

CARTONS FOR GOOD SAVING FOOD TOGETHER

1. Farmers bring their surplus crops to the collection centre to sell at harvest time.



2. The crops are turned into nutritious meals and preserved in SIG packs using our specially-designed mobile unit.

3. Local schools give the packs to children from underprivileged families so they don't have to drop out of school to work for food.



Khichuri

Parboiled Rice	600 g
Butter Oil (clarified butter)	2 tsp
Oil	0.5 cup
Red Lentils	150 g
Gram Lentils	75 g
Cumin Powder	1 tsp
Red Chili Powder	1 tsp
Coriander Powder	0.5 tsp
Turmeric Powder	1 tsp
Onion Chopped	0.25 cup
Potato Chunks	150 g
Cabbage Chopped	150 g
Cauliflower Chopped	150 g
Bottle Gourd	150 g
Carrot Sliced	1 pc
Tomato Sliced	1 pc
Beans	150 g
Green Chili	4-6 pc
Salt	as per taste

- Peel all the vegetables and cut in small cubes.
- Wash rice and lentils together. Let them soak for 30 minutes and then drain the water.
- Heat the oil and fry the chopped onions until they are brown. Then put all the spices, rice, lentils, salt into the pot or pan and stir fry for 2 minutes.
- Pour water into the pan such that the water level is 12-14 cm above the rice and lentils.
- Add all the vegetables when the water starts boiling.
- Once the water level goes below the rice and vegetables lower the heat and gradually stir for 5-6 minutes.
- Add butter oil while stirring the Khichuri.

