

Coverage:

Target beneficiaries:
6000 tribal women farmers

District:
Chhota Udepur

Taluka:
Kawant & Naswadi

Villages:
100



Objectives:

Reduce malnutrition 	Create livelihood opportunities 
Decrease drudgery levels 	Reduce fuel consumption 

Expected outcomes at community level:

4800 women will earn from raw material supply 	240 women will grow and supply dried vegetables 
240 women will make and sell meals 	Nutritional status of 10,000 households will improve 

Ingredients:



Nutritious value per 100 g:

Component	Value
Energy	374 Kcal
Protein	14.41 g
Carbohydrates	77.49 g
Fat	0.84 g
Minerals	1.75 g

Benefits:

- Easy to digest
- Gluten free
- Protein rich
- Wholesome meal
- Fat free



Deepak Foundation

Enlightening lives...

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paripurna

Ready to eat
Khichdi



India's very own 'superfood'

gluten
free

fat
free

protein
rich

Technical partner:
A.D.Patel Institute of Technology



Deepak Foundation

For over 35 years Deepak Foundation has been serving the country through projects in healthcare, sustainable livelihood, skills building, education, and children with special needs. The Foundation reaches out to a population of 4 lacs per annum in 6 states of India.

Paripurna

A community owned initiative for food security in tribal areas of Gujarat

Deepak Foundation received an innovation award from Millennium Alliance in Round-4 (2016-17) for the community-owned initiative for ensuring food security in tribal areas. Project Paripurna entails use of 'Ready to eat Khichdi' for addressing the issues of malnutrition, drudgery reduction, saving fuel and time, and bring about livelihood opportunities through enterprises in tribal areas.

The project will be implemented by the two women Farmer Producer Companies promoted by Deepak Foundation namely, Krushak Mahila Khet Utpadak Producer Company Ltd. and Vanbandhu Mahila Khet Producer Company Ltd. In the long run 10,000 households are expected to be covered under the project through a hub and spoke model.

The innovation:

Engaging marginal tribal women farmers in:

1. Preparation of culturally acceptable Ready to eat Khichdi
2. Promotion of niche product & social marketing of product through Govt. schemes
3. Capacity building of women in processing & packaging

paripurna
*Ready to eat
Khichdi as...*

INDIA'S VERY OWN 'SUPERFOOD'

Paripurna's 'Ready to eat khichdi' is a wholesome meal for all and comes in 5 delicious flavours. The product is suitable for a whole spectrum of dietary needs.

paripurna
*Ready to eat
Khichdi as...*



...wholesome meal for the family



....meal for elderly well-being



...weaning food



...therapeutic meal