



# Impact Assessment of Morning Nutrition Program

2024 - 2025

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# Background and Objectives



## Background

The Morning Nutrition Program by Sri Sathya Sai Annapoorna Trust is one of India's largest and most impactful initiatives aimed at combating child hunger and malnutrition,

especially in rural and underserved areas. The program aims to improve students' health, cognitive development, and overall well-being through enhanced nutritional intake.

By providing a nutritious morning drink to school-going children across multiple states in India, the initiative addresses the widespread issue of malnutrition and its associated challenges.

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*Hunger continues to be a significant barrier to learning and healthy development for millions of children in India, with food insecurity leading to poor concentration, reduced cognitive abilities, and lower academic performance*

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The impact of this simple yet powerful intervention is far-reaching. Regular provision of morning nutrition not only combats malnutrition and hunger but also significantly enhances classroom performance. Children who once struggled to concentrate due to hunger now show improved focus, energy, and participation in learning activities.





A systematic evaluation was conducted from June 2024 to February 2025 to gauge the initiative's efficacy, prioritizing metrics such as health advancements, intellectual maturation, educational attainment, attendance rates, and interpersonal dynamics.

Data collection included quantitative measures of growth trends alongside qualitative feedback from stakeholders like teachers, parents, government officials, and students. Survey questions explored areas such as students' energy levels, attentiveness in class, participation, and the role of morning nutrition in reducing deficiencies.

The findings highlighted the multifaceted benefits of the intervention. Improved health metrics were accompanied by enhanced classroom engagement, better academic outcomes, and increased school attendance. Stakeholders also provided insights into logistical challenges and potential enhancements to ensure long-term sustainability.

By offering structured morning nutrition interventions tailored to local needs, the program demonstrates its potential to transform children's physical health and broader developmental outcomes while fostering community awareness about childhood nutrition. The Annapoorna Trust's commitment to ensuring no child goes to school hungry aligns with its vision of promoting nutrition-led learning and holistic child development across India.



## Objective



This impact assessment had dual objectives:

**Impact Assessment:** Conduct a comprehensive evaluation of the Morning Nutrition Program's effects on students' health (via growth metrics), educational outcomes (academic performance, attendance), and overall well-being.

**Social Return on Investment (SRoI):** Conduct a social return-on-investment (SRoI) assessment by quantifying the program's impact through cost-benefit analysis of beneficiaries' improved quality of life relative to implementation costs, supplemented by qualitative insights from stakeholder feedback.

The study aimed to demonstrate how structured nutritional interventions translate into measurable developmental gains while providing actionable insights for optimizing resource allocation in public health initiatives.

This involves:

1. **Measuring Health Impact:** Analyse changes in students' height and weight between June 2024 and February 2025 to assess overall growth trends and improvements in nutritional status, providing insights into the program's effectiveness in addressing malnutrition.
2. **Stakeholder Perspectives:** Collect qualitative feedback from teachers, government officials, parents, and students to assess the program's holistic impact on student well-being and learning outcomes. This includes measurable improvements in energy levels, participation in school activities, attendance rates, and academic performance, alongside stakeholder perceptions of the program's effectiveness.
3. **Assessing Economic and Social Value:** Estimate the Social Return on Investment (SRoI) by correlating health improvements with long-term benefits such as reduced illness, enhanced academic performance, and increased community awareness of nutrition.
4. **Identifying Challenges and Areas for Improvement:** Identify logistical and implementation challenges, such as supply chain inefficiencies, distribution delays, and adequacy of nutritional intake, to enhance the program's efficiency and effectiveness.
5. **Informing Policy and Scaling Strategies:** Provide evidence-based recommendations to policymakers and program implementers for future expansion and optimization of school nutrition interventions to maximize their impact on student health and development.

# About Annapoorna Trust





The **Sri Sathya Sai Annapoorna Trust**, established in November 2015, is committed to ensuring that no child goes to school hungry. Operating across rural and underprivileged areas in India, the Trust provides free, nutritious morning meals to school-going children, addressing malnutrition and supporting their physical and cognitive development. This initiative aligns with the government's **POSHAN Abhiyan** program and aims to eradicate undernutrition nationwide.

### ***Tackling Malnutrition in India***

India faces significant challenges with malnutrition, as highlighted by the **2022 Global Nutrition Report**, which reveals that 34.7% of children under five suffer from stunting and 17.3% experience wasting. Despite government efforts such as the mid-day meal scheme, many children still lack access to balanced nutrition, particularly those from economically disadvantaged backgrounds. The Annapoorna Trust bridges this gap by serving over **1 crore children daily** across **25 states and 4 Union Territories**.

