

Have you seen I4N Website lately?

www.impact4nutrition.in

I4N secretariat is excited to revamp its website with new features designed to strengthen the Employee Workforce on their journey towards a healthier lifestyle. I4N website is a comprehensive resource hub for all knowledge content related to health and nutrition and public & private sector can use them as a ready reference content around good nutrition. We hope the new website will empower viewers to make informed choices, improve their overall well-being, and embark on a transformative health journey.

Have a look at what our website intends to cater below:

- [Nutrition Packages for Corporates](#)
- Readily available CSR concept notes for easy adaptation
 - [WORKPLACE NUTRI CANTEENS FOR FACTORY WORKERS](#)
 - [WEEKLY NUTRITIONAL SESSIONS FOR TRIBAL ADOLESCENTS – AN INITIATIVE BY THE LOCAL YOUTHS](#)
 - [SMART ANGANWADI CENTRES](#)
 - [NUTRI KITCHEN GARDENS IN COMMUNITIES](#)
 - [ADOLESCENT NUTRITION SCREENING IN URBAN SCHOOLS/COLLEGES](#)
 - [CENTRALISED NUTRI KITCHEN](#)
 - [MOBILE NURSING PODS FOR MOTHERS AND CHILDREN IN PUBLIC SPACES](#)
 - [NUTRIHEALTH ON WHEEL- AN APPROACH TO FIGHT MALNUTRITION IN VILLAGE](#)
 - [MALNUTRITION FREE VILLAGE](#)
 - [EMPLOYEE VOLUNTEERING PROGRAM](#)
 - [NUTRITION AMBASSADOR TRAINING PROGRAM](#)
- I4N Case studies
 - [IMPACT4NUTRITION IMPACT CASE STUDY FEB TO APRIL ENGAGEMENT REPORT 2023](#)
 - [IMPACT4NUTRITION IMPACT CSR CASE STUDY FEBRUARY 2023](#)
 - [IMPACT4NUTRITION IMPACT CASE STUDY JUNE TO DECEMBER 2022](#)
- Engagements around I4N ACE Card
 - [A for ASSETS](#)
 - [C for CSR](#)
 - [E for Employee Engagements](#)
 - [Engagement Through Workforce Nutrition Scorecard](#)
 - [Other Engagements](#)
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- [News & Media](#)
- [I4N Videos](#)
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- [Strategic Partnerships](#)
- [Testimonials](#)

In I4N's continued efforts towards employee engagement, a webinar was conducted with one of the recent I4N pledged partner- Business Next recently. The topic of discussion was Safe foods+ superfoods = a healthy immune system. The session was lead by Snehal Kochhar, certified Dietician and core team member, I4N secretariat and was organised as a part of Business Next's wellness vertical. I4N secretariat is further strengthening Business Next's vision towards employees wellness through disseminating knowledge of good nutrition to its employees. In addition to the presentation, a video tutorial on Safe foods (by WHO) and a game link (by NIN) were also played to keep the session interactive.

The session discussed various local superfoods which are seasonal and the benefits of common ones like jamun/java plum, watermelons, sprouts, moringa leaves, etc. In addition to their nutritional benefits, common usage of the foods was also highlighted.

Apart from this, various methods to enhance their nutritional values were also discussed and the audience was trained on ways to implement them into a healthy lifestyle.

Several takeaways for strengthening the immune system were discussed.

Over 105 attendees were directly benefitted from the session.





ZSS Security, one of the recent I4N pledged partner, utilized their assets by displaying good nutrition knowledge posters with their office premises. The key message was on utilization of Millets in daily life.



Poor nutritional status of employees costs companies marked losses, as outputs suffer with deteriorating productivity and increased absenteeism. According to a recent study by Chatham House and Vivid Economics, businesses in developing economies like India stand to lose up to \$850 billion a year if immediate interventions are not undertaken. Many workplaces may have moved to the digital space, but employee health and productivity remain equally important.

I4N's Prime focus is to encourage employee workforce adopt healthy lifestyle and nutrition habits. IMPAct4Nutrition is very delighted to associate with SIEMA (Southern India Engineering Manufacturers Association). The Southern India Engineering Manufacturers' Association (SIEMA) was founded in the year 1952, with a sole aim of representing and protecting the interests of Micro, Small, Medium and Large Scale Engineering Industries of this Region.



System strengthening helps to establish more clarity and gives direction to the meaningful aspects of the program. Look into the following engagements by I4N.

