



# Literacy of Food Resilience: Integration of Islamic Values and SDGs-2

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**Abstract:** The concept of Literacy of Food Resilience is vital in ensuring individuals and communities understand, access, and utilize information related to sustainable food systems. Food Resilience is defined by the FAO as a state where all households have physical and economic access to sufficient, safe, and nutritious food. The study aims to explore how education and technology can enhance Literacy of Food Resilience, particularly within the framework of Islamic values and the Sustainable Development Goals (SDGs), especially SDG-2 (Zero Hunger). The research employs a qualitative analysis of Islamic texts and SDG guidelines. The theoretical framework integrates Islamic principles of justice and stewardship with global development goals, ensuring a holistic approach to food Resilience. Results indicate that education, particularly when infused with Islamic teachings about food consumption (halal and thayyib), can improve awareness and practices related to sustainable food systems. Similarly, digital platforms and community-based initiatives, such as those by organizations like GODAN and Akvo, play a crucial role in disseminating food Resilience information. These initiatives help communities adapt to environmental and market changes, improving their resilience food. In conclusion, the integration of Islamic values with modern strategies like education and technology expected to be able to enhance Literacy of Food Resilience, supporting global efforts to eradicate hunger and ensure sustainable agricultural practices.

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## **INTRODUCTION**

Food resilience is an issue that has become a trending topic in recent years in many countries, including Indonesia. Awareness of food security is part of literacy that the community has not realized. Problems regarding food security are quite complex. To realize food security, support is needed through the education sector, both from formal and non-formal education. In the essence of food resilience, it starts with awareness about food from an early age (Fahmi Fahmi et al., 2018). For this reason, building food resilience should start early by introducing food resilience literacy to children.

EDC (Education Development Center) explains that literacy is the ability of individuals to use their potential (the ability is not limited to reading and writing). According to UNESCO, "Literacy refers to a context—a bound continuum of reading, writing and numeracy skills, acquired and developed through the process of learning and application, in schools and other settings appropriate to youth and adults" (UNESCO, 2005). Therefore, literacy is not just about reading and writing, but includes thinking skills using printed, visual, digital and auditory sources of knowledge (Dispusip, 2019). Then, according to Law No.18 Year. 2012, Food resilience is a condition of food availability for the state to individuals, which is reflected in the supply of food that is

sufficient, both in quantity and quality, safe, diverse, nutritious, equitable, and affordable, and does not conflict with religion, beliefs, and culture of the community, to be able to live healthy, active, and productive lives sustainably (Suryani et al., 2020).

From an Islamic perspective, food resilience is important for the good of society. However, in the process of achieving food resilience, several things must be underlined, namely, the sustainability of nature and its provision. Islam has provided guidance on food resilience in Surah Al-Baqarah [2]:60. "Eat and drink of Allah's provisions, and do not go about spreading corruption in the land. (QS. Al-Baqarah [2]:60)."

The Ayat can be used as a strong philosophical foundation for food resilience. Strengthening food security not only pays attention to development and people but also to nature as a natural producer. This is in line with the goals of the SDGs, which prioritize sustainability and social justice. Therefore, achieving food security will support the Sustainable Development Goals (SDGs) Agenda with 17 development agendas globally (Rahmad Purwanto W, 2022).

## RESULTS AND DISCUSSION

The findings of this study reveal diverse understandings of food security literacy. The concept extends beyond mere access to food and includes the ability of individuals or communities to access, understand, and utilize information related to food resilience, including aspects of production, distribution, and nutrition. The research also highlights the need for awareness of food sources, sustainable practices, and nutrition, which form the basis for effective food security literacy.

First, education emerges as a key pillar for promoting literacy of food resilience. By integrating the concept of food security into the formal and informal education system, a socially responsible society that understands and practices sustainable food management can be fostered. In addition, education fosters a culture of reducing food wastage, which is in line with Islamic values that emphasize moderation and responsibility in consuming food resources. The second is the important role of technology and information in improving food security literacy. Dissemination of food-related information through digital platforms and social media can increase public access to food awareness more efficiently.

The study also integrates Islamic values with the goal of SDG-2 (Zero Hunger) so that it emphasizes ethics to ensure equitable and fair food distribution. In addition, the Islamic principles of halal and tayyib (permissible and good) are crucial in shaping the literacy of food resilience. This is further in line with SDG-2's focus on improving nutrition and expanding access to high-quality food so that an Islamic approach to healthy and sustainable eating can be achieved.

Then, the importance of sustainable agriculture from an Islamic perspective, which is in line with SDG-2's goal of campaigning for environmentally sustainable food production. Islamic teachings advocate a balanced relationship between human consumption and the preservation of natural resources to avoid overconsumption and waste.

### Literacy of Food Resilience Concept

Literacy of food resilience is the ability of individuals or groups in the community to understand, access, and use information related to food security. A householder is said to have food security if family members are not in a state of hunger or threat of hunger (Suryani et al., 2020). According to FAO, it is a situation where all households have both physical and economic access to food for all family members, where households are not at risk of losing both access (Handewi P. S Rachman and Mewa Ariani, 2002).

