



Times Higher Education
Impact Rankings



SDG 2
Zero Hunger

SDG 2 – Indicator 2.3.3 – Sustainable food choices on campus

Tempeh: A fermented soybean-based vegetarian food for sustainable campus living

Populations that specifically and consistently follow a vegetarian lifestyle (avoiding the consumption of all types of foods of animal or fish origin) or a vegan lifestyle (not consuming fresh meat and fish, eggs and milk, and also not consuming all types of derivative products) are very rare or may not exist on the Universitas Sriwijaya (UNSRI) campus. On the contrary, the majority of students, staff and faculty do not consume pork due to religious prohibitions, but do consume other types of meat.

Due to the lack of vegetarian and vegan communities on campus, the UNSRI campus does not have any vegetarian or vegan-only food courts or stands. However, there are several types of foods that are very popular in Indonesia that do not contain meat, fish, or derived products. These foods are *gado-gado*, *pecel*, *karedok*, and several other variations. These menus can be used as an alternative food for guests with vegetarian lifestyles or for those visiting the UNSRI campus.

In keeping with modern health, environmental, and ethical considerations, campuses are increasingly promoting vegetarian and plant-based food options in their dining halls and living spaces. Among these offerings, tempeh has emerged as a popular and versatile food ideal for students seeking nutritious, sustainable, and protein-rich options. Tempeh is a fermented soybean product from Indonesia known for its dense texture, rich flavor, and exceptional nutritional benefits, making it an excellent meat alternative for vegetarians and vegans alike. Incorporating tempeh into campus dining offers students access to a high-quality, plant-based protein source that aligns with the values of health-conscious and environmentally conscious communities.



Tempeh has become a part of daily life at Sriwijaya University as a traditional food that is offered in various event menus, seminars, and is available in the student canteen and campus pantry as an option for those who adhere to a vegan lifestyle. UNSRI has also developed various alternatives to increase the value of tempeh by researching alternative substitutes for soybean raw materials with other raw materials that are affordable and still nutritious. For instance, lecturers and students from Faculty of Agricultural Technology who are teaching the production of tempeh from lotus seeds. Another instance, nutrition students and lecturers provides examples of creative menus from Tempe and the recipes was published in a book. Interestingly, Nutrition students not only share about Tempe's benefit to University students, but also for children and community surrounding Sriwijaya University as well other vegetarian food, such as vegetarian spring rolls.

Link 1: <https://www.antaranews.com/berita/3134637/dosen-mahasiswa-unsri-edukasi-masyarakat-olah-biji-lotus-jadi-tempe>

Link 2: <https://bintangpustaka.com/toko-buku/sosial-budaya/kuliner-berbahan-dasar-tempe-dan-ikan/>

Link 3: https://www.instagram.com/nutripreneur_fkmunsri

Link 4: https://www.instagram.com/englishcamp_plaju/