- **Organic India**

With Organic India, on-ground data revealed that >70% of women from Rath (Uttar Pradesh) are anemic. The I4N team is engaging with them in a collective manner for aligning and helping foray into the analysis further

- **Business Next**

With Business Next, the I4N program has been integrated into their Wellness Next schedule elevating employee engagement to the next level. The webinar held on ‘superfoods’ is already a vertical segment of their program. Herein, for each month, a calendar is prepared for nutrition education sessions with the employees.

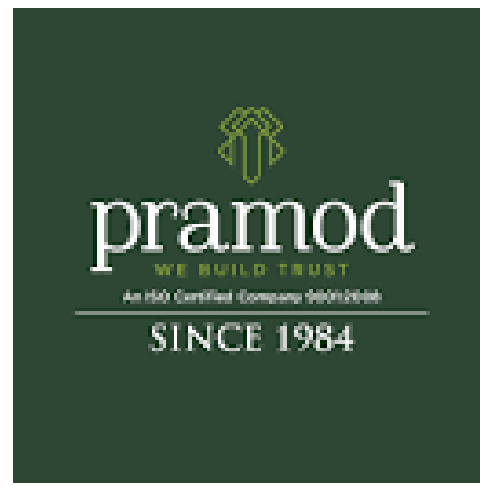
- **TATA Power- DDL**

With TATA power, the organization has already conducted a baseline survey of married women from the Patrachar colony, Delhi. The results reveal that >70% are anemic. The intervention strategy is upscale with the Lady Irwin College. After a brief analysis of the results after March, the intervention and progress need to be mapped for further assessment.

- **SRF**

With SRF, the Poshan Mitras have already been sensitized to the usage of millet through a workshop. With the GAIN scorecard strategy, a separate module for working on anemia and menu suggestions is on the cards.

PLEDGE UPDATE - NORTH INDIA



Bornfree



OKINAWA
Power the Change



INDIAN
HERBS

Xpheno
Specialist Staffing



Irish
Infrastructure Private Limited



ImpACT4Nutrition is happy to expand its North reach in India by having the above Pledge Partners on board.

Together with our Pledge Partners, IMPAct4Nutrition endeavors to create a strong foundation for a stronger and healthier India.

PLEDGE UPDATE - SOUTH INDIA



ImpACT4Nutrition is happy to expand its South India reach in India by having the above Pledge Partners on board.

Together with with our Pledge Partners, IMPAct4Nutrition endeavors to create a strong foundation for a stronger and healthier India.

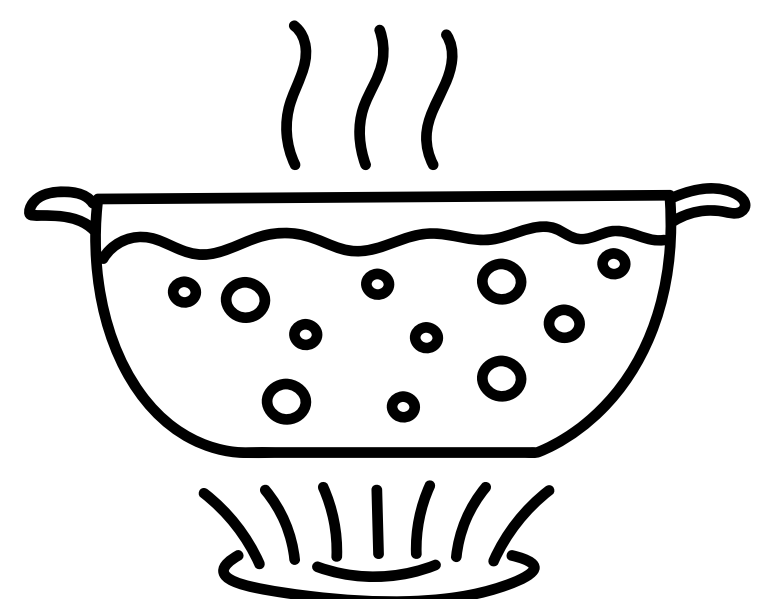
**I4N has a strength of 422
pledge partner as on
date, engaging 4.7 Million
employees and reached
over 10 million citizens
with good nutrition
literacy.**

