

"EVERYTHING FOR A BETTER LIFE"



sabri ülker foundation ANNUAL REPORT



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ABOUT US

We are a foundation to support conveying the knowledge in food, nutrition and health fields to the society. We are named after Sabri Ülker, one of the leading entrepreneurs in Turkey's food industry. We have been conducting activities as Sabri Ülker Food Research Institute Foundation since 2009.

OUR VISION

Being an independent, scientific, non-profit, reliable, and reputable institution that contributes to the development of food, nutrition, and healthy living awareness in the society.

OUR MISSION

To deliver the right and balanced nutrition system for a healthy country and future generations to all segments of the society, from the most accurate source, without causing information pollution.

OUR GOALS

- To conduct studies that support a healthy diet and lifestyle.
- To present useful information about nutrition and safe food to the public.
- To promote healthy food, nutrition, and lifestyle.
- To inform the public about the latest scientific developments.

- To follow up scientific studies, legislation and practices at national and international level.
- To work in cooperation with universities, public and non-governmental organizations to ensure that society has access to accurate and reliable information about healthy nutrition and food.



11 YEARS DEDICATED TO SCIENCE AND RAISING HEALTHY GENERATIONS

2010 Sabri Ülker Foundation was established.

Our Foundation, which laid its foundations in 2009, has started its activities with a purpose to inform the society in the field of food and nutrition and to imbue future generations with health awareness.

2011

Balanced Nutrition Education Project

2013

Nutrition and Healthy Living Summit

2014

Sabri Ülker Science Award

2015 International Congress Hidden Hunger **For healthy generations...** One of the most sustainable projects in the field of health, Balanced Nutrition Education Project explains the ways to balanced and healthy nutrition to students, teachers, and parents in all around Turkey for 10 years.

Every subject has its own expert. We held the first Nutrition and Healthy Living Summit, where every subject that comes to mind when it comes to nutrition and healthy living was discussed with international experts, and significant conclusions were achieved in terms of public health.

The most prestigious award... Supporting young scientists to contribute to the future of public health, Sabri Ülker Science Award rewards ground breaking works of precious scientists for 7 years.

We drew attention to one of the most important health concerns. The concept of "Hidden Hunger", which is one of the important concerns in the field of nutrition in developed and developing countries, and international up-to-date information on this subject were presented to the public.

2016 Harvard Sabri Ülker Center

Symposium on Metabolism and Life

2017 Nutrition and Health Communication Program

2019 Sabri Ülker Foundation Publications

2020 Balanced Nutrition

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Education Project

A productive working environment...

Harvard Sabri Ülker Center, which was established in 2014 under Harvard University T.H. Chan School of Public Health, produces exciting and highly mentioned discoveries in the world of science. The center is a distinctive and equipped working environment for Turkish students and academicians...

Latest developments, scientific information...

The world's leading scientists present the latest developments, unpublished research and scientific studies regarding nutrition and metabolism to the participant during the first "Symposium on Metabolism and Life".

No more false information! The training program with a curriculum created by Prof. Hans Konrad Biesalski, Hohenheim University Department of Biological Chemisty and Food Safety Center Chairman and Sabri Ülker Foundation Scientific Committee Member, is organized to prevent information pollution in the society regarding nutrition and healthy living.

Sabri Ülker Foundation Publications started its publication activities... Sabri Ülker Foundation Publications, which will bring together reference works from Turkey and the world in the categories of children's books, Popular Science and Academic Publications with the readers, has started to offer quality content to its readers.

Now in 20 provinces... Balanced Nutrition Education Project continues its educations by meeting with students, teachers and parents now in 20 provinces with the participation of 5 new provinces: Diyarbakır, Mardin, Malatya, Adıyaman, and Elazığ. The number of provinces where Balanced Nutrition Education Project implemented its projects increased to 21 in 2021.

COMMUNICATION NUMBERS OF 2021



SABRİ ÜLKER FOUNDATION

302.751 372.257 VIEWS

VISITORS









FOR ACCURATE SCIENCE

VISITORS

135.897

WITH OUR SOCIAL MEDIA **ACCOUNTS THIS YEAR WE REACHED**



PEOPLE.

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152.765 VIEWS

SCIENCE TALKS SERIES



One of the projects we have implemented to raise awareness of food, nutrition and healthy life. Science Talks Series continues to

Moderated by Hakan Güldağ.

public health and who have

published nationally and

Talks Series'. We had the

internationally.

blood sugar.

Chairman of the Board of Dünya Newspaper, Science Talks Series features experts working on the

fields of nutrition, healthy life and

meet with the audience on YouTube.

Gıdalar Yeni İlaçlarımız mı Olacak?

BILIM SOHBETLERI SERISI

Yüzyılın Pandemisi: COVID-19



Our second guest was Prof. Dr. Serhat Ünal.

We hosted Food Scientist and Second guest of Science Talks Series Nutritionist Christiani Jevakumar Henry, the first quest of the 'Science was Prof. Serhat Ünal, Hacettepe University Faculty of Medicine, Head opportunity to talk in detail about of Department of Infectious the issue 'Will Food be Our New **Diseases and Clinical Microbiology** Medicines? with Henry, who carries and Director of Vaccine Institute. out studies for the integration of his While evaluating the pandemic researches in the field of nutrition to process started with the COVID-19 daily nutritional habits. During the pandemic and still continues, in all details. Ünal also shared with the talk. Christiani Jevakumar Henry answered the questions whether it is audience how the processes of right to take supplements such as vaccination and face-to-face vitamins and minerals externally. education should be in the what should be the content of a pandemic. The changes in daily life healthy diet, should we apply the habits that emerged with the Mediterranean cuisine nutrition pandemic and the measures to be system, what should and should not taken to manage this process in a be eaten in one day, how to balance healthy manner were also discussed in the broadcast

OUR SCIENCE COMMITTEE







Dr. Laura Fernández Celemín General Director, European Food Information Council (EUFIC)



Prof. Diána Bánáti

Professor of Nutrition, Institute of

the Doctoral School of Nutrition and Food Sciences,

Debrecen University

Prof. Serhat Unal Hacettepe University Faculty of Medicine. Head of Infectious Diseases-Clinical Microbiology Department and Director of Vaccine Institute



Dr. Zeki Ziya Sözen Science Committee Member of Sabri Ülker Food Research Foundation



Prof. Halit Taniu Besler

İstanbul Kent University, Faculty of Health Sciences, Department of Nutrition and Dietetics.

