



NEWSLETTER May 2023

IMPAct4Nutrition is pleased to announce its National Advisory Board Last month. With industry leaders and experts joining I4N as advisors, the platform has become even more stronger with rich and diversified experience of the advisors. 1st National Advisory Board Meeting was held on 25th April 2023 and some great reflections and feedback were received. In addition to providing strategic guidance to the I4N platform, National Advisory Board members will support in taking I4N objectives wider and deeper within their areas of expertise.



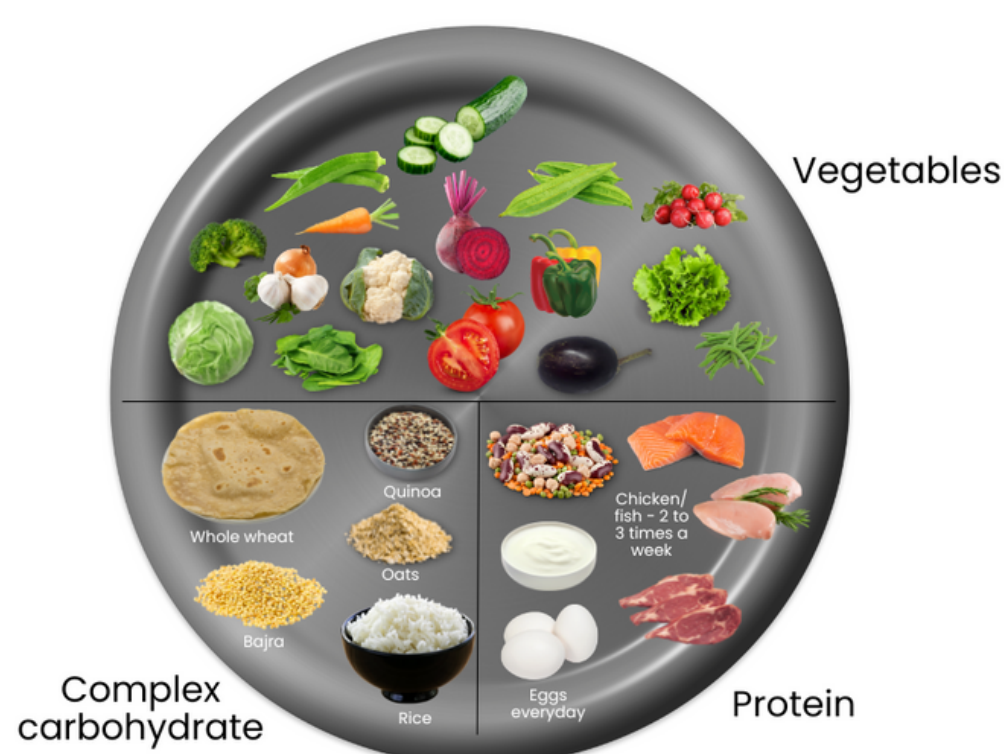
At Glance

Balance and moderation are the keys to a healthier lifestyle approach. A typical balanced meal consists of 1/4th plate of grains/nutri-cereals like bajra/oats/quinoa/ragi, pulses or lentils and dairy for vegetarians. The same is substituted with eggs every day for non-vegetarians and lean meats every alternate day. Half the plate is suggested for veggies with fruits not more than 100g, handful of nuts and protein-based snacks like chana for mid meal breaks. Incorporation of healthy fats is also suggested like chia and visible oils like-groundnut, etc.

Ms. Pariksha Rao, Member, I4N National Advisory Board and Founder NuWe has been helping to create healthier lives through propagation of a balanced meal eaten every day in Indian homes.



