

Food as Pure as Nectar

Cheque donations can be made in the name of "Annamrita Foundation"

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ISKCON Food Relief Foundation NEWSLETTER

Events

Rotary world fest: 19th January 2018

Every Year Rotary International District organizes its "Rotary World Fest". The main aim of this fest is to get Charity through Fun and Entertainment. The USP of this event is that, it unites citizens to make a difference to the community we live in – addressing health issues affecting infants to elders, child education, malnutrition, unemployment to environment.



This year the festival was held on 19th November, 2017, Sunday at Mahalaxmi Race Course Mumbai. Annamrita was also invited by Rotary to have a stall at the event. Delicious ISKCON khichdi was served there for all. Besides Annamrita several other social causes by Rise Against Hunger, JSW Foundation, waste segregation, Marrow Donor Society. "Donate skin & Save life, Ratna Nidhi and National Liver Foundation were also present at the event. Other activities included: Melody of Music, art, entertainment and projects affecting community under one roof- ROTARY WORLD FEST.



The evening also saw an exhilarating musical performance by Wheel Chair bound students from Agripada along with performances by George Brooks, Louis Banks, Sheetal Kolwalkar, Isheeta Chakravarty, Gino Banks, Satyajit Talwalkar performing. Bollywood's loved singer, Salim Sulaiman will be performing along with Manganiyar Brothers.



Aishwarya Rai Bachchan celebrates her Birthday with Annamrita

Aishwarya Rai Bachchan might not have celebrated her birthday with much grandeur throwing a big lavish party, but she made it special by making a difference in the lives of others. As part of the midday meal scheme, the actress decided to donate free meals to 1,000 school kids for a year.

Aishwarya has also pledged to donate her eyes to Eye Bank Association of India. She has established Aishwarya Rai Foundation in year 2005 to help and support people in need. She was also given a special award for her charity work at the Miss World 2014 ceremony. Since 1994; she has supported many causes for

the Mentally and Physically challenged people, AIDS and HIV, Marrow and Organ Donation, etc.

This year On 1st November, the occasion of her 44th birthday Aishwarya Rai sponsored midday meal to needy children. She sponsored 1000 meals through Annamrita Midday Meal Scheme of the International Society for Krishna Consciousness (ISKCON), This sponsorship reaches out to about 2,000 kids of 500 municipal schools in an around Mumbai.

Her decision, which came on the occasion of her Birthday, will be of immense benefit to the children. Schools have reported an increase in attendance and performance levels where the Annamrita meals are being served," Radhanath Swami said.

Shout Out

Navi Mumbai school Started mid- day meals:



Recently the Navi Mumbai Municipal Corporation (NMMC) partnered with Annamrita Foundation to provide Mid Day Meals to 5,099 students of classes 9 and 10 in 17 civic-run schools. As per the current state policy, midday meal schemes are implemented only for students from classes 1 to 8 in these schools, however as there is an acute need for providing nutritious food to the underprivileged students of classes 9 and 10 as well hence NMMC started this unique initiative this year.

This project was inaugurated on November 2nd at Rabale Municipal Secondary School by Navi Mumbai Mayor Sudhakar Sonawane, Municipal Commissioner N. Ramaswami, Additional Municipal Commissioner Ramesh Chavan, Education Officer Sandeep Sanghavi and other dignitaries.



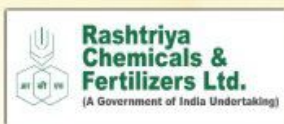
Annamrita is now providing Midday Meals to NMMC Secondary school Children every day from an ISO certified kitchen. Children are served a menu ranging from Khichdi, Pulao, Dal Rice, and chapati-sabji on different days. Children and their parents are very happy with this new implementation.

The Annamrita Scheme envisages that no child should be deprived of education due to the lack of healthy wholesome meals. The roots of the Annamrita program date back to Bhaktivedanta Shri Prabhupada who had once witnessed a

dog and a child fighting over food thrown in the street and the incident had left him shaken. "He then instructed all his devotees that no child in a 10-mile radius of the ISKCON Temple should go hungry. The temple has been distributing food in the form of 'khichdi' since the past 13 years to poor people in the vicinity and lakhs more through the Annamrita Foundation projects," he said. Following in the footsteps of these teachings Annamrita implemented the Mid Day Meal scheme with the mission of fighting classroom malnutrition and thereby promoting literacy.