Head of Department

Prof. Gökhan Hotamıslıgil

J.S. Simmons Professor of Genetics and Metabolism and Nutrition, Chair of Sabri Ülker Center



Dr. Julian D. Stowell Science Committee Advisor of Sabri Ülker Foundation





Prof. Beraat Özcelik İstanbul Technical University Dean of Faculty of Chemistry and Metallurgy, Head of Food Engineering Department, Honorary Member



Prof. M. Temel Yılmaz

İstanbul University Experimental Medicine Research Institute, Head of Diabetes Research and Application Unit, Head of Turkish Diabetes Foundation, Honorary Member

PROJECTS AND Events

BALANCED NUTRITION EDUCATION PROJECT







The project is in 21 provinces now

With the Balanced Nutrition Education Project that we have been carrying out since 2011, we strive to explain the essential points of healthy nutrition to teachers, parents, and students in every city and classroom we visit. The best proof of our success in this journey is the parents, teachers, and students who have made a habit of eating healthy and regular and walking with us in our project...

Balanced Nutrition Education Project continues on its way without slowing down during the pandemic period. Reaching over 6 million students, teachers, and parents across Turkey, the project now explains the ways of balanced and healthy eating with different but equally entertaining materials in 21 provinces, with the participation of Niğde province this year.

COLLABORATION WITH THE FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS (FAO)



Food and Agriculture Organization of the United Nations

A brand new module: Collaboration with FAO for food literacy education for children

We added a brand new module to Balanced Nutrition Education Project to teach healthy nutrition to elementary school children. By collaborating with the Food and Agriculture Organization of the United Nations (FAO) for the first time in Turkey, we aim to contribute to the education of preschool and elementary school students in food literacy. specifically in terms of food waste. With the project, food awareness of over 6 million students, teachers and parents will be raised in 21 provinces across Turkey.

Educational content on food waste prepared by FAO for four different age groups will meet children in schools where the Balanced Nutrition Education Project is carried out.

It is aimed to raise awareness about food waste and healthy nutrition with these trainings, which children will receive in a fun way by playing games and asking questions. In this education, children will be introduced to all kinds of scientific information in a wide range from the value of food to the stages it goes through until it comes to our table, from the economic, social, and environmental effects of food waste to what they can do to prevent waste.



Children will learn what and how to consume

Begüm Mutuş, General Director of the Sabri Ülker Foundation, states that their collaboration with FAO is a very important step and says, "The spread of food literacy in the society is of vital importance for the development and maintenance of health, well-being, healthy nutrition, and food choice. We aim to reach as many children as we can about this issue. With this project, children will learn what and how to consume".

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The spread of food literacy in the society is of vital importance for the development and maintenance of health, well-being, healthy nutrition, and food choice.

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Begüm Mutuş General Director of the Sabri Ülker Foundation

PROVINCIAL COORDINATORS' ONLINE MEETING

OCTOBER 7, 2021

This year, we held Provincial Coordinators Meeting with the participation of Coordinators and Branch Directors of 21 provinces taking part in the Balanced Nutrition Education Project, the Ministry of National Education General Directorate of Basic Education. Head of Research-Development and Projects Department, Dr. Ayse Kula. At the meeting, we had the chance to evaluate the operation of the **Balanced Nutrition Education** Project and how it should be implemented.

Erzurum Directorate of National Education Workshop

While the Balanced Nutrition Education Project was implemented in 10 schools in Erzurum with the encouragement of the Provincial Directorate of National Education, it is now being implemented in 50 schools. We held a conference in Erzurum with the support of the Ministry of National Education, General Directorate of Basic Education. Salih Kaygusuz, Erzurum Provincial Director of National Education, made the opening speech of the



meeting, which was held online with the purpose to explain the **Balanced Nutrition Project to** administrators and teachers. Among the speakers of the meeting, Hacettepe University Faculty of Medicine, Department of Public Health Prof. Dr. Hilal Özcebe informed the participants on "Health Literacy", Hacettepe University Faculty of Education Prof. Dr. Sülevman Sadi Seferoğlu on "Material Development in Digital Education", Hacettepe University Department of Educational Sciences Prof. Dr. Hünkar Korkmaz on "Society-Based Projects" and our Foundation's Project Manager Özlem Ülic Catar on "Introduction of Balanced Nutrition Education Project Portal".

BALANCE IN THE CUISINE PROJECT

Balance in the Cuisine Project, which we started last year, brings both healthy and innovative interpretations to kitchens. The main message of the project is to reinterpret traditional recipes suitable for Turkish taste with innovative approaches based on healthy nutrition trends...

Collaborating with Sahrap Soysal in the Balance in the Cuisine Project, we brought together beautiful, delicious, and healthy recipes from all over Anatolia. You can access the videos of 10 recipes that we have selected among the balanced, delicious, and healthy recipes of Anatolian Cuisine on our Foundation's YouTube channel with the pleasant narration of Sahrap Soysal. Among our recipes, there is also a vitamin-rich spinach stew dish, an indispensable dish for special days, there is a dry phyllo pastry with milk, a festival of natural sugar flavors and molasses halva...

Special flavors for Ramadan

Sahrap Soysal, master of kitchens, shared 3 different recipes that will both flavor and color Ramadan tables. Recipes from 3 different geographies of Anatolia, Zingil lokmasi from Mardin, lentil and tarhana soup from Antaly, and dolama pastry from Aydın, were published on our YouTube channel with the pleased and detailed narration of Sahrap Soysal.

Step by Step with My Child

The 2-year pandemic process we have left behind has reminded us once again how important our health, especially the health of our beloved children, is very important. The pandemic is not over yet, but we have started to return to our normal lives, albeit slowly. Our children finally returned to their schools, classrooms, and friends, which they have been away from for one and a half years. In this period, the best solution to protect us and our children against viruses and bacteria is a healthy immune system. What we need to do for a healthy immune system is in Step by Step with My Child.



Step by Step with My Child contains reliable and scientific information about child nutrition, growth, and development. In addition, experts answer the questions that parents are curious about, from sleep patterns to the right nutrition system.

SABRİ ÜLKER Science Award

MAY 25, 2021



Sabri Ülker Science Award, which we give every year to encourage young scientists from all over the world and support their work, found its owner for the 7th time this year. The science award of this year was given to Asst. Prof. Dr. Elif Nur Fırat Karalar, a lecturer from Koç University Department of Molecular Biology and Genetics.

Asst. Prof. Dr. Elif Nur Fırat Karalar conducts studies to seek answers to how cell structures known as centrosome and cilium, which play a critical role in cell division and communication, are formed and function. Karalar and her team believe that all the answers they will reach will allow the development of new methods for the diagnosis and treatment of disorders in these structures. In their study, which was awarded the Sabri Ülker Science Award. they aim to determine the causes of developmental and metabolic disorders such as kidney disorders, blindness, obesity, and diabetes to guide the diagnosis and treatment of these diseases.

