

Expected outcomes at community level



Over 1200 women will earn from production and supply of raw material



Over 120 women will be engaged in production and sale of meal mix



Over 6,000 households' nutrition status will improve



Nutritious value per 100 g:

Quality Characteristic	Value
Moisture %	6.3
Ash %	3.6
Fat g/100 g	0.6
Protein g/100 g	12.7
Carbohydrate g/100 g	76.8
Sugar g/100 g	0.0
Energy Kcal/100 g	363.4
Sodium mg/100 g	1212
Potassium mg/100 g	390
Calcium mg/100 g	292.6
Iron mg/100 g*	4.1
Saturated fat g/100 g*	0.0
M.U.F.A. g/100 g*	0.15
P.U.F.A g/100 g*	0.45
Trans Fat g/100 g*	0.0
Cholestrol mg/100 g	0.0

Benefits:

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



Deepak Foundation
Enlightening lives...

Nijanand Ashram Premises, Adjoining L&T Knowledge City,
On NH-8, Ta. & Dist. Vadodara-390019, Gujarat

+91 7572890011-15 www.deepakfoundation.org

Email: deepakfoundation.deepakfoundation.org



Deepak Foundation

de **India Express**

Instant Khichdi

comfort food for the soul



INDIA'S VERY OWN 'SUPERFOOD'

PROTEIN RICH GLUTEN FREE FAT FREE



Technical partner:
A.D.Patel Institute of Technology



DE INDIA EXPRESS' INSTANT KHICHDI

De India Express - Instant Khichdi was developed using locally grown pulses, rice and vegetable enriched with spices as a nutritious meal supplement. Pre-mix khichdi will help overcome under nutrition in entire family and reduce drudgery and save fuel. The mix is prepared and packed at the plant supported by Deepak Group of Industries at Naswadi.

DEEPAK FOUNDATION

For over 35 years, Deepak Foundation has been serving the country through its projects in healthcare, education, skills building and livelihood and disability and special needs. With a Pan-India presence, the foundation reaches out to a population of over 5 lacs annually.



GOAL

- » Creation of value addition systems through food processing and eliminate drudgery
- » Creation of livelihood opportunity for nearly 3000 women farmers
- » Tackling anemia and malnutrition at household level



OBJECTIVE

- » Preparation of culturally acceptable low cost instant meal mix
- » Promotion of niche product & social marketing of product through Govt. schemes
- » Capacity building of women in processing & packaging
- » Sustainable livelihood option for Farmer Producer Companies



Malnutrition



Popn. Grps., not HH targeted for intervention



Drudgery of women



Non availability of instant foods

High fuel consumption (wood)

