members in the



department. The students of the student club prepared a corner for World Food Day with the aim of putting forward the ideas of reducing food waste and saving grace, and the corner contained containers and cans to save grace to collect the remaining foods and seedlings to water them with water remaining with water bottles instead of throwing them. As well as the distribution of some cards containing instructions and tips to reduce food waste and save grace and the numbers of associations for the preservation of food. The owner of the corner of reducing food waste and saving grace, the corner of food and immunity with the participation of students of the course of nutrition and immunity in man. The goal of the corner was to educate the largest segment of society about immune nutrition, its enhancement, its link to the health of our bodies and its strengthening. This was accompanied by the distribution of some awareness leaflets on immune-boosting foods.

Participation of the Department of Food Science and Human Nutrition in nutritional awareness programs at the Qais Bin Asim Club in Buraidah

https://cavm.qu.edu.sa/content/news/1369

Within the framework of the voluntary community service activities provided by the College, the Department of Food Science and Human Nutrition participated in a nutritional awareness program entitled "My Health in My Food" at the Qais Bin Asim Club, and the program aimed to provide awareness and nutritional consultations to the club's patrons in addition to disseminating sound nutritional concepts through awareness banners and leaflets



Participation of the Student Club of the Department of Food Science and Human Nutrition - Female Section - in the exhibition (Made with My Hands)

The Student Club - Female Section - Faculty of Agriculture and Veterinary Medicine represented by the Department of Food Science and Human Nutrition participated in the exhibition (Made by My Hands) on Thursday, 3/7/1441 held at the College of Sharia and Islamic Studies

The exhibition aims to showcase the creativity and talents of students and introduce their projects



The participation of our students under the supervision of the student club was the student part of the students to display healthy products and focus on reducing sugars, and also a presentation of the products of the factory of the Department of Food Science and Human Nutrition with mention of manufacturing methods and preparation steps, and some food leaflets were distributed and provide visitors to the exhibition with ways to prepare healthy meals and how to prepare food products at home from surplus foods such as the manufacture of ketchup and jams

The exhibition as a whole was characterized by interaction from students and members and visitors expressed their admiration for the participation of the Department of Food Science and Human Nutrition, where it presented healthy products and explained how to replace sugars with healthy alternatives such as date powder, the production of alternatives to Nutella using raw chocolate, the development of natural flavors and sweetening them with honey, the production of healthy cookies and the use of artificial maggi alternatives with a plant nature. This was in the presence of Her Excellency Dr. Amal Al-Rubaish, Undersecretary of the Deanship of Female Student Affairs at Qassim University, where she praised the efforts and creativity of the students

The Community Service Unit at the College of Agriculture and Veterinary Medicine activates World Food Day with several scientific lectures "remotely" https://cavm.gu.edu.sa/content/news/1389 [14]

The Community Service Unit at the College of Agriculture and Veterinary Medicine at Qassim University activated World Food Day on Wednesday, 4/3/1442 AH, by holding a number of scientific lectures remotely, in cooperation with all departments of the College, and under the patronage of His Excellency Prof. Dr. Abdulrahman bin Hamad Al-Daoud, President of Qassim University. World Food Day is held on 16 October each year in conjunction with FAO Founding Day in 1945, where FAO participates in events in more than 150 countries around the world, promoting global awareness and action to end hunger, the need to ensure food security and a nutritious diet for all.

The activities of this occasion included a lecture entitled "Together Towards a Balanced Food to Maintain Your Health", presented by Dr. Raghad Al-Hamid, a faculty member in the Department of Food Science and Human Nutrition, another lecture entitled "Food Safety in the Application of the

Qassim University

HACCP Program", presented by Dr. Shawkat Fathy, a faculty member in the Department of Veterinary Medicine, and another lecture on "Functional Poultry Food and Human Health", presented by Dr. Tarek Obaid, a faculty member of the Department of Animal Production and Breeding, and in conclusion, a lecture entitled "Organic Agriculture in Achieving Achieving Agriculture" was held. Sustainable Agricultural Development: Vegetable Crops as a Model", presented by Dr. Adel Hassan, a faculty member at the Department of Plant Production and Prevention.



<u>6 entities participate in the "First International</u> <u>Conference on the Sustainability of Natural Resources"</u> <u>exhibition at the university</u>

https://www.qu.edu.sa/content/news/1536 [15]



The exhibition accompanying the First International Conference on the Sustainability of Natural Resources, which began yesterday morning, Tuesday, 8/3/1441 AH at the university, attracted the attention of conference visitors, participants, university students and employees, as it hosted on its first day more than 750 visitors, who toured all corners of the exhibition, in which 6 different parties participate, represented in the university's College of Engineering, the Qassim Municipality, the University's Center for Sustainable Development, the Cement Company, the strategic sponsor of the conference, Al-Fahad Company, and the Cleaning Mechanisms Company.

For his part, the supervisor of the exhibition, Vice Dean of the College of Engineering at the University, Dr. Fawaz Al-Harbi, explained that the exhibition, which will last for two days during the conference

period, attracted visitors from university students and specialists in the field of sustainability and environmental engineering, as the exhibition focused on the experiences of government agencies and private companies in the field of recycling and sustainability of natural resources.

Al-Harbi added that the accompanying exhibition included 6 exhibitions, including: a pavilion for the College of Engineering, which includes a presentation of student projects and scientific research, the exhibition of the Cement Company, the strategic sponsor of the conference, which presents the company's experience in preserving the environment using alternative energy, and the pavilion of the University's Sustainability Center, which shows the university's initiatives in the field of sustainability and the preservation of natural resources.

The exhibition also included a pavilion for the Municipality of Qassim Region, the supporting partner, which presents the modern experience of the Municipality in waste disposal, and the exhibition of Al-Fahad Company, the silver sponsor of the conference, which displays modern containers that compress and convert waste into fertilizers that can be used from them, and the exhibition of the Cleaning Mechanisms Company, during which their experience in using modern equipment to sort waste according to the quality of the material of manufacture is presented.

The conference, hosted by the university, aims to demonstrate the volume of wasted natural and economic resources and estimate the environmental cost of waste, as well as discuss the necessary measures to transform into sustainable food systems in which waste is reduced and food waste is reduced, in addition to stimulating integration between partners from different disciplines for sustainable waste management, and studying opportunities to stimulate investment in the field of developing waste recycling technologies in the Kingdom.

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