Balanced Plate Guide - Non-vegetarian - North Indian



*Incorporate healthy fats like chia seeds, and cooking oils like groundnut oil, mustard oil, rice bran oil



Healthy snacks:



2 fruits a day




Handful of nuts



Chana and protein based snacks

At Glance

On mother's day, Jagran Lakecity voice - radio station of JLU did two special radio packages on the theme of nutrition for mother's as part of its commitment to Impact4Nutrition (private sector engagement on the theme of nutrition) which was aired on their internet radio station. Jagran Lake University houses the I4N secretariat at MP and have been doing some remarkable work within the region in convening the private sector for I4N. Special thanks to Mr Abhishek Mohan Gupta, Member, National Advisory Board I4N & Pro Chancellor at Jagran Lakecity University and Prof Diwakar Shukla, Dean, Faculty of Journalism and Creative Studies, Jagran Lakecity University for hosting Mother's Day Radio session engaging Dr Ritu Anand, Member National Advisory Board I4N & Former Chief Leadership & Diversity Officer, TCS and Ms Snehal Kochar, Qualified Dietician and Nutritionist I4N Secretariat.



14th May 2023

MOTHER's DAY SPECIAL QUOTES

Mothers are the architects of health, crafting balanced meals and fostering healthy habits that shape our lives. Happy Mother's Day!"

Pariksha Rao, Senior Clinical Nutritionist & Wellness Coach and Founder CEO, NuWe



14th May 2023

MOTHER's DAY SPECIAL QUOTES

**Healthy Mother, Healthy Child
Remember to keep the mother healthy making sure she eats healthy and right. If she is healthy the family will remain healthy. Mother is the most important pillar of the family.**

Dr Ritu Anand, Former- Chief Leadership & Diversity Officer, TCS



14th May 2023

MOTHER's DAY SPECIAL QUOTES

God made mothers because he can't be everywhere! ...To all mothers and mothers to be, we wish you happiness and health on mothers day and beyond!

Think Nutrition First...the trend followed by mothers of yesterday was ..eating least and eating last .Today, we urge you to "Eat right and Stay healthy" . This helps you be the best version of yourself to nourish and nurture your family and thereby , the whole community and the generations to come.

We all know that Health is Wealth and we remind you that Women's Health is Nation's Wealth !

-Dr Hema Divakar. Gynecologist. Obstetrician. Activist. & Soeaker and MD, Divakar Specialty Hospital

I4N Engagements



Amar Bharti group, joined I4N as Pledged Partner with a clear focus on encouraging its employees towards good Nutrition Practices. For the benefit of its employees, a poster on millets and its importance in diet was placed with the simple objective to raise awareness on nutrition.