SABRİ ÜLKER SCIENCE AWARD WAS GIVEN TO **ASST. PROF. DR. ELIF NUR FIRAT KARALAR** THIS YEAR.





FOR ACCURATE SCIENCE Platform

Everyone is saying something, correct information is flying away

The coronavirus pandemic was a period when the importance of correct information and the damage of false information were observed at the highest level. Especially in the field of health... Due to the unproven health-related information that we easily access on the internet, each year many people may misdiagnose themselves or apply the wrong treatment due to incomplete and wrong information. For Accurate Science Platform exists to stop this. For Accurate Science Platform, which shares the most accurate and up-to-date health information with the public, is the first digital scientific platform in Turkey in the field of health and nutrition. The Platform responds to all questions asked regarding healthy living and proper nutrition through experts and brings the most up-to-date scientific articles published in the field of science to its readers with a clear language.

The platform also has a publishing house.





SABRİ ÜLKER FOUNDATION Publications





Sabri Ülker Foundation Publications, with which we set out with the aim to "Let Everyone Read", reached 10 million people in a short time with its distinguished works published in different categories. We continue to work at full speed to convey accurate information in the field of nutrition and healthy living to a much wider audience with our children's books, popular science books, and academic publications.

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Sabri Ülker Foundation Publications, which contribute to the physical and mental development of children with contents on healthy and balanced nutrition, environmental awareness and a love of nature as much as they are entertaining, has added new ones to its series prepared for children. The Doğanın Düzeni (literally the Order of Nature), prepared with the aim of informing children about nature accurately and joyfully, and the Gezegen Koruyucusu Serisi (literally the Planet Protector Series), which will bring environmental awareness, and love of nature to children, are the new additions of Sabri Ülker Foundation Publications...

You can find more information about our publications on our Instagram account @herkesokusundiyeorg "

We are happy to present our 100th book, Birlikte Müzik Yapalım (literally Let's Make Music Together), to our readers this year.



SIGNED BY MURAT ÜLKER "HAYATIN İPUÇLARI-ZOR Konuların yalın anlatımı (Literally Life Tips-Simple Explanation of Difficult Topics)" Is the best business book of the year

Murat Ülker's book "Hayatın İpuçları-Zor Konuların Yalın Anlatımı (literally Life Tips-Simple Explanation of Difficult Topics)", which is composed of his blog posts as introduced to readers by our Publishing House, won the Best Business Book of the Year award at the Platinum Business Books Awards 2021.

DÜNYA KİTAP 2020 Corporate Publishing House Award Given to sabri ülker Foundations Publications

2020 Corporate Publishing House of the Year Award was given to Sabri Ülker Foundation Publications "for introducing the readers to reference works from Turkey and the world in the categories of Children's Books, Academic Books, and Popular Sciences, especially focusing on children's books, and bringing together over a million books with children in less than a year..." The award was presented to our Foundation's General Director Begüm Mutuş during the ceremony held on October 14th.

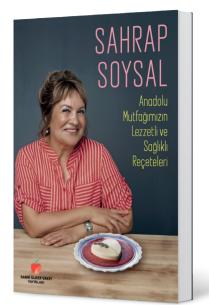






WINNER OF GOURMAND COOKBOOK AWARDS SPECIAL AWARD IS THE 'ANADOLU MUTFAĞIMIZIN LEZZETLİ VE SAĞLIKLI REÇETELERİ (LITERALLY DELICIOUS AND HEALTHY RECIPES OF OUR ANATOLIAN CUISINE)'

Known as the 'Nobel' of cookbooks, the world-famous cookbook contest Gourmand Cookbook Awards 2021 found its winners. At the award ceremony held in Paris, the winner of the jury's special award was the book 'Anadolu Mutfağımızın Lezzetli ve Sağlıklı Reçeteleri (literally Delicious and Healthy Recipes of our Anatolian Cuisine)' written by Sahrap Soysal and published by our Foundation.



A SIGNIFICANT CONTRIBUTION TO THE PROMOTION OF TURKISH CUISINE TO THE WORLD

In her award speech, Sahrap Soysal said; "We are all very happy that our book 'Anadolu Mutfağımızın Lezzetli ve Sağlıklı Reçeteleri (literally Delicious and Healthy Recipes of our Anatolian Cuisine)', which we worked on together with Sabri Ülker Foundation, was deemed worthy of an award on an international scale. We are also proud that this award also contributes to the promotion of our Turkish Cuisine to the world. I would like to thank everyone who contributed."

Begüm Mutuş, General Director of our Foundation, stated the

following about the award: "The success of our precious book 'Anadolu Mutfağımızın Lezzetli ve Sağlıklı Reçeteleri (literally Delicious and Healthy Recipes of our Anatolian Cuisine)', a joint work of Sabri Ülker Foundation Publications and Sahrap Soysal, at the Gourmand Cookbook Awards. which is a world-famous and important contest, made us extremely happy. We are also very happy to have shown the delicacies of our Turkish Cuisine and its features that enhance public health, through our book. not only to our readers, but also to the whole world."

SABRİ ÜLKER FOUNDATION Academy

SABRİ ÜLKER VAKFI AKADEMİ ₩

The path to achieve accurate scientific information requires having access to proven sources. As the Sabri Ülker Foundation, we have been working for 12 years to ensure that Turkey has access to the most accurate and reliable information regarding nutrition and health. Sabri Ülker Foundation Academy will not only provide us with a very important support in achieving our goal, but also will make a great contribution to public health...

We have seen once again during the pandemic that the most important and starting point of protecting our health is to access the most useful and accurate information about health. In this sense, it is required to take the necessary measures and have an awareness to read the body's signals correctly. It is required to have health "literacy", or to be our own doctor, as the old saving goes. With Sabri Ülker Foundation Academy, we aim to share with you the information resources we have obtained from the world's leading scientists in nutrition, health and many other fields for 12 years, in fluent and understandable formats.

We have seen once again during the pandemic that the most important and starting point of protecting our health is to access the most useful and accurate information about health.

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WHO ARE WE?

As Sabri Ülker Foundation, we have been working non-stop for 12 years to support the delivery of information on nutrition and health to the public and to spread the most accurate information throughout Turkey on this journey.

Within Sabri Ülker Foundation Academy, we gather accurate information on nutrition and health under one roof. In our Academy studies, which we carry out in cooperation with the leading experts in the field, we determine topics according to the needs of the current period we are in, and we talk, discuss and publish everything that the society wants to know about these topics from A to Z.

WHO CAN BENEFIT FROM SABRİ ÜLKER FOUNDATION ACADEMY?

