



โครงการ การยกระดับทักษะการดูแลสุขภาพ การประกอบอาชีพ และการเรียนรู้ในการใช้ชีวิตสำหรับคนพิการและพี่เลี้ยง



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Sustainable Food Choices on Campus Year: 2024

Nakhon Si Thammarat Rajabhat University prioritizes creating a sustainable food system on campus, ensuring that all staff and students have access to safe, nutritious food that complements diverse lifestyles. Under the concept of "Food for All in NSTRU," the university has organized its food court and cafeteria to ensure a diverse and sustainable food system. Separate food zones are set up for Thai-Buddhist and Muslim cuisine (Halal Food Zone) to ensure that all food items comply with Islamic principles and accommodate cultural differences. Additionally, there are health food restaurants and fresh fruit smoothie shops that use local, chemical-free fruits such as bananas, mangoes, watermelons, and guavas. These nutritious dishes promote the health of students and staff and reduce the consumption of sugary beverages.



The university also operates an on-campus market (NSTRU Green Market) that provides a platform for local farmers and staff to sell healthy, chemical-free food and agricultural products, including pesticide-free vegetables, organic rice, and processed community products. This initiative connects the university with the local economy and promotes the consumption of environmentally friendly foods.



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Increasing Agricultural Knowledge for Food Security

Household food security remains a critical issue, particularly for vulnerable populations, such as people with disabilities in rural areas, who face limited access to employment and agricultural resources. As a higher education institution focused on local development, Nakhon Si Thammarat Rajabhat University (NSTRU) has promoted food security in 2024 by applying scientific, technological, and agricultural innovation to households and communities to foster sustainable food self-reliance.

The objectives of this program are: 1) to empower people with disabilities and households in the community with the knowledge and skills to produce sustainable food for consumption; 2) to create a model for household-level integrated animal husbandry and crop cultivation that can be scaled up within the community; and 3) to enhance the quality and standards of community-level processed food products to achieve market acceptance.



Regarding community products, tangible results have been achieved as follows:

1) Over 80 households with disabilities and their families in the target area have gained knowledge and are now able to produce their own food.

2) Model households have been established, enabling them to reduce their food expenses by an average of 20% per month.

3) The community has established a "Sustainable Agriculture Learning Center for the Disabled," serving as a model for expansion to nearby areas.

4) Three community-produced processed food products have been developed and certified by the FDA.

5) The community has earned additional income from selling local food products and agricultural produce.



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Enhancing Agricultural Knowledge for Food Security

The target areas and groups for the operation are in Nakhon Si Thammarat Province, covering farmers and food producers in the community, including coconut processing groups such as Hat Ban Pret Agricultural Development and Processing Community Enterprise Group, Agricultural Development and Processing Community Enterprise, the Suan Nab Neung Sichon Craft Community Enterprise, and the Ban Laem Homestay Community. The mangosteen processing community enterprise includes the Phrom Lok Tourism Entrepreneurs Community Enterprise. Local cocoa entrepreneurs include the Suan Lung Lek Cocoa Community Enterprise, the Thung Song Cocoa Community Enterprise, the Thung Pho Innovative Agriculture Group, the Thung Yai Agricultural Product Production and Processing Community Enterprise, Sri Fa Farm, Thai Australia Company, the Chang Klang Farmer Cocoa Garden, and the Blueco Valley Agritourism Village Network,



totaling over 200 people in Nakhon Si Thammarat Province. These farmer groups participated in technology transfer and workshops on coconut product processing, including coconut ice cream, coconut milk ice cream, cold-pressed coconut oil gummies, coconut flour, coconut cakes and cookies, nanoemulsion sunscreen from cold-pressed coconut oil, and gray hair dye from coconut shell extract.

They also participated in technology transfer for extracting pigments and anthocyanins from mangosteen peels for the development of beverages and health products. In addition, they took part in a comprehensive mangosteen processing program from fresh to ripe, including selected mangosteens, mangosteen ice cream, mangosteen toffee, mangosteen-filled cookies, freeze-dried mangosteen, mangosteen chili paste, mangosteen gummy and jelly snacks, and activities to develop techniques for fermentation, drying, and cocoa powder production, as well as the development of local chocolate. Training sessions were also held on packaging design, branding, and applying for food product standards. In-depth consultations were also provided on manufacturing processes and food safety in accordance with FDA and GMP standards.

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Access to universities for local farmers and food producers (2024)

The university serves as a hub of knowledge and technology, transferring its expertise to communities to empower farmers and food producers to develop stable, sustainable careers. In the 2024 academic year, Nakhon Si Thammarat Rajabhat University has collaborated with the Nakhon Si Thammarat Provincial Agricultural Office, the Ranong Provincial Agricultural Office, the Ranong Provincial Agricultural Office, and the Nakhon Si Thammarat Provincial Community Development Office to provide local farmers and food producers with access to the university's academic facilities, such as the Plant Breeding Laboratory, the Food Processing Laboratory, and the Food Analysis Laboratory of the Culinary Arts Program, Faculty of Science and Technology.



Key activities include opening food processing laboratory and a food analysis laboratory to enable farmers and food producers to develop and experiment with recipes and test product quality; providing training and technical consultation on manufacturing processes, recipe development, quality control, and product certification applications (FDA and GMP); supporting the use of tools, technology,



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Key activities include opening food processing laboratory and a food analysis laboratory to enable farmers and food producers to develop and experiment with recipes and test product quality; providing training and technical consultation on manufacturing processes, recipe development, quality control, and product certification applications (FDA and GMP); supporting the use of tools, technology,

and food science knowledge to develop local products such as coconut, mangosteen, cocoa, coffee, honey, honey, Thai desserts, herbs, and cosmetics; and fostering collaboration among academics, universities, and government agencies to create a local food innovation ecosystem.

The following concrete results were achieved:

1. 210 farmers and entrepreneurs have gained access to the university's laboratories for product development.
2. More than 20 prototype food products have been developed from local ingredients.
3. Five community products have passed quality inspections and successfully applied for FDA certification.
4. A collaborative network has been established among universities, government agencies, and the community sector to develop the local food industry sustainably.