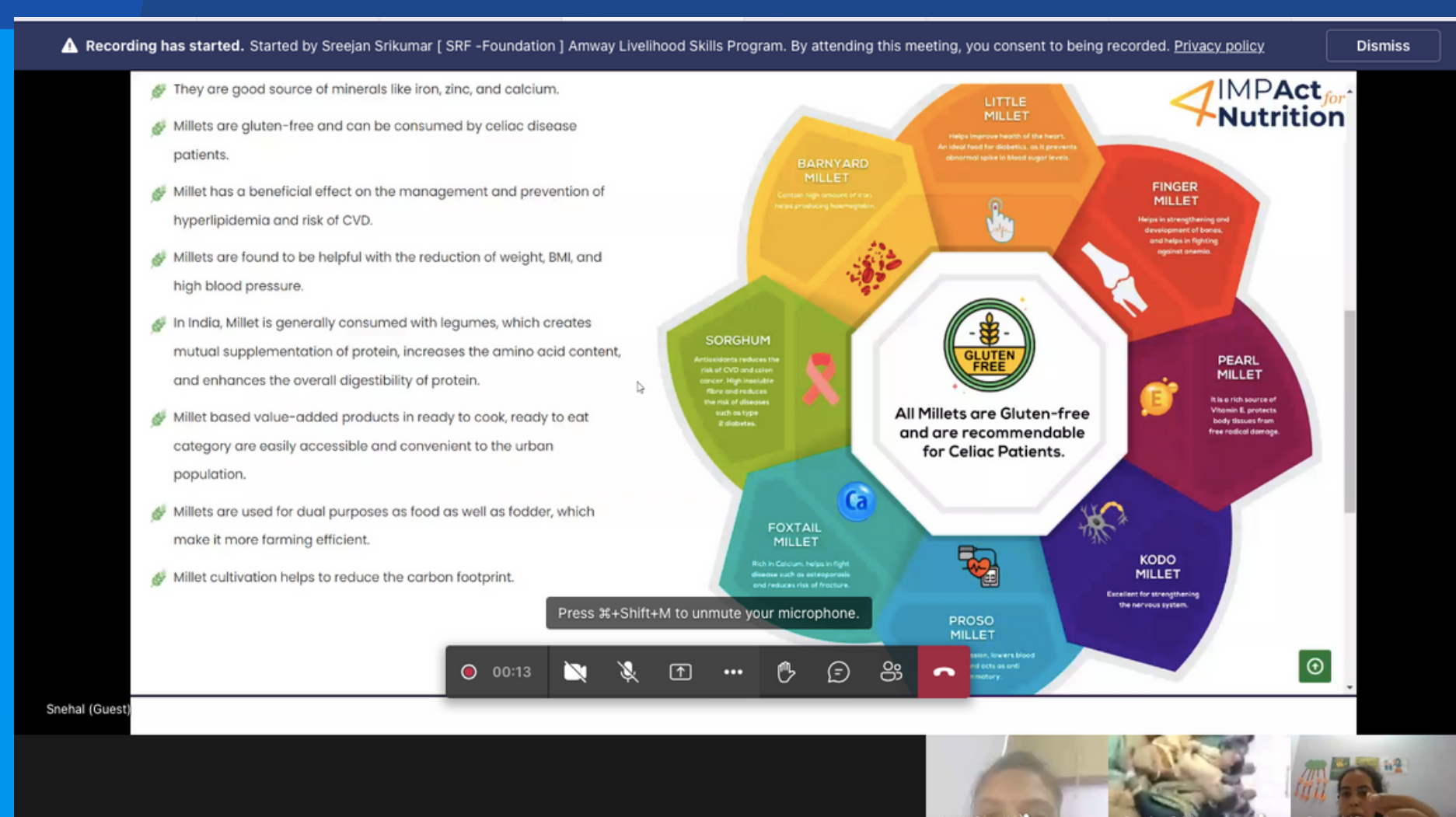