Sabri Ülker Foundation Academy is open to anyone who thinks about the health of themselves, their family, and the society they live in, who wants to live a better and quality life, who knows how important it is to be healthy and eat properly, and who wants to improve themselves in this regard.

WHAT DO WE DO?

• As an academy, we are always online at, http://akademi.sabriulker vakfi.org

- We ask leading scientists in our Foundation's Science Committee what you want to know about, and we share the answers equipped with the most up-to-date information.
- We publish our events, meetings and works, which are realized within Sabri Ülker Foundation, on our website both in visual and written forms.
- We are helping everyone to raise awareness in the fields of nutrition and health with the training provided by experts in their fields. It is also possible to attend our trainings live or to watch them later.



NATIONAL AND INTERNATIONAL CONVENTIONS AND EVENTS

NUTRITION AND HEALTH COMMUNICATION CONFERENCE

DECEMBER 7-8, 2021



Health journalism with accurate information during the pandemic period

We held the 5th Nutrition and Health Communication Conference with the theme of health communication during the pandemic period with the participation of expert guests at the international level. The objective of the conference was to contribute to the future of public health and to deliver accurate and up-to-date information obtained from reliable resources in the fields of nutrition, food, and healthy living to each segment of the society.

As Sabri Ülker Foundation, we always attach importance to the sustainability of the projects we bring to life. The 5th Nutrition and Health Communication Conference is one of these projects... In this conference, we discussed health journalism during the pandemic process, which has taken a place in our lives as a global health crisis.

The moderator of the conference. which we held with the theme of "Health Communication in the Age of Pandemic" with the participation of experts from Turkey and the world, was Prof. Ali Atıf Bir, President of the Institute of Communication Sciences. The conference, which was held online. started with the opening speech of our Foundation's Chairman Dr. Talat İçöz. Joining the stream after İçöz, our Foundation's General Director Begüm Mutus announced the names of local and foreign guests participating in the conference and extended her thanks.

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The only thing that will eliminate the pandemic is to complete the vaccine applications all over the world and establish social immunity.

Prof. Serhat Ünal

Hacettepe University Faculty of Medicine, Head of Infectious Diseases-Clinical Microbiology Department and Director of Vaccine Institute

Pay attention to vaccination, mask, distance, and hygiene!

Prof. Serhat Ünal, Hacettepe University Faculty of Medicine, Head of Infectious **Diseases-Clinical Microbiology** Department and Director of Vaccination Institute, talked about the pandemic cases experienced throughout the world from the past to our day in different forms and the measures taken against these cases in his speech. Stating that the changing living conditions have caused us to experience the Covid-19 pandemic in more traumatic ways, Ünal shared that various impacts such as global warming, population growth, destruction of nature and resources, and living together with wildlife made the pandemic risky on a global scale. Emphasizing that the new variants will continue due to the nature of the pandemic and that

vaccination, mask, distance, and hygiene should be the primary measures to be taken, Ünal said: "The only thing that will eliminate the pandemic is to complete the vaccine applications all over the world and establish social immunity."

Galatasaray University Faculty of Science and Letters, Department of Sociology, Lecturer Prof. Ali Ergur talked about the fact that Covid-19 is the first global health crisis. Prof. Ergur said: "While many pandemics have been experienced in a limited area despite serious losses throughout the history, Covid-19 pathogen has affected the whole world as the pandemic with the highest spread rate. Therefore, Covid-19 is the first global health crisis and pandemic," and also talked about the sociological impacts of the pandemic other than the health aspect.

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Accurate health communication is very important

Anadolu University Faculty of Communication Sciences, Head of Press and Broadcasting Department Prof. Erkan Yüksel emphasized that communication is very important and the root cause of the problems is miscommunication forms. Explaining with examples how important health communication is at this point, Yüksel detailed important topics such as social media communication, accurate news studies, and disinformation in the axis of the pandemic period.

Another important speaker at the conference, Communication Academician Prof. Yasemin Giritli İnceoğlu gave a speech about health journalism in the pandemic process. Pointing out that extremism and misinformation in health journalism were widespread during the pandemic period, İnceoğlu underlined the damages caused by the concept of anonymous journalism, which is easily performed even with smartphones.

What should be done to reach scientific knowledge?

In the panel held during the conference, Prof. Ali Atıf Bir hosted Bahcesehir University Faculty of Communication Dean Prof. Hasan Kemal Süher. Health Writer Ziyneti Kocabıyık and **Turkish Journalists Society** Secretary-General Sibel Güneş to discuss the impartiality of media, anti-vaccination, and how to reach scientific information. In addition, Istanbul University **Corporate Communication** Coordinatorship Vice Coordinator Dr. Elif Kahraman and East Mediterranean University Department of Communication professor Prof. Fatos Adiloğlu were other experts who participated from Turkey.

Famous author Erik Rifkin was among the international participants

Nutrition and Health Communication Conference had two guests from abroad: San Diego State University School of Communication Professor Brian H. Spitzberg and the author of the book Utilizing Effective Risk Communication in COVID-19: Erik Rifkin...

Profesör Brian H. Spitzberg evaluated the communication during the pandemic process in terms of governments, political discourses, and target environments.

Author Erik Rifkin talked about the Benefit-Risk Characterization Theatre (BRCT) model in his book, and shared graphs about how to prevent increasing misinformation on health-related topics.

"Health Communication in the Age of Pandemic" workshop

On the second day of the conference, we held a workshop hosted by our Foundation, in cooperation with the Institute of Communication Sciences and under the leadership of Prof. Ali Atif Bir. In the event held at the Communication Sciences Institute, detailed readings and

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Author of the book Utilizing Effective Risk Communication in COVID-19: Erik Rifkin...

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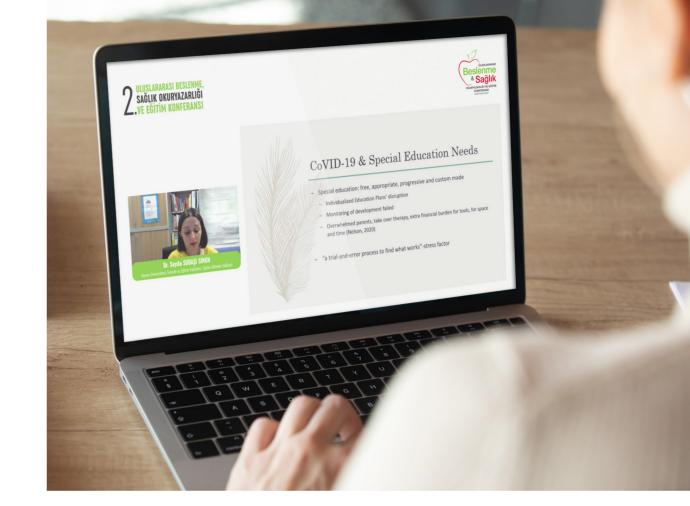


evaluations were made on the media reflections regarding the Covid-19 period and vaccines. During the event, journalists and influencers were divided into groups and attended a workshop on what should be considered in the communication of scientific content and how data should be provided.

