

EATING FOR A HEALTHIER TOMORROW

Nutrition is an essential aspect of the Parikrma Circle of Life programme, which includes breakfast, lunch and a glass of malt for every child every school day. A couple of years ago, we also introduced eggs into the diet of our students. In an effort to further improve the programme, the Singapore International Foundation sent three volunteers to Parikrma in September 2013. They spent their time with students, their families and communities, the suppliers of the food in our schools, teachers and the CDS team to understand the dietary patterns of our children. With an understanding of food preferences,

ingredients, cooking techniques and the identification of malnourishment in the children, they will now plan a series of workshops with students, teachers and the community.

The Specialist Community Nutrition Project, as it has been named, will provide critical information to families to make better food choices, tailored to local needs. It will give them tips on cost-effective ways to improve their diets and overall health. A holistic nutritional programme can lead to a more holistic and healthy lifestyle. And the impact is not just on our children, but for their families and communities too.