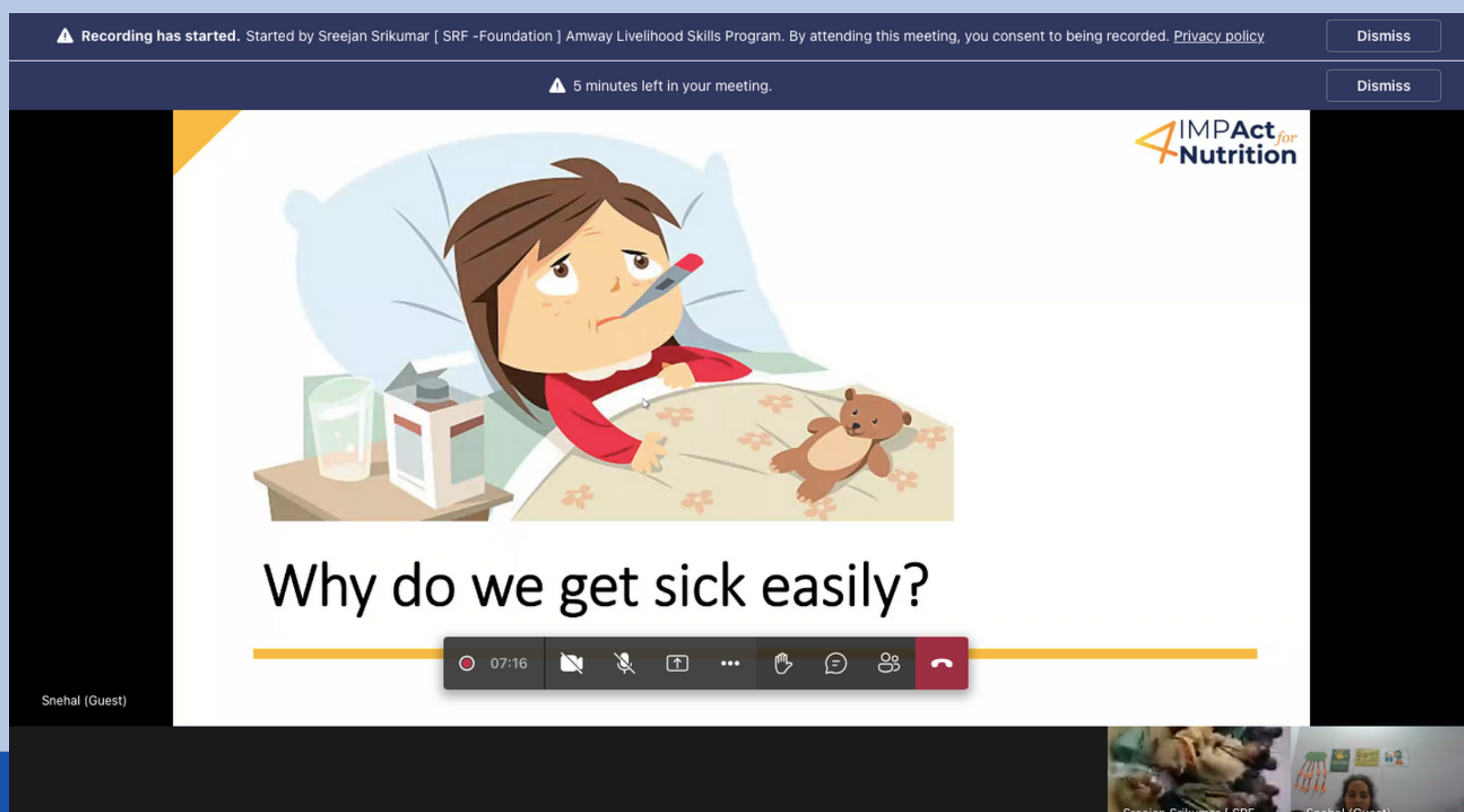
NEWSLETTER May 2023