INTERNATIONAL NUTRITION, HEALTH LITERACY AND EDUCATION CONFERENCE INTERNATIONAL

FEBRUARY 11, 2021





International Nutrition. Health Literacy and Education Conference was held with the participation of experts from Turkey and abroad. The conference has a special importance in terms of raising awareness about the aspects of media literacy and education system, based on the fact that more than half of the public is insufficient in acquiring health-related information in communication channels according to the results of the **Turkey Health Literacy (HL)** Survey.

While the International Nutrition. Health Literacy and Education Conference discussed the importance of health communication in the development and protection of health and maintaining well-being state, it also presented a situation assessment from experts in the field and brought together their suggestions for a solution. Participants of the conference included leading scientists in their fields at national and international field such as Hacettepe University Department of Educational Sciences Prof. Hünkar Korkmaz, Hacettepe University Faculty of

Medicine. Head of Department of Infectious Diseases-Clinical Microbiology and Director of Vaccine Institute Prof. Serbat Ünal, Mediterranean University Department of Education Programs and Teaching Prof. Günseli Orhon and Faculty of Letters Department of Applied Psychology Dr. Lect. Ece Varlık Özsoy, İstinye University Vice Chancellor Prof. H. Taniu Besler. Hacettepe University Department of Dentistry Pedodontics Prof. Meryem Uzamış Tekçiçek, FAO Turkey Vice Representative Dr. Ayşegül Selışık, Denmark Aarhus University Prof. Karen Wistoft,

USA Arizona University professor Prof. Betül Czerkawski, USA Nebraska University Faculty of Education Lecturer Prof. Julie Thomas.

In the conference, where it was discussed how to make progress in terms of important issues such as acquiring information, internalizing the acquired information and distinguishing the scientific qualities of this information, which are of critical importance especially during the pandemic period, it was also discussed how scientific information should be communicated, especially with our children.

ROYAL SOCIETY OF MEDICINE FEBRUARY 23, 2021

Dr. Julian Stowell, a Member of the Science Committee of our Foundation, participated as a speaker at the conference organized by the Royal Society of Medicine, the oldest health institution in England, where the vital importance of healthy nutrition was discussed. Nutrition education, which is not yet included in the medical curriculum, and the current level of health literacy in Turkey and Europe were discussed at the conference, and the program of our Foundation was presented as it provides the most comprehensive education in the field of nutrition and health literacy in Turkey.

ECO ONLINE 2021 May 10-13, 2021

The European Congress on Obesity (ECO), where the international nutrition community comes together, was held online this year. Our Foundation was the only institution from Turkey that

made a presentation at the congress with the title Example of the Best Practice in Institutional Nutrition Strategy: Sabri Ülker Foundation Healthy Living Center.

FOOD ENGINEERING STUDENT COUNCIL MARCH 21-22, 2021

At the 12th Food Engineering Student Council hosted by Bursa Uludağ University, General Director of our Foundation Begüm Mutuş had the chance to share her presentation titled Fight Against Information Pollution in the Field of Nutrition

and Health: Current Platform and Programs from Sabri Ülker Foundation while our Science Committee Member Prof. Halit Tanju Besler made a presentation titled Eating Frequency and Duration in Body Weight Control.

EIT FOOD E-BREAKFAST JUNE 2, 2021

EIT Food, which works to create a sustainable, reliable, and healthy food system supported by the EIT within the European Union, and the Sabri Ülker Foundation have been collaborating as network partners since 2020. In this context, an e-Breakfast event was held in partnership with Institut Paul Bocuse, Sabri Ülker Foundation, and BeYou under the leadership of EIT Food. In the online event, the vision and mission of our Foundation, its roles as an EIT Food network partner, significant projects, and fields of activity were shared with the participants by our General Director, Begüm Mutuş. The food industry, research, university partners in the EIT Food network, and more than 1000 people interested in the food field attended the event.

SABRİ ÜLKER CENTER FOR METABOLIC RESEARCH

SABRİ ÜLKER Center For Metabolic Research



Sabri Ülker Center for Metabolic Research, which has made exciting discoveries in the medical community since its establishment in 2015, continues on its path by adding ground breaking innovations to its works and discoveries. The Center, which conducts scientific research in order to understand and fight the mechanisms underlying chronic and metabolic diseases, paved the way for new treatments that may arise with its study on 'the effects of endoplasmic reticulum stress and loss of function in obesity' this year. Another important study was on the high-resolution mapping of intracellular structures, pioneering research on how this structure affects metabolism, and discovery of new hormone activity mechanisms that regulate metabolic balance.

The latest discovery of the center is FABKIN, the hormone that affects the development of diabetes

Sabri Ülker Center for Metabolic Research has recently discovered a new hormone that affects the development of Type 1 and Type 2 diabetes. Prof. Dr. Gökhan Hotamışlıgil and his team made a scientific discovery that could create a revolution in the treatment of diabetes with this study. Hotamışlıgil and his team state that the disease is eliminated in mice with both Type 1 and Type 2 diabetes upon blocking this new hormone, which they call 'FABKIN'. FABKIN is a hormone produced by the fat cells themselves during the breakdown of fats. This new study revealed that this hormone affects the function of the pancreas and controls the production of insulin from beta cells. The FABKIN hormone controls this critical function through a hitherto unknown, very unusual molecular mechanism.

SYMPOSIUM on metabolism and life

MAY 25-26, 2021

A balanced and healthy metabolism is a must for global public health

Symposium on Metabolism and Life, hosted by our Foundation and organized by Harvard Sabri Ülker Center for Metabolic Research with the participation of scientists from all over the world who are experts in the field of metabolism, was an event where ground breaking issues in the world of science were discussed and discoveries were shared. 7th Sabri Ülker Science Award was granted at the Symposium.

Chaired by Prof. Gökhan Hotamışlıgil, Symposium on Metabolism and Life organized by Harvard Sabri Ülker Center for Metabolic Research hosted discussions of scientists for solution of molecular details of metabolic diseases and using these findings for treatment and prevention of metabolic diseases. Speakers of the Symposium on Metabolism and Life included Roger Kornberg, who discovered the nucleosome, the basic unit of the DNA helix in chromosomes, and was awarded the Nobel Prize in Chemistry for his works, as well as prestigious scientists who are experts in their fields.

