





developed using locally grown pulses, rice and vegetable enriched with spices as a nutritious meal supplement. Premix khichdi will help overcome under nutrition in entire family and reduce Industries at Naswadi.



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.

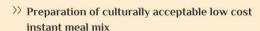


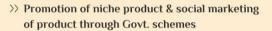




#### GOAL







>> Capacity building of women in processing & packaging

>> Sustainable livelihood option for Farmer **Producer Companies** 













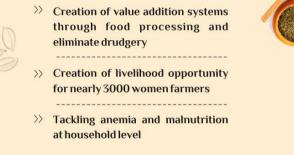


















# **Expected outcomes** at community level



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

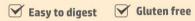




### Nutritious value per 100 g:

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
lron 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:**



**▼** Protein rich

**Wholesome meal ✓** Fat free



Enlightening lives...

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

Email: deepakfoundation.deepakfoundation.org





VIVA DVIVA VIVA VALANDA VA





## 

INDIA'S VERY OWN 'SUPERFOOD'

PROTEIN RICH GLUTEN FREE FAT FREE