I4N Engagements



Towards I4N continued commitment to further strengthn SRF existing CSR program on Nutrition, I4N Secretariat conducted an online session with SRF Poshan Mitras for their Chennai location, as a capacity building initiative on good nutrition.



I4N Engagements



Urban Company utilized their Assets, in the form of their App "Cult Fitness" where all of their channel partners are hosted and gave I4N an opportunity to interact with them. Healthy was shared on the Cult app, with technical inputs from I4N secretariat on the IYM 2023 theme.



बाजरा आयरन और कैल्शियम का बेहतरीन स्रोत है। बाजरे से कई चीज़ें बनती हैं। यहाँ पर आज हम बाजरा उपमा रेसिपी आपके साथ शेयर कर रहे हैं ताकि आपके सप्ताह की शुरुआत पौष्टिक हो सके।

बाजरा उपमा पाक विधि

तेल : 2 बड़े चम्मच

- जीरा : 1 छोटा चम्मच
- विभाजित बंगाल ग्राम : 1 बड़ा चम्मच
- कटा हुआ अदरक : 1 छोटा चम्मच
- कटा हुआ प्याज : ½ कप
- हल्दी पाउडर : 1 छोटा चम्मच
- मकई : 2 बड़े चम्मच
- रात भर भिगोया और उबला हुआ

बाजरा : 2 कप

- भुनी हुई मूंगफली : 2 बड़े चम्मच
- नमक स्वाद अनुसार
- कटा हुआ टमाटर : 1 नं।
- नींबू का रस : 1 नं।
- कटा हरा धनिया : गार्निश के लिए
- कटी हुई हरी मिर्च : 1 बड़ा चम्मच

