



**Shrimathi Devkunvar Nanalal Bhatt Vaishnav College
For Women(Autonomous) Chromepet, Chennai 600 044**

**Affiliated to University of Madras, Re-Accredited with "A+" Grade by
NAAC**



SWASTHA BALAK BALIKA SPARDHA 2022

The NSS units of SDNB Vaishnav College for Women observed SWASTHA BALAK BALIKA SPARDHA 2022 from 8th January to 14th January 2022.

This campaign was conducted to promote the value of nutrition and good health of the children between the age group of 01 - 06 years.

Our NSS volunteers participated by giving awareness pamphlet on how to nourish the future generation below six years.

Nearly 50 children were benefited out of this nutrition awareness campaign.



**Shrimathi Devkunvar Nanalal Bhatt Vaishnav College
for Women (Autonomous) Chromepet, Chennai**

Affiliated to University of Madras, Re-Accredited with "A+" Grade by NAAC



NATIONAL SERVICE SCHEME

Nutrition Awareness Campaign

on

Swastha Balak Balika Spardha 2022

(08.01.2022 - 14.01.2022)

**Promoting the Value of Nutrition and Good Health of Children
Below Six Years**

Nourish the Future Generation

How to Nourish the Young Generation?



BREAKFAST FOR KIDS
(Three food groups)

Milk, Milk Products & Eggs	Fruits / Vegetables
Drinks: milk, curries	100% whole grains
Wheat, Egg, etc. items	Tomatoes
Dal	Milk - 150 ml
Green Dal	Quail - 100 gm
Chickpeas	Peas
Moong	Chickpeas
Almond, Cashew, etc.	Green peas
All Indian IP: none	Spinach

Here are some easy-to-prepare and easy-to-eat breakfast options:

- Wraps with chicken and tomato / turkey / cheese
- Sandwich with green chutney and cheese
- Milkshake with fruit and grains like oat / cornflakes / oats etc.
- Puffs with veggie
- Egg omelette with Chappati wrap
- Butter Egg with French bread

10 HEALTHY School Lunches THAT AREN'T SANDWICHES!

BABYFOODE.COM

Quick + easy kid friendly meals
(tons of breakfast, lunch + dinner ideas)

Photo by FoodForTheTable.com





