# Annapoorna Trust - Who are We?

Annapoorna Trust was founded in 2012 to reach out to needy school going children and meet their nutrition requirements by providing a healthy breakfast in their school premises, completely free of cost. From 2012, we have served more than 20 million meals till now!

Annapoorna Trust is working towards the rural uplift and transformation by investing in rural India and the disadvantaged sections through Nutrition. Health and Education.

The trustees and volunteers are corporate professionals, doctors and entrepreneurs.

### Did You Know?



# Annapoorna Snapshot



Children

Served

daily





Sponsored & Schools



Children benefitted bv RO

Water

Plants

200000

13000

Conducted

Reaching Out to Needy







### Nutrition

Healthy protien mix drink, breakfast to School Children, served every day

### Healthcare

Conducting regular Medical and Dental Camps through Divine Mother & Child Health Programme





### Education

Education sponsorship for needy children through Each One Educate One Foundation

# **Drinking Water**

Supply of RO purified drinking water to every home in a village





### Sanitation

Construction of toilets in schools /



Children Served daily	2,50,000
Schools	3100+
States	15 States & 2 Union Territories
Volunteers	500+
Support Staff	5000+
	Served daily Schools States Volunteers

# **Benevolent Corporate Partners**

**Supporting Partners** 

























### **Supporting Partners**







### **Healthcare Partners**









# **SRI SATHYA SAI ANNAPOORNA TRUST**

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Contributions accepted from Indian citizens only all Cheques / DD / Online Payments should bein the name of

### SRI SATHYA SAI ANNAPOORNA TRUST

Bank Name: STATE BANK OF INDIA Branch: CHIKKABALLAPUR

Account Number: 64186106655

IFSC Code: SBIN0040082

Contributions made has exemption under sec.80G of the I.T. Act 1961 For contributions from other than Indian citizens please mail us:

Helping hands are holier than the lips that pray



SRI SATHYA SAI ANNAPOORNA TRUST

## Annapoorna Nutritious Health Mix for school children













Cost per 100 children Rs.100 per day. Per child/day Rs.1.00

Cost per 100 children Rs.100 per day, Per child/day Rs.1.00			
SUPPLEMENT FACTS Serving size: 10g			
Nutrients	Per 10g	%RDA	
Total Energy (kcal)	38	7	
Energy From Fat (kcal)	4.5	-	
Protein(g)	1	2	
Total Fat(g)	0.5	2	
Unsaturated Fat(g)	0.3	-	
Saturated Fat(g)	0.2	-	
Trans Fat(g)	0	-	
Cholesterol(mg)	0	-	
Total Carbohydrate(g)	8	3	
Dietary Fibre(g)	1	4	
Sugar(g)	0	-	
Fat Soluble Vitamins			
Vitamin A(Retinol)mcg	60	10	
Vitamin D(Calciferol)mcg	0.5	5	
Vitamin E(Tocopherol)mg	2.5	25	
Vitamin K(mcg)	5	9	
B-Complex Vitamins			
Vitamin B1(Thiamine HCI)mg	0.12	8	
Vitamin B2(Riboflavin)mg	0.13	7	
Vitamin B3(Niacinamide)mg	1.6	8	
Vitamin B5(Pantothenic Acid)	0.5	10	
Vitamin B7(Biotin)mcg	3	10	
Vitamin B9(Folic Acid)mcg	20	10	
Other Water Soluble Vitamins			
Vitamin C(Ascorbic Acid)mg	4	10	
Minerals			
Calcium(mg)	60	10	
Phosphorous(mg)	50	8	
Iron(mg)	1.4	8	
Zinc(mg)	1	8	
Selenium(mcg)	4	69	
Daily values are based on 2000 calorie diet. Overages added to makeup loss on storage.			

Extruded Rice Powder, Defatted Soya Flour, Extruded Ground Nut Powder, Puffed Moong dal Powder, Gluten removed Wheat Powder, Extruded Corn Powder, Malted Barley Powder, Oat Fibre, Vitamin A, Vitamin C, Folate, Thiamine, Niacin, Riboflavin, Vitamin D, Vitamin K, Pantothenate, Biotin, Calcium, Phosphorous, Iron, Zinc, Selenium and Powdered Badam.