प्रक्रिया

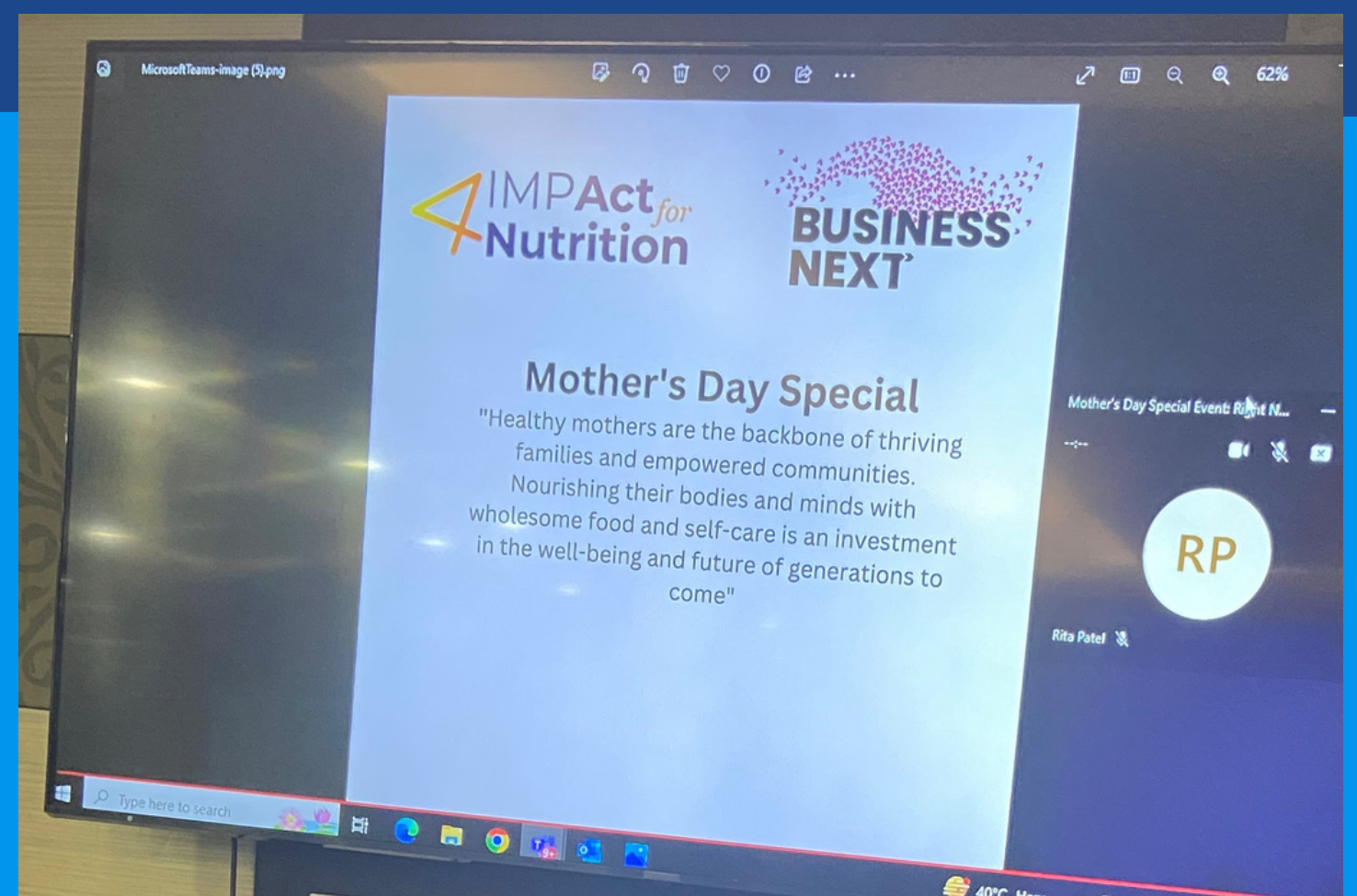
- एक पैन में तेल गर्म करें और उसमें राई, जीरा, उरद दाल, कटा हुआ अदरक डालें और अच्छी तरह मिलाएँ।
- अब इसमें कटा हुआ प्याज, लाल मिर्च पाउडर, धनिया पाउडर, हल्दी पाउडर, मिली-जुली सब्जी, मक्का, बाजरा, भुनी हुई मूंगफली, नमक, कटे हुए टमाटर, नींबू का रस, कटा हरा धनिया डालकर अच्छी तरह पकाएं।



I4N Engagements



Employee Engagement session was held with Business Next on Mother's Day. It was a very interactive and engaging session with the working women. Topics like- balanced diet, work-life balance, nutrition during menopause, menstrual phases, and pregnancy etc was also discussed amongst the Participants. Importance of Nutrients for mother's well-being like Iron, Calcium etc was discussed. Apart from this, how to eat right tips were also elaborated and a short movie clip was played. Viewers from Business Next's Pune and Mumbai Team were also the part of the session.