Ali Ülker, Chairman of the Board of Yıldız Holding, made the opening speech of the digital symposium with the participation of special guests: "It is possible to ensure the development of independent scientific research and support the ecosystem with legislative changes to be made in our country. With these changes, the way for independent research as well as universities can be paved, thus increasing the scientific efficiency on behalf of our country."



Our future is assured with scientific competence

Prof. Dr. Gökhan Hotamıslıqıl stated in his speech that the common dreams of both the Sabri Ülker Foundation and the Sabri Ülker Center for Metabolic Research are to encourage voung Turkish scientists who will be the stars of the future all over the world and to create an effective scientific network with strong connections both with each other and with our country. Hotamışlıgil: "Metabolic flow and balance are essential for movement. reproduction, repair of bodily damage and sustaining life. Disruptions in this sensitive balance cause diseases and aging. A healthy metabolism ensures robust bodily function, however, metabolic disorders predispose to chronic diseases and threats to alobal public health.

Sabri Ülker Center for Metabolic Research investigates the molecular basis of metabolism, its interactions with nutrients, and its irregularity during aging and

PENG LI

Tsinghua University

University of Tokyo

Stanford University

CHRISTOPHER GLASS

TAKASHI KADOWAKI

ROGER D. KORNBERG

University of California San Diego

WHO ATTENDED THE SYMPOSIUM?

JUDITH KLUMPERMAN

Utrecht University Medical Center

JEFFREY FRIEDMAN

GISOU VAN DER GOOT

Swiss Federal Institute of Technology Harvard University

Massachusetts Institute of Technology University of Texas

Rockefeller University

DAVID SABATINI

chronic metabolic diseases such as obesity, diabetes and cardiovascular diseases. Their findings are made into new preventative treatments and strategies for prolonging the healthy lifespan of societies. Building on this framework, 3rd Sabri Ülker Symposium on Metabolism and Life brings together global experts who carry out research on various aspects of metabolism, its effects on health and disease conditions and the process of aging. Scientific competence is one of the most important building blocks for the assurance of our future and the welfare of humanity. I would like to express my gratitude to Ülker community and Sabri Ülker Foundation for their contributions to the development and strengthening of the effectiveness of our scientific capacity in the universal framework." Stating that this is a long-term dream. Hotamışlıgil underlined that the young scientists who won the Science Award have already achieved great success.

NILAY YAPICI

Cornell University

SEMIR BEYAZ

BETÜL KACAR

Arizona University

Cold Spring Harbor Laboratory

GÜLCİN PEKKURNAZ

University of California San Diego

SATCHINDANANDA PANDA

Salk Institute for Biology

ANU SUOMALAINEN

TOBIAS WALTHER

DAVID MANGELSDORF

Helsinki University

SABRİ ÜLKER CENTER SYMPOSIUM

SEMIR BEYAZ

BETÜL KACAR

CENTER

PROF. DR. GÖKHAN HOTAMIŞLIGİL

D BY SABRİ ÜLKER FOUNDATION

GÜLÇİN PEKKURNAZ

NILAY YAPICI



MEYVE SAGLIK YAŞAM AKTIVITE SAGLIK EGZERSIZ AKTIVITE VAŞAM SÜT MEYVE DENGELİ BESLENME SEBZE SAĞLIK EGZERSIZ EGZER UYKU MEYVE EGZERSIZ AKTIVITE SEBZE SAĞLIK EGZERSIZ EGZER DENGELİ BESLENME KURUBAKLAGILLER PORSİYON KONTROLU EGZERSIZ SAĞLIK EGZERSIZ SAĞLIK EGZERSIZ SAĞLIK KURUBAKLAGILLER PORSİY UN KUNTE

COMMUNICATION ACTIVITIES

SABRİ ÜLKER FOUNDATION Healthy Living Center



As a foundation, our 'Healthy Living Center' continues its activities at full speed in order to provide benefit our colleagues in the fields of nutrition and healthy living. The goal of the Center, which implements different projects and organizations in different fields every year, is to ensure that employees learn about healthy, adequate and balanced nutrition, while applying correct nutrition behaviors to their entire lives at the same time. In this context, we provide Corporate Nutrition Consultancy to our colleagues, carry out internal communication studies consisting of contents aimed at increasing the level of

nutrition knowledge, and organize in-house healthy living events.

Lately, 'Healthy Living Center' has started to provide online corporate nutrition consultancy as of December 2021. This way, it is ensured that employees outside the city benefit from this service by receiving nutritional counseling without having to come to the Healthy Living Center in Çamlıca Campus.

Our center, which is exemplary and adopted in its field, has managed to reach more than 2000 employees and hold more than 1000 consultancy meetings towards the end of its 4th year.

HEALTHY LIVING



We have determined the Thursday, which coincides with the third week of September every year, as the "Healthy Living Day". We celebrated this special day on September 29 with precious guests and enjoyable events.

On this year's Healthy Living Day, we came together with Nutrition and Diet Specialist Berrin Yiğit and Food Writer Sahrap Soysal and had a pleasant conversation. While listening to Sahrap Soysal's delicious Roasted Chickpea Flour Halvah recipe, we talked about the importance of sufficient and balanced nutrition during the pandemic period, and the healthy and delicious flavors of Turkish cuisine.



SABRÍ ÜLKER FOUNDATION IN THE PRESS



Biyolojinin en karanlık köşelerine bir yolculuk

Ö NCEKİ gün bir ödül katılamadım ve çok renine davetliydim. pişman oldum. i Ülker Bilim * * Ödülü verilecekti ve Zoom üzerinden vapılacak kadınına verildi. online törene hen de davetliydim kadına. Son anda cikan bir işim nedeniyle maalese Cumhuriyet gazetes



yazarı Özlem Yüzüak'ın dört dörtlük * * * vazısından aktarıvorum. Bu yılki ödül bir bilim * * * Ödülü alan bilim insanımız Doç. Dr. Elif Nur Karalar... Hem de müthis hir Onunla ilgili bilgiler Prof. Gökhan

cocuğu.

okumus.

