

# Projects for Good

## Two meals a day for good health and sustainability



In developing countries, particularly in the Middle East and Africa, large numbers of people live in a phase 3 food insecurity crisis and are in danger of famine. In 2016, over 14 million people in Yemen lived at, or above, a phase 3 food insecurity level, according to the Food Security Information Network. The main cause of this severe situation is the food imbalance which is undeniably said to be present in the world.

This Project is influenced by a famous quote, “We live in a strange world where the poor walk miles to get food and the rich walk miles to digest food”. As the name suggests this project involves eating only 2 meals a day, for example, either lunch and dinner or breakfast and lunch. This method mimics the way our ancestors ate when food wasn't so readily available around the clock. The main aim of the project is to firstly; identify members of staff within my office environment who are interested in a weight loss plan, secondly, to implement a two meal a day plan among these staff members and lastly, the food which was not consumed due to a one meal reduction will be donated to those in need.

There are several proven health benefits attached with this plan, some of them are weight loss; it helps individuals feel less bloated, improves memory power and has the potential to extend life spans. Furthermore, it induces various cellular repair processes for example autophagy, the body's ability to get rid of damaged cells, reduce insulin resistance and thereby lowering the risk of Type 2 Diabetes. Along with health benefits this plan also aids sustainability through:

- Improving the productivity of employees
- Increased the health of staff and thereby creates a healthy working environment
- It reduces food consumption and thereby wastage
- It increases the volume of food which can be donated to those in need.



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