Rashtriya Chemical Fertilizers



Rashtriya Chemicals and Fertilizers Limited (RCF) a Government of India Undertaking is a leading fertilizer and chemical manufacturing company with about 80% of its equity held by the Government of India. RCF was incorporated on 6th March 1978 on reorganization of erstwhile Fertilizer Corporation of India Ltd. RCF is a leading fertilizer and chemical manufacturing company having headquarters in Mumbai, India. It has two operating units, one at Trombay in Mumbai and the other at Thal, Raigad district, about 100 KM from Mumbai. Government of India has accorded "Mini-Ratna" status to RCF.

RCF cares about the communities impacted by its processes. RCF aims to maintain a shared value relationship, ensuring a win-win situation for all. An inclusive growth strategy has been outlined by the company ranging from community enhancement projects to medical camps, rural sports etc.

RCF has also implemented the Mid Day Meal Scheme through Annamrita Foundation in non govt aided schools of Chembur area which goes a long way in giving proper nutrition to the children in their area. Annamrita Foundation formerly known as ISKCON Food Relief Foundation, supplies good and healthy meals to the children on behalf of RCF. Fresh seasonal vegetables in the form of khichdi, bhel and pulav keeps these lunches nutritious, well balanced and interesting. In all around 9,600 students are availing the benefit of this nutritious meal through the scheme.

They started with 14 schools in 2012 and are today sponsoring 40 schools with Mid Day Meals. 13970 underprivileged students receive daily hot nutritious meals thanks to RCF. And we truly thank them for their efforts.





Tasty Bytes

Changing with the seasons

Eating seasonal and local are values I always emphasise upon. The world over, food patterns, food choices and food availability are typical indicators of seasonality. The stress on eating seasonal and local is not just to support the food ecosystem and our food sources (which of course is paramount), but simply because it's a healthier lifestyle.

Ayurveda ascribes a healthy balance of mind and body to seasonal choice of food. When you eat local, you are automatically eating what's in season and hence working with the cycles of nature.

As we start moving on from winter into spring time or Kapha season, changing weather patterns can disturb the body's immunity and digestion.

Here's some pointers to tide through with good health:

- Switch to lighter foods that are nutritious yet easy to digest. Fresh fruits and sprouts are good options.
- Supplement your diet with exercise. Nothing substitutes a work out or any form of physical activity for a fit mind and body.
- Raw turmeric is available in abundance at this time. Turmeric has garmtaseer and hence is a boon in this season. It's also blessed with excellent anti-bacterial, anti-oxidant and anti-inflammatory properties.
- Same goes for Jaggery which plays an important part during Sankranti, but is also naturally nutritious. Its rich iron content fortifies and keeps the body warm.

Here's a recipe for you all to try:

PREPARATION TIME: 15mins **Cooking Time:** 20mins **Serves:** 10-12 lemon size laddos.

INGREDIENTS

3 Cups Murmura/Rice puffs • 1 Cup Jaggery, grated • 4 tbsps Water
1 tsp Cardamom Powder • 1/3 Cup Almonds, chopped (Optional)
1/3 Cup Pistachio, chopped (Optional)

METHOD:

1. Dry roast the murmuras in a pan till crisp.
2. In a pan, add jaggery and water, mix till dissolved. Let simmer and cook until it reaches a 2 string consistency.
3. Add cardamom powder into melted jaggery and mix well.
4. Now add almonds, pistachios and murmuras into it and mix well.
5. Turn off the flame. Allow it to cool for 1 minute but not more than that.
6. Wet your hands, take a handful of the mixture and shape into a laddoo. Repeat with the rest of the mixture.
7. Make laddoos of desired size and allow them to cool down, they will harden.

Store the prepared laddoos in air tight containers.

Source: <http://www.thefoodfables.com/2018/02/changing-with-seasons.html>



ABOUT THE BLOGGER :

Ranveer Brar is an Indian chef, TV show host, judge and food stylist. His television shows include Breakfast Xpress, Snack Attack, Homemade, The Great Indian Rasoi, [1]Health Bhi Taste Bhi, Ranveer's Cafe, Food Tripping and Thank God It's Fryday. He was also one of the judges for season four of MasterChef India



Rotary Clubs from District 3141 have sponsored 8539 children with Mid Day Meals for Rotary Year 2017-2018

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Annamrita is looking out for talented and committed individuals to join us as volunteers or full time employees for various vacancies we have at the moment. We also require individuals with strong Sales skills to promote our cause and help us to raise funds. For more information about these profiles or Internships please contact Dilzad on dilzad@annamrita.org



annamrita

19, Jaywant Industrial Estate, 63, Tardeo Road, Tardeo,
Mumbai - 400 034. Tel.: 022 - 2353 1530

Email : info@annamrita.org • Web : www.annamrita.org
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