Hotamişlıgil'in deyişi ile "Biyolojinin kaeozkok@hurriyet.com.tr ranlık köşelerinde kalan sorulara yanıt si'nde yapmış. arayan" bir kadın. Biraz tanıttığımda daha da iyi anlayacaksınız * * * si'nde devam ettirmiş. Mühendis bir baba ★ ★ ★ Hayali ve hedefi daha e ev kadını bir annenir önceden hiç bilinmeyen Üç çocuk annesi... Bilkent Üniversitesi'nveni bir molekill va da tedavi yöntemi keşfetm de Moleküler Bivoloji Bu olağanüstü bilim ve Genetik Bölümü'nde anını kutluyorum. Avrica bu tür bilim

Herkes disari giderken o Türkiye'ye dönüp çalış-malarını Koç Üniversite-Doktorasını University anlarını bulup ödüller of California, Berkeley'de; dirdiği, teşvik ettiği için doktora sonrası çalışması-nı ise Stanford Üniversitede

tesekkür edivorum



kitaplaştırıldı

YILDIZ Holding Yönetim Kurulu Üyesi, GO-DIVA ve pladis Yönetim Kurulu Başkanı Mu rat Ülker'in blog yazılarından oluşan ve Sabri U ker Vakfi Yayınları'nın okurlarla buluşturduğu "Hayatın İpuçları - Zor Konuların Yalın Anla tımı", Platin İş Kitapları Ödülleri 2021'de "Yılın En İvi İs Kitabı" ödülünün sahibi oldu.

Murat Ülker is vasamına dair bilgi, birikim ve deneyimlerini blog yazıları ve sosyal medya aracılığıyla okurlarla paylaşmanın yanı sıra, ge çen aylarda bunları "Hayatın İpuçları - Zor Ko nuların Yalın Anlatımı" adlı kitapta bir arava ge ker Vakfi Yayınları'ndan çıkan tirmisti S kitap, yöneticilere, çalışanlara ve gençlere ışık tutan içeriğiyle beğeni topladı. Babası Sabri Ülker örnek alarak girdiği iş dünyasında yıllardır en ak tif isimlerden biri olan Murat Ülker, kitabında iş ile hayatın birbirinden ayrı olmadığını vurguluyor ve hem iş dünyasına hem de hayata dai

SAĞLIK OKURYAZARLIĞI Pandemide doğru





Prof. Dr. Ünal, "Sağlık okuryazarlığının önemini pandemi öneminde en çok aşı ile ilgili konularda gördük. Salgının etkisine sert bir müdahale gerçekleştiren aşı ile ilgili medyada yer alan yoruma dayalı haberler, asılarla ilgili bilgi lere doğru kaynaklardan ulaşma konusunda sağlık okurvazarlığının ne kadar önemli olduğunu bir defa daha ortava kovdu" dedi.

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TOTAL REACH 28.658.784

Diyabet tedavisinde yeni buluş

uygulamaya geçebilecek bir

tedavi ve korunma yöntemi

Hoca ve ekibinin benzer

konulardaki arastırmaları

devam ediyor. Başka keşil

haberleri almak dileğiyle."

geliştirilebilecek. Hotlamışlıgil

HORMON BLOKE EDİLDİ

Prof. Dr. Hotamisligil

Tip 1 ve Tip 2 divabetin gelisimini etkileven veni bir hormon kesfedildi. Yıldız Holding Yönetim Kurulu Üyesi Murat Ülker, Harvard Sabri ülker Merkezi Başkanı Prof. Dr. Gökhan Hotamışlıgil ve ekibi önderliğinde vürütülen arastırmanın devrim niteliğinde bir keşfe ulaştığını duyurdu.

T Tarvard Sabri Ülker Merkezi Başkanı Prof. Dr. Gökhan Hotamışlığıl ve ekibi tarafından, Tip1 ve Tip2 divabetin gelisimini etkileven yeni bir hormon keşfedildi. Yeni buluş konusunda Yıldız Holding Vo?netim Kurulu II?vesi Murat Ülker, kisisel blogunda yaptığı paylaşımda şu açıklamalarda bulundu: "Ne kadar iftihar etsek az! Sabri Ülker Metabolik Araştırmalar Merkezi tarafından Harvard Sabri Ülker Merkezi Başkanı Prof. Dr. Gökhan Hotamıslıgil önderliğinde vürütülen arastırma, devrim niteliğinde bir keşfe ulaştı. Endokrinoloji ve metabolizma alanında yepyeni bir bakış acısı doğuran ve diyabet hastaları için çok umut verici olan bu keşif sayesinde, hızla

Mutiu cocukiar

aüclü Türkiye

7.

NATAL FELSEFE

BILCI GUVENLIG COK ONEMLI

COC ONESSEI Paraderal dilosensiss katali, liness azyvan la edisme, edisilen bilg bilmesfigiral eyrit odi me soktasasia susai li kene kuydenlikebleren opcolalans editist bil arma paraderalden so etilosensigi, ebeseyni ba sintya bilanset ib bariaparaha rand yap geretriji konsulara dat uda.

MUTLU COCURLAS GOCUI TURRIYE" Konferansta kompa Tgitten Rakashigi Tene tite Genel Middird Dog Cam Jonesilas Tudird Dog



hücrelerinden insülin üretimini kontrol eden veni bir mekanizmayı aydınlığa cıkardı, Ekip, 'FABKIN' adını verdikleri bu yeni hormonu bloke ederek, hem Tip 1 hem de Tip 2 diyabetli farelerde hastalığın ortadan kalktığını belirtti. FABKIN hormonu, yağların yıkılımı sırasında yağ hücrelerinin kendisinin ürettiği bir hormon, Bu hormonun pankreasın fonksiyonunu etkilediği ve







SON TARIH 1 NISAN











Sağlık Okuryazarlığı ve Eğitim Konferansı'nda konuşan

önemli inucları verdi.



INTERNAL COMMUNICATION ACTIVITIES

SABRI ULKER VAKFI BILIM SOHBETLERI SERISI

Gıdalar Yeni İlaçlarımız mı Olacak?

Sabri Ülker Vakfı'ndan yepyeni bir seri. Bilim Sohbetleri. Gündermdeki beslemme ve sağlık konularının ele alınacağı serimizin ilk sölümünde "Gidalar Yeni İlaçlarımız mı Olacak?" başlığı altında Hakan Güldağ soruları soracak, Prof. Christiani Jayakumar Henry cevaplayacak. Yayınımız 26 Ağustos 2021 satı 1100'de Volutbe kanalımızda yayınlanacak.





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Sayın Murat Ülker'in kaleminden çıkan Zar Konuların Yalın Anlatımı: "Hayatın İpuçlan" ile Platin İş Kitapları Ödülleri; Yılın En İyi İş Kitabi kategorisinde ödül almanın mutlulüğumu yaşıyarızlı Zar Konuların Yalın Anlatımı: "Hayatın İpuçlan"; yönetildirin, çalanınların ye qençlerin iş yaşamına ait bileşenleri, bütüncül ve disiplinli bir bakış açsısıyla çözmeleri için rehberlik ediyor. İlk kez 2017 yılında dağınlınaya başlanan ve Platin Dergisi Yayın Kurulı'run belirlediği 10 farklı ketegoridə, halkı çolmansı ile belirlenen ödüllerde oy kullanan tim Kayavucular teşekkir ederizi





Sabri Ülker Metabolik Araştırmalar Merkezi'nden devrim niteliğinde buluş! Harvard T.H. Chan Halk Sağlığı Okulu'ndaki Sabri Ülker Metabolik Araştırmalar Merkezi tarafından Harvard Sabri Ülker Center Başkan Pröz ID. Göskan Hotansışlığı Gandriğinde yürütülen araştırmanın sonuçları diyabet Hedavisinde devrim yaratacak bir buluşu ortaya koydu.