Available in Jaggery / Almond / Chocolate / Vanilla flavour

# Avalakki Baath (Poha)

Ingredients	Quantity	Cost
Avalakki (Beaten Rice/Poha)	6 Kgs	204.00
Refined Oil	500 gms	39.50
Bengal Gram (Kadale Bele)	35 gms	3.12
Black Gram Uddina Bele)	20 gms	2.02
Jeera	22 gms	4.24
Mustard (sasuve)	63 gms	5.35
Lemon Salt	5 gms	1.00
Salt	345 gms	1.95
Tamarind	75 gms	16.50
Turmeric Powder	5 gms	1.00
Ground Nuts	500 gms	50.00
Cost for 100 Children / Day		328.68
Cost per child / Day		3.29

### **Cooking Method**

- · Wash Beaten Rice (Avalakki/Poha) well, drain and set aside.
- Wash Tamarind and make paste with water and set aside.
- · Heat Refined oil and add Bengal Gram, Black Gram, Jeera, Mustard and saute on low flame.
- Add Bell Pepper, Chillies, Finely chopped Onions, Curry Leaves (Kare Pak), Turmeric Powder, Ground nuts, Tamarind paste, to the above mixture and heat till items are cooked.
- · Add Beaten Rice (Avalakki/Poha), Salt to above mixture and mix well
- Garnish with Coriander Leaves.

### **Nutrients**

Serving Size: 1 Large Scoop (100 g) Amount Per Serving Calories 344

Total Fat	12.1 g	Vitamin C	3.9 mg
Sodium	784.7 mg	Thiamine	0.20 mg
Total Carbohydrates	52.7 g	Riboflavin	0.05 mg
Total Dietary Fibre	1.4 g	Niacin	3.63 mg
Protein	6.0 g	Folic Acid (Free)	1.8 mcg
Calcium	31.8 mg	Phosphorus	180.7 mg
Iron	12.7 mg	Magnesium	72.7 mg
Potassium	145.9 mg	Zinc	0.4 mg
Vitamin A (Retinol)	0.0 mcg	Choline	27.3 mg
B-Carotene	10.1 mcg		

<sup>\*</sup> Ingredients, Quantity and Cost are for One Hundred Children for ONE Day Costing based on prices as on 23-4-2018

# Pongal (Kichdi)

Quantity	Cost
4 kgs	144
1.5 KGS	105.00
500 gms	39.50
20 gms	2.02
8 gms	6.20
22 gms	4.24
63 gms	5.35
5 gms	1.00
345 gms	1.95
	309.26
	3.09
	4 kgs 1.5 KGS 500 gms 20 gms 8 gms 22 gms 63 gms 5 gms

### **Cooking Method**

- · Soak Rice in water and set aside.
- Dry roast Moong Dal in very low flame till you can smell roasted Dal.
- · Heat Refined oil in suitable pan.
- · Add Pepper Powder, Jeera, Mustard, Curry Leaves, Finely Chopped Ginger to heated oil.
- Wait till it splutters and add Soaked Rice and Roasted Dal Mixture to Pan and add
- · Add 24 Lts of Water and allow to boil well, till rice and Dal are well
- · Pongal is ready to be served.

