

REPORT ON DAY 7 SHIKSHA SAPTAH/ COMMUNITY INVOLVEMENT

To improve the effectiveness and reach of the program in the community *Tithi Bhoj* was organized in the school where several volunteers of different schools were invited to take part. Fresh, Healthy and Nutritious meals were served in *Tithi Bhojan* by adhering to the norms of the scheme. Locally available green leafy vegetables, legumes/ pulses and millets should be incorporated in the menu (Dal curry, mix vegetable curry, rice, chapati, salad and sweets) Norms of cleanliness and hygiene were strictly observed while cooking, storage and service of the meals. Standard safety measures to prevent food contamination and adulteration observed. Clean potable water was also provided for drinking and cooking.







