

## Nutritious and Hygienic Lunch Programme for our Students in Saturday



Every Saturday, our organization implements a special meal program designed to provide a 100% natural and nutritious lunch for our students. This initiative is made possible solely through the generous financial support of our foster parents, and it is a collective effort of our community to ensure every child is nourished both physically and mentally.

The preparation of these meals takes place in our newly upgraded and hygienic kitchen facility, where we prioritize the highest standards of cleanliness. All ingredients including grain and fresh vegetables are meticulously washed and prepared by a dedicated group of volunteer mothers of our students.

These mothers offer their time and love to cook for the children ensuring that the food is prepared just as it would be in a healthy home environment. We strictly avoid all artificial flavor enhancers such as MSG and instead rely on traditional natural spices and herbs to provide rich flavor and medicinal value.

To ensure the best health outcomes we carefully select our ingredients for their unique nutritional benefits. Our seasoned Samba rice includes Ginger and Garlic paste to boost immunity and aid digestion. The creamy dhal curry made with fresh coconut milk, provides healthy fats for brain development. We also include a homemade chili paste with dried shrimp which is a rich source of calcium for children's bone and dental health.

Each spice we use serves a vital purpose for a growing child's body. **Turmeric** acts as a natural anti-inflammatory to promote internal healing. **Black Pepper** boosts metabolism and help the body absorb nutrients. **Fenugreeks** assist in nutrient absorption and blood sugar balance. While fresh **Curry Leaves** and **Pandans**

**(Rampe)** are added for their high iron content. Vitamin A for vision and natural cooling properties for the nervous system.

By maintaining a clean Label and toxin-free diet, we ensure that the funds provided by our foster parents are transformed into a wholesome meal that supports our students' academic focus and long-term health. We are deeply grateful for this partnership between our god parents 'generosity and our mothers' voluntary dedication which continues to nourish the future of our children.



- Tesheema Chammi -