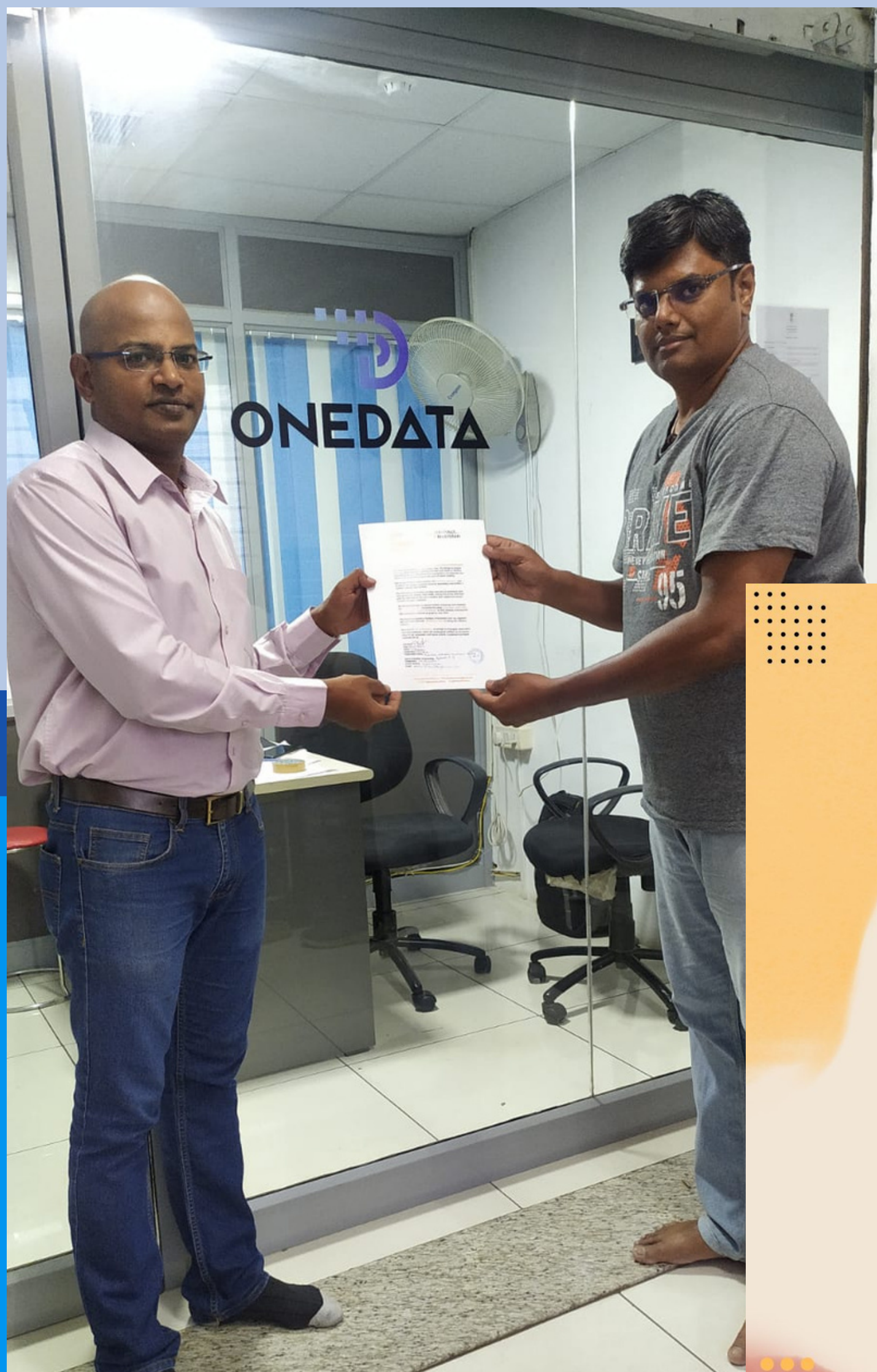
I4N Pledge Update

Pledge Partner - One Data



ImpACT4Nutrition is happy to expand its reach in South India by having OneData Software Solutions on board.

Together with OneData Solutions IMPAct4Nutrition endeavors to create a strong foundation for a stronger and healthier India.



We Welcome



As Our
Pledged
Partner

Endeavoring to make partners more
nutri-aware!

www.impact4nutrition.in

NEWSLETTER May 2023



I4N Pledge Update

Pledge Partner - One Data



I4N platform is delighted to welcome Sri Ganapathy Silks as a pledged partner. Entering the south region, I4N is looking forward to work and share the vision of creating a healthier India



WE WELCOME



SRI GANAPATHY SILKS

QUALITY. FOR GENERATIONS...

As our Pledged Partner

Endeavoring to make partners more
nutri-aware!

www.impact4nutrition.in

Manesar Industries Welfare Association MIWA

I4N secretariat held a meeting with the Executive Committee Members of Manesar Industrial Welfare Association (MIWA) in April. Members of the Association appreciated the vision around I4N and felt the need and importance of being a part of the initiative, which was evident from the fact that there were 8 pledges signed on the spot, while others are in process.



Glimpse of Impact4nutrition team presentation held on 28th April 2023 with the Executive Committee Members of Manesar Industries Welfare Association (MIWA)



All the members appreciated the initiative and they expressed their willingness to join the Jan Andolan.

8 companies pledged on the spot to take the mission forward

Quotes from some of our Pledge Partners



"We, at Favcy Venture Builders, are ecstatic to contribute to the mission of making our workforce Nutri-Aware by being part of the UNICEF incubated Impact4Nutrition Platform. We truly believe that healthy employees and families lead to healthy collaborations and healthy businesses and are committed to ensuring a sound physical as well as mental health for all our service professionals. Through this collaboration, we hope to promote and educate them about the benefits of good nutrition and healthy eating in order to encourage a healthy lifestyle among them."

-Vikrant Bahl
Partner - Favcy Venture Builders



Aggarwal Steels Pvt. Ltd.



"This partnership has brought understanding of how health plays a crucial role in our lives on many levels. First and foremost, it has unlocked new avenues and insights on how we as a company can make our employee workforce adopt a healthy lifestyle. By leveraging each other's unique strengths, resources we have tried to contribute to I4N's mission and vision."

-Sushant Aggarwal
Business Development Manager





“You all are doing great work. The underprivileged section benefits from such great acts of service”. Keep it up, team!

Gunanidhi Mallick
(Program Officer - Power Of 5, SRF)



Featured In TOI

in one of the recent news paper article (published in Times of India dated 28/05/2023) Mr. Arjan de Wagt, Chief of Nutrition and UNICEF India Deputy Representative Programmes, said "We need to further promote the Poshan Jan Andolan, a people's movement promoting nutrition literacy and supporting families' healthy eating".

As per a joint malnutrition estimate by #UNICEF, #WHO and #WorldBank, India has 16 Million fewer children stunted in 2022, as compared to 2012.

2022 saw 16m fewer stunted kids in India than 2012: Unicef

'India's Share In Global Burden Of Stunting Down From 30% To 25%'

TIMES NEWS NETWORK

New Delhi: There were 16 million fewer stunted children in India in 2022 as compared to 2012, according to the 2023 edition of the 'Joint Malnutrition Estimates' released by Unicef, WHO and World Bank on the levels and trends on malnutrition. However, wasting clearly remains a concern that needs to be addressed.