Literacy of food resilience has several scopes. Starting from understanding food sources, production, and distribution processes to being knowledgeable about nutrition. In addition, knowledge about food safety and strategies for managing sustainable food are also part of food security literacy. To realize literacy of food resilience, various strategies are needed as follows:

#### 1. Education

To realize literacy of food resilience the education sector plays a key role in improving literacy of food resilience. Islam motivates people to explore knowledge and raise awareness about various

aspects of life, including food. Through the field of education, integrating materials on food security into the education curriculum is also considered important both formally and non-formally. Learning activities designed on the topic of food security can develop students' social care character in food security issues (Luh Eka Sri Purnami, Dewa Ayu Puspawati, and Cornelius Sri Murdo Yuwono, 2018). As a Muslim, literacy of food resilience by understanding how to manage food and avoid wasting food is something that should be known. Not only that, the importance of education is also to realize responsible consumption and production patterns, which are in line with the SDGs. Therefore, a community that is knowledgeable about food will grow. A community educated in food security will be better able to adapt to changes in the environment and market conditions.

## 2. Technology and Information

With the use of technology, community food security literacy can be optimized. By using technology, providing information on food resilience can be done through social media and digital platforms. However, in everyday behavior, the sharing of information is usually done in a less formal situation. Information can be circulated by word of mouth in their daily interactions either at home or at their place of business. This information often adds and even changes knowledge and leads them to behave according to the knowledge they have. However, it is possible that deep digital literacy will help expand accessibility to relevant information and technology (Suryani et al., 2020).

Several non-profit organizations focus on information technology for food resilience so that food resilience literacy does not become an empty program. Global Open Data for Agricultural and Nutrition (GODAN) and Akvo are clear examples of efforts to improve food literacy. GODAN commits to the development of open data to improve access to critical information on agriculture and nutrition. While Akvo focuses on Information and Communication Technology for Development, Akvo provides a digital platform that helps local organizations and governments collect, manage, and use data to improve food resilience. The application of this technology is by Islamic teachings on the advancement of science and human efforts to improve life without destroying the balance of nature.

## Integration of Islamic Values and SDG-2

Sustainable Development Goals (SDGs) have goals that are in line with Islamic values, especially SDG-2, which has the goal of eliminating hunger (zero hunger). More specifically, the United Nations or UN defines the goals of the SDGs as the answer to the challenges of the coming 2030. The 2030 Agenda for Sustainable Development: A shared blueprint for peace and prosperity for people and the planet, now and into the future.

The objectives of SDG-2 are to “End hunger, achieve food security and improved nutrition, and promote sustainable agriculture.” From the Islamic perspective, humans are responsible for sharing with those who are in food poverty. Food resilience is not only seen through the production process but also equitable and fair distribution. The importance of the distribution process in Islam is because Islam initiates social justice. With fair and equitable distribution, the balance to prevent social inequality can be carried out. The Prophet Muhammad (SAW) has set an inspiring example of sharing and organizing equitable distribution of food. “The food of one is enough for two, the food of two is enough for four, and the food of four is enough for eight.” (HR. Muslim).

Based on SDG-2, achieving food security and improved nutrition are important criteria for food to be consumed. Poverty ends in malnutrition and hunger (Faareha Siddiqui et al., 2020). Lack of quality food triggers poor health (Gutschall, M.; Hege, A.; Farris, A.; Young, E.; Furman, M.; Fox, R. Hunger, 2021) are challenges in realizing SDG-2. In Islam, the two criteria are halal and tayyib (good). To encourage good consumption patterns, we need access to good and nutritious food for our health. Meanwhile, food is said to be halal if it is by the rules of Sharia. Islam has no restrictions on the consumption of food and drink unless it is prohibited in the Qur'an and Hadith. As in QS. al-A'raf [7]: 157; QS. al-Baqarah [2]: 168; QS. al-An'am [6]: 145 (Supangkat Gatot S, 2021). Islam instructed that the process of supplying, making, or serving must fulfill the rules of halal and tayyib. Must be

avoided materials harmful to human survival, such as additives or synthetic materials, or other materials that hurt health.

The next goal of SGD-2 is sustainable agriculture with the concept of sustainable development so that humanity must preserve food resources. According to Kirsten, sustainability can be achieved by adjusting the balance between human needs and the land, “sustainability can be achieved by maintaining a balance between people and land.” Islam recognizes the importance of maintaining a balance between human needs and the sustainability of nature. Through food resilience, Islam teaches its followers not to over-consume natural resources. This is to ensure that the next generation can still have access to it. Allah Swt.: “Eat and drink, but do not waste. Surely, He does not like the wasteful.” (QS. Al-A’raf [7]:31).

Therefore, Islamic values support cross-community collaboration in achieving global goals. For example, the international Islamic organization Islamic Relief Worldwide has contributed to many food resilience programs that are aligned with the SDGs. As a Muslim, it is appropriate to use food reasonably so that the food needs of all mankind are met. However, if the use of benefits is uncontrolled, it will lead to unavoidable waste. No matter how much food is available, it is certain that it will always be insufficient.

## CONCLUSIONS

Literacy of food resilience includes an understanding that starts from food sources, production processes, and distribution up to food safety and sustainability. Some of the strategies used to improve food security literacy are through education and technology. Education plays a role in instilling an understanding of food management and campaigning people to avoid wasting food. In addition, the use of digital technology allows for the dissemination of information through social media and digital platforms, as well as wider access to food security knowledge. SDG-2 has the same goal from an Islamic perspective. The concept of social justice in Islam calls for food to be distributed fairly to prevent social inequality. In addition, Islam also highlights the importance of halal and tayyib (good) food, which is in line with the goal of SDG-2, which prioritizes food safety and good nutrition. Islam also teaches that sustainability in food resource management is a moral obligation so that future generations can enjoy the same natural abundance, in line with the goal of sustainable development. Overall, food resilience literacy is achieved through a holistic approach that includes education and technology and integrates Islamic values. So, the SDG-2 agenda is expected to be achieved for the good of all humanity.

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