

SUPPLEMENTARY FILE 8: IMPROVING NUTRITIONAL QUALITY OF MEAL PROGRAMME

The main objective is to provide nutritional tips to the caterers supplying meals to Parikrma's four schools. With simple modifications made to the selection of ingredients, including the preparation and cooking of the meals, the nutritional value in the meals will increase, and the children will become healthier over time.

Below are some following recommendations for the caterers:

SAHAKARNAGAR & NANDINI

Chithranna /Lemon Rice with Chutney:

- 1] Add small portion of brown rice to the regular white rice. Increase the proportion of brown rice over time
- 2] Add groundnuts/ urad dhal / channa dhal to the rice to increase protein content
- 3] Add whole channa / sprouts to increase protein and flavour

Tomato bath/ Tomato rice with Chutney:

- 1] Add brown rice to white rice as above
- 2] Cook this in iron wok to increase iron content
- 3] Add groundnuts or fried gram to increase the protein content

Puliyogare with Chutney:

- 1] Add small portion of brown rice to the regular white rice.
- 2] Add groundnuts/ urad dhal / channa dhal to the rice to increase protein content
- 3] Add whole channa / sprouts to increase protein and flavour

Uppittu with Chutney:

- 1] Add Urad dhal/Channa dhal to Uppittu/ upma during tempering to add both protein and flavour
- 2] Add peanuts to increase the protein
- 3] Add sprouts to increase the protein and vitamin content
- 4] Mixed vegetable should include all 5- colours to add more antioxidants.
- 5] Make Upma with broken wheat instead of semolina. This will offer variety in nutrient intake as well as in taste. If vermicelli is used, use the whole wheat one.

Pulav with Raitha:

- 1] Add brown rice as above.
- 2] Add soya meal maker/ soya chunks to increase the protein content
- 3] Add whole channa / sprouts to increase protein and flavour
- 4] Mixed vegetable should include all 5- colours to add more antioxidants
- 4] Raitha should include vegetables and less salt

Idly with Chutney:

- 1] If possible, serve idli with sambar
- 2] Soybean, green gram and chick pea can be substituted for the black gram
- 3] Avoid using baking soda for idlis
- 4] Mixed vegetable in Sambar should include all 5- colours to add more antioxidants

Chapatti with Sagu:

- 1] Add soya flour to wheat flour to increase the protein content of the chapatti
- 2] Add spices and leafy vegetable to wheat flour to incorporate variety, and to make it more nutritious and appealing
- 3] If root vegetable like potatoes and carrots are used, serve with the skin
- 4] Use different vegetables to add flavour and nutrition
- 5] DO NOT overcook vegetable; it should be just right

Khara Pongal:

- 1] Add small portion of brown rice to the regular white rice.
- 2] Supplement it with different lentils
- 3] Add vegetables and groundnuts

JAYANAGAR

Day 1

Lemon Rice:

- 1] Add small brown portion of brown rice to regular white rice. Increase the proportion of brown rice over time
- 2] Add groundnuts to increase the protein content
- 3] If possible, serve a fruit or salad (slice of any vegetable like raddish, cucumber, carrot or tomato) along with the meal.

Day 2

Vegetable Rice:

- 1] Add brown rice as above
- 2] Add soya meal maker/ soya chunks to increase the protein content
- 3] Mixed vegetable should include all 5- colours to add more antioxidants
- 4] Instead of chutney, serve with thin buttermilk

Day 3

Chapatti with Vegetable Gravy:

- 1] Add soya flour to wheat flour to increase the protein content of the chapatti
- 2] Add spices and leafy vegetable to wheat flour to incorporate variety, and to make it more nutritious and appealing
- 3] Serve potatoes with the skin
- 4] Supplement potato with some GLV, this will add more flavour and will make it more nutritious
- 5] DO NOT overcook vegetables; it should be just right

Day 4

Tomato Rice:

- 1] Add brown rice to white rice. Increase the proportion of brown rice over time
- 2] Cook this in an iron wok to increase the iron content
- 3] Add groundnuts or fried gram to increase protein content

Day 5

Upma:

- 1] Add Urad dhal to upma during tempering to add both protein and flavour
- 2] Add peanuts to increase protein content
- 3] Add sprouts to increase protein and vitamin content
- 4] Mixed vegetable should include all 5- colours to add more antioxidants
- 5] Make Upma with broken wheat instead of semolina. This will offer variety in nutrient intake as well as in taste.

Day 6

Idli with Sambar:

- 1] Soybean, green gram and chick pea can be substituted for the black gram.
- 2] Avoid using baking soda for idlis
- 3] Mixed vegetable in Sambar should include all 5- colours to add more antioxidants

Vangi Bath:

- 1] Add small brown portion of brown rice to regular white rice. Increase the proportion of brown rice over time
- 2] Add soya meal maker/ soya chunks to increase the protein content.
- 3] Add groundnuts/ urad dhal / channa dhal to the rice to increase the protein content.
- 4] Do not overcook brinjal, and try to use both colour- green and purple brinjal to enhance the antioxidants.
- 5] Cook with iron vessel to increase the iron content.