### **Nutrients**

Serving Size: 1 Large Scoop (71 g) Amount Per Serving Calories 261

Total Fat	5.3 g	Vitamin C	1.0 mg
Sodium	782.3 mg	Thiamine	0.11 mg
Total Carbohydrates	44.9 g	Riboflavin	0.05 mg
Total Dietary Fibre	2.4 g	Niacin	0.56 mg
Protein	8.2 g	Folic Acid (Free)	5.2 mcg
Calcium	36.4 mg	Phosphorus	159.1 mg
Iron	1.6 mg	Magnesium	62.5 mg
Potassium	248.0 mg	Zinc	1.2 mg
Vitamin A (Retinol)	0.0 mcg	Choline	13.3 mg
B-Carotene	8.1 mcg		

# **Vegetable Upma**

Quantity	Cost
5.5 kgs	165
500 ml	39.50
35 gms	3.12
20 gms	2.02
22 gms	4.24
63 gms	5.35
5 gms	1.00
345 gms	1.95
5 gms	1.00
	223.18
	2.23
	5.5 kgs 500 ml 35 gms 20 gms 22 gms 63 gms 5 gms 345 gms

### **Cooking Method**

- · Chop available seasonal Vegetables and keep
- · Heat Refined Oil in Suitable Pan. Add Bengal Gram, Black Gram, Jeera, Mustard, Curry Leaves and wait till they Splutter in Oil.
- Add chopped Vegetables and Chopped Onions, Cut Green chillies to Tadka and saute till vegetables get cooked.
- Add 16.5 Lts of water (1:3.5), add salt and Lemon Salt and bring to boil.
- · Add Semolina slowly to the boiling mixture and keep stirring continuously to avoid lumping.
- · Vegetable Upma is ready when Semolina is cooked.
- · Garnish with Coriander Leaves.

Plain Upma can be prepared in above method by adding only onions.

### **Nutrients**

Serving Size: 1 Large Scoop (101 g) Amount Per Serving Calories 329

Total Fat	9.4 g	Vitamin C	4.8 m
Sodium	791.4 mg	Thiamine	0.20 m
Total Carbohydrates	51.5 g	Riboflavin	0.05 m
Total Dietary Fibre	2.50 g	Niacin	3.17 m
Protein	9.6 g	Folic Acid (Free)	3.4 mc
Calcium	36.4 mg	Phosphorus	116.6 m
Iron	1.7 mg	Magnesium	10.9 m
Potassium	104.2 mg	Zinc	0.6m
Vitamin A (Retinol)	0.0 mcg	Choline	37.9 m
B-Carotene	49.4 mcg		

# **Vegetable Rice Bath**

Ingredients	Quantity	Cost	
Rice	5.5 Kgs	198.00	
Refined Oil	500 gms	39.50	
Bengal Gram (Kadle Bele)	35 gms	3.12	
Black Gram	20 gms	2.02	
Jeera	22 gms	4.24	
Mustard (Sasuve)	63 gms	5.35	
Lemon Salt	5 gms	1.00	
Salt	345 gms	1.95	
Tamarind	75 gms	16.50	
Turmeric Powder	5 gms	1.00	
Cost for 100 children/Day		272.68	
Cost/Child/Day		2.73	

## **Cooking Method**

- Soak Rice in water and keep aside.
- · Prepare Tadka: Heat Refined Oil. Add Bengal Gram, Black Gram, Mustard, Jeera, Curry Leaves, Green Chillies.
- Heat on flame till they splutter. Add all Seasonal Chopped Vegetables, Chopped Onion, turmeric Powder and saute till vegetables are well cooked. Add water 16.5 lts (1:3.5) to pan
- · Add salt, Lemon Salt, and bring whole mixture to boil.
- Add Rice slowly to boiling Mixture and keep stirring to avoid
- · Cook for 30 to 40 minutes. Vegetable Rice Bath is ready when all vegetables are cooked.
- · Garnish with Coriander.

### **Nutrients**

Serving Size: 1 Large Scoop (101 g) Amount Per Serving Calories 333

Total Fat	9.8 g	Vitamin C Thiamine Riboflavin Niacin Folic Acid (Free) Phosphorus Magnesium Zinc	4.0 mg
Sodium	778.8 mg		0.03 mg
Total Carbohydrates	55.9 g		0.01 mg
Total Dietary Fibre	1.1 g		0.25 mg
Protein	5.3 g		1.0 mcg
Calcium	26.1 mg		127.9 mg
Iron	1.0 mg		58.7 mg
Potassium	57.8 mg		1.0 mg
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