Unicef India said that the JME data analysis for India shows that stunting reduced from around 42% to 32% between 2012 to 2022 and India's share in the global burden of stunting has declined from 30% to 25%. Stunting is the result of poor nutrition in-utero and early childhood. Children suffering from stunting may never attain their full possible height and their brains may never develop to their full cognitive potential. Therefore, dealing with stunting is seen as critical in the fight against malnutrition.

The JME report puts the overall prevalence of stunting in 2022 as per global estimates



Stunting is the result of poor nutrition in-utero and early childhood. Stunted kids may never attain their full possible height and their brains may never develop to their full cognitive potential

at 31.7% in case of India which is less than the national estimates of 35.5% (National Family Health Survey-5 2019-21). Stunting declined from 48% in 2006 (NFHS-3), to 38% in 2016 (NFHS-4) and 35.5% in (NFHS-5). The JME report further reinforces the decline.

However, the JME 2023 report also highlights that wasting in children under five continues to be a challenge and

much more efforts are needed to address it. The overall prevalence of wasting in 2022 as per global estimates is 18.7% in India similar to the national estimates of 19% (NFHS-5). India's share in the global burden of wasting is significant at 49%. As per NFHS-4 in 2015-16 there 21% children in the wasted category and this percentage was 19.8% in 2005-06. Child wasting is the result of poor nutrient intake and/or recurrent illnesses. Children suffering from wasting have weakened immunity, are susceptible to long-term developmental delays and face an increased risk of death, particularly when wasting is severe. Therefore, there is need to focus on awareness and access to healthy diets.

Going by the JME data, Unicef concludes that India has shown promising progress when it comes to stunting. It is pointed that the trends are similar to what has been recently seen from the national surveys. In fact, Unicef India highlights that "the JME estimates point to a lower prevalence of stunting as compared with na-

tional estimates".

According to UNICEF India officials the multisectoral responses under POSHAN Abhiyaan in 2018 and continued under POSHAN 2.0 in 2022 seem to be contributing to the positive shift in the indicators. "We need to further promote the Poshan Jan Andolan, a people's movement promoting nutrition literacy and supporting families' healthy eating" said Arjan de Wagt, Chief of Nutrition and Unicef India Deputy Representative Programmes.

The prevalence of overweight marginally increased in a decade, from 2.2% in 2012 to 2.8% in 2022. In terms of numbers, children affected by overweight rose from 27,52,600 in 2012 (7.7% of the global share) to 31,81,900 in 2022 (8.8% of the global share). The overall country classification of India for overweight is low, and much lower than the global prevalence of 5.6%. JME data shows the overall prevalence of overweight in 2022 as per the global estimates is 2.8%, which is less than the national estimates of 3.4% (NFHS-5).

Recipe of the Month

Fenugreek Leaves Soup

Total Time 30-35 Minutes

Serves 4

This Fenugreek Leaves Soup is perfect for anyone, especially for people with low blood sugar or high cholesterol levels. It's loaded with iron and magnesium, and helps with appetite control, heartburn and inflammation.

Ingredients

- 250 gm Fenugreek Leaves (Methi)
- 2 Tomatoes
- 6 Cloves of Garlic
- Powdered Black Pepper
- 2 Teaspoon Fenugreek Seeds
- 4 Cup of Water
- 1 Medium Onion
- 1 Tablespoon Mustard Oil
- Salt



Directions

1. To prepare this nutritious recipe, start by taking the onion, garlic cloves and tomatoes and washing them under running water. Use a clean chopping board to finely chop the vegetables and keep them aside.
2. Take a pan, put it over medium flame and proceed to heat the mustard oil in it. When the oil is hot enough, add the Fenugreek seeds and chopped garlic to it and sauté them together.
3. Then, add the chopped onion, fenugreek leaves and tomatoes to the pan and stir-fry them for a couple of minutes till it turns slightly golden. Add water along with salt and pepper to taste and wait till it starts boiling.
4. Finally, turn down the flame and cook for about 20 minutes, till the vegetables are cooked. Pour lemon juice over it and mix.
5. Transfer the soup to a bowl and serve hot!