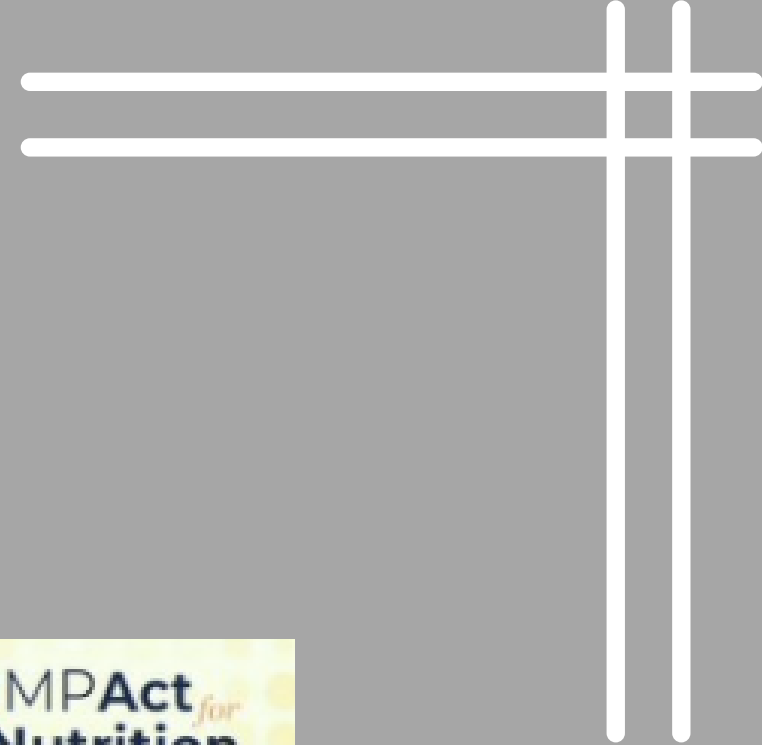
“The session on superfoods was very informative and the audience was thrilled by the information percolated very simply. Business Next is excited to take part in more such sessions to invest in their employees ‘ productivity!”

Ms. Katyayinee
Designation- Associate
(People & Development)
Business Next

NUTRITION TIP OF THE MONTH

1. To avoid allergies and infections during monsoons, consume a glass of warm water empty stomach to ward off allergies
 2. Try and avoid raw foods during this change of season
- Happy monsoon!






#Sprouts4Nutrition

Nutritional Benefits

- High in dietary fiber and rich in vitamins E, K, C and A.
- Manganese, Copper, Calcium, Zinc and folic acid are present in large proportions.
- Rich in enzymes which are not easily available in common food.
- Helps prevent anemia and is considered a superfood for pregnant women.
- Rich in Omega 3 fatty acids and Potassium.




Tasty

RECIPE OF THE MONTH

SOYA UTTAPAM



 **Serving size - 3 pieces***


Ingredients

- Semolina (suji) 15g
- Soya flour 50g
- Curd 20g
- Amaranth leaves 50g
- Oil 10ml

Spices and condiments


- Red chilli powder 1/2 tsp
- Jeera powder 1/2 tsp
- Salt to taste

1 teaspoon (tsp) = 5ml
1 tablespoon (tbsp) = 15ml
* 60 g each piece

 **Preparation time - 20-25 minutes**

Method of preparation

- Wash, blanch and puree amaranth leaves.
- In a bowl make a thick batter of suji, soya flour, pureed amaranth leaves, salt, red chilli powder and jeera powder.
- Now, take a spoonful of batter and pour it on the preheated griddle and spread it in a circular shape. Cook well on both the sides.
- Your delicious soya uttapam is ready to be served.




Magnesium Magic!

It regulates muscle and nerve functions, keeps blood sugar in control, regulate blood pressure and heart rhythm. It helps in other metabolic functions, producing energy, making bones and our DNA.



SOURCE: I4N Repository

Insufficient magnesium in body can cause weakness, loose muscle, impact nervous system and susceptible to other illnesses.

Get your dose of Magnesium from your weekly diet in 3 simple but effective ways:

- Eat 5-7 almonds a day
- Add a handful of peanuts each day
- Add half a cup of legumes every day.

What are FBDGs?

Food Based Diet Guidelines

To help people choose good diets based on locally available foods, cultural practices and local health concerns, many countries have developed food guides for their populations, called “Food-based dietary guidelines” (FBDG).

These food guides vary in degree of detail and in specific recommendations. Most dietary guidelines group foods into categories of major nutrient content and they usually indicate which foods or groups of foods to eat more often or less often. Some guidelines include a recommended number of servings of foods from the different food groups and portion sizes, while others provide only very general recommendations. In this way, these guidelines provide practical dietary suggestions for people to use to help them develop good diets and eating patterns that meet their health and nutritional needs.

FBDGs -NIN ICMR