Tip 1 ve Tip 2 diyabetin önlenmesi ve tedavisi için kritik öneme sahip olan araştırma bilim dün yasında büyük yankı uyandırdı.





PERIODIC BULLETINS



<page-header> Image: Series of the series</page-header>	BIZDENHABB Aya balka / Eyla Soza Ingo Sozyal ve Berrin Yiğit Jikli Yaşam Sohbeti'ne ba		And A series of the series of
Gelişminde En Biyük m Olacak? Bari Olamele Arta vücut ağırlığı ele şinanda sik bir bir bireşinem şinanda sik bir bireşinem şinanda sik bir bireşinem şinanda sik bir bireşinem şinanda sik bir bireşinem şinanda sik bir bireşinem şinanda şirkişi bireşinem şirkişi bireşinem şireşinem şirkişi bireşinem şirkişi bireşinem	Yemek Yazan	Bulerne ve Nyet Uznoni	
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Skipliki yagamin en emerili usurdanda biri, Peki, hangi yag grubu, olinak ya da harisa tarisa Iman tüketimi için matikin tarladan ofraya gelene kadarı ofraya	Gelişiminde En Büyük Etkenlerden Biri: Obezite Artan vücut ağırlığı ile obezite ve insülin direnci arasında sıkı bir bağ bulunuyor. Insülinin vücutta gösterdiği etki şişman bireylerde ve normal ağırlıkta olan bireylerde birbirinden farklı. Insülin direncinin obezite ile ilişkisi cici	mi Olacak? Pandeminin devaminda tüm dünyada sağlıklı beslenmenin öne çıktığı beslenmenin öne çıktığı modelinden bahsedilebilir mi'? CoVID-19 virissü gibi ölüm riski taşıyan salgınlara karşı güçlü bir bağışıklık satemiyle karşı konulabilir mi? Bit ve benzeri merak	Basit Onlemie Engelleyebilirsiniz Günümüzde hızla artış gösteren dünya nüfusu etran guda hiryyacı, dögal kaynakları dikkatli kullanmayı daha da önemli hale getiriyor. Oyas pek çögumızun, bolmadan yapıtığı tarafı, geleceğe ve sürdürülebilir bir yaşarını kaynaklarınış önelik israfın habercisi konamunda yesi ağınışı belmadanı yapıtığı da bir bir yaşarını kaynaklarınış etalyacı
Sağlıklı yaşamın en İnsan tüketimi için önemli unsurlarından biri, üretilen gidaların Beşti haray yaşamın en Galazılı kiyat elektiri. 1/3'dinin tarladan Peki, hangi yaş grubu, sofraya gelene kadarki aşınaşı deşka kayboluğun olarak ne kadar süre ya da israf adilidiğini patisan ile hazırlanan bu patisan ile hazırlanan bu patisan ile hazırlanan bu çanak ve kadırı süre hamak zevekirize hitası	AYIN EN BEĞENİL	EN PAYLAŞIMLARI	
	önemli unsurlarından biri, düzenli fiziksel aktivite. Peki, hangi yaş grubu, günlük ya da haftalık olarak ne kadar süre ve yoğunlukta egzersiz vapmalı? Gelin, birlikte	üretilen gıdaların 1/3'ünün tarladan sofraya gelene kadarki süreçte kaybolduğun ya da israf edildüğini biliyor muydunuz? Gıda kaybı ye israfi	Bir pizza hayal edin hem sağlıklı hem sıra dışı hem de çok leziz olsun! Eylül ayı sebzeleri arasında öne çıkan patlıcan ile hazırlanan bu pizza hem göz hem de damak zevkinize hitap
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NATIONAL AND INTERNATIONAL COOPERATION

EU PROJECTS

AGROBRIDGES

As the Foundation, we have become the only partner from Turkey of the agroBRIDGES **Project, which includes 15** different institutions operating in the field of food, sustainability, and technology from different countries, and was entitled to receive funding within the scope of the **European Union Horizon 2020** Grant Program.

The main objectives of the project, which started in January and will continue for 36 months, are as follows: To reduce the intermediaries between the producer and the consumer. to provide farmers with practical information and tools to create new business and marketing models based on short food supply chains, to create communication materials,

training programs, events, and

digital tools for this purpose...

The main role of our foundation in this project is to support the dissemination and communication of training programs, events and digital tools to be offered to farmers for sustainability in agriculture within the scope of the project.

Main activities implemented in the project this year include activation of the project website, the establishment of the Multi-Actor platform (MAP), planning and implementation of the survey study for consumers, participation of MAP members, organizing the 1st Project Workshop under the leadership of the Foundation and presentation of the relevant workshop report, and organization of the European Workshop.

EUFIC CONSUMER RESEARCH

We are the only institution from Turkey that supports the interactive vegetable-fruit production map

As the foundation, we took action for Turkey's participation in the fruit-vegetable map project initiated by EUFIC, the **European Food Information** Council. By collaborating with TAGEM, the General Directorate of Agricultural Research and Policies, we aim to raise awareness about healthy and sustainable nutrition and to support seasonal fruit and vegetable consumption.

EUFIC, the European Food Information Council, which has signed many projects for sustainable nutrition, has started to work on the vegetable and fruit production map prepared for all European countries. As the Foundation, we took action to include Turkey in this important project that will involve European countries. Since the day we were established as a Foundation, we have been carrying out significant projects to contribute to the future of public health and to deliver accurate and up-to-date information obtained from reliable sources on nutrition, food, and healthy life to all segments of the society. We are

preparing the data for Turkey, which will be included in this global-scale project, in cooperation with TAGEM, the General Directorate of Agricultural Research and Policies. We will be involved in the project by sharing with EUFIC the seasonal fruit and vegetable map of local production in Turkey.

eufic

The vegetable-fruit map covering all European countries aims to support seasonal fruit and vegetable consumption by raising awareness in terms of healthy and sustainable nutrition. Another objective of the project is to reduce the environmental impact on the food system by encouraging a balanced diet... The project, which was implemented upon observing the increase in the demand of consumers for local producers, especially during the pandemic process, and the increase in the tendency of people to consume vegetables and fruits during the guarantine period, will support people in making sustainable and healthy choices through a reliable and interactive mobile application.





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