### **Nutrition and Innovation**



To enhance the nutritional value of its offerings, the Trust is offering fortified supplements such as **SaiSure Malt/Millet Multi-nutrient Health Mix**. In States like Karnataka, Uttarakhand, Puducherry where government provides milk, SaiSure Multi Nutrient Health Mixes complement the milk delivering essential macro- and micronutrients vital for the healthy growth of children.

### **Impact and Expansion**



The Trust collaborates with school staff, government officials, and volunteers to ensure the effective implementation of its programs. Training is provided to cooks on hygiene and food preparation, ensuring high-quality meal distribution. The initiative has led to:

- Improved school enrolment and punctuality
- Enhanced academic performance
- Better health profiles among students

### **Collaborations and Recognitions**



For its impactful work, the Trust has received several accolades:

- Most Committed NGO
- NGO of the Year
- NGO Leadership Award
- Best School Health Programme of the Year (2022-23)

With its vision of “Let no child go to school hungry,” Sri Sathya Sai Annapoorna Trust continues to transform lives across India while fostering community awareness about nutrition and health.



# Methodology Used





## Study Design

This study employed a mixed-methods approach to assess the impact of the Morning Nutrition Program implemented by Annapoorna Trust. The methodology combined quantitative and qualitative data collection techniques to evaluate improvements in students' health, stakeholder perceptions, and the financial viability of the intervention through Social Return on Investment (SROI) calculations.

## Study Phases

The study was conducted in three key phases:

1. **Stakeholder Surveys & Interviews:** Collect demographic and qualitative data from students, parents, teachers, and government officials to assess the program's impact.
2. **Health Impact Evaluation:** Measure students' height and weight at two key intervals—June 2024 and February 2025—to monitor changes because of additional nutrition.
3. **Financial Data Collection & SROI Analysis:** Gather cost-related data to assess the economic and social value generated by the intervention.

### Phase 1: Stakeholder Surveys & Interviews

#### Sampling Strategy

A stratified random sampling method was employed to ensure representation from diverse geographic regions and school types. Schools were selected based on the following criteria:

- Inclusion in the Morning Nutrition Program.
- Geographic diversity (across multiple states).

Within selected schools, students were randomly chosen to participate in surveys, resulting in a sample of over 500 students.

## **Data Collection Methods**

### **1. Surveys & Interviews:**

- Students: Structured questions were designed to understand their experiences with the nutrition program.
- Parents: Surveys gathered insights on perceived improvements in children's health and well-being.

### **2. Focus Group Discussions (FGDs):**

- Teachers & School Staff: Discussions focused on observed changes in student attendance, concentration, and overall health.
- Government Officials: Semi-structured interviews explored policy alignment and program scalability.

## **Phase 2: Health Impact Evaluation**

A pre-post study design was used to track health improvements among 6,500 students participating in the program. Anthropometric measurements were recorded at two points:

1. Baseline Survey (June 2024): Established initial health metrics before program implementation.
2. Endline Survey (February 2025): Measured changes in students' height and weight after several months of participation.

## **Anthropometric Measurements**

- Height and weight were recorded using standardised equipment.
- Measurements followed WHO growth monitoring guidelines.
- Data collection was conducted by trained enumerators to ensure accuracy and reliability.

## **Phase 3: Financial Data Collection & SRoI Calculation**

### **Cost Data Collection**

- Cost components included procurement, distribution, and administration expenses related to the Morning Nutrition Program.
- Financial data were sourced from program expenditure reports and administrative records.

## Data Analysis Approach

1. Quantitative Analysis:
  - Student demographic data were analysed to assess program reach and inclusivity.
  - Health indicators were evaluated using descriptive statistics and paired t-tests to determine significant improvements.
2. Qualitative Analysis:
  - Thematic analysis was performed on interviews and FGDs to identify key insights on program effectiveness and challenges.
3. Social Return on Investment (SRoI):
  - A cost-benefit analysis was conducted to estimate the financial and social returns of the intervention.

## Ethical Considerations

- Parental consent and school administration approval were obtained prior to data collection.
- All data were anonymised to maintain student privacy.
- Enumerators underwent training to ensure ethical and culturally sensitive data collection practices.

This methodology ensured a comprehensive evaluation of the Morning Nutrition Program's impact, providing valuable insights into its effectiveness, sustainability, and potential for scaling.



# Survey Data Analysis



## Student's Response

This section presents an in-depth analysis of the survey conducted among 514 students from Class 1 to 10 across various schools participating in the Morning Nutrition Program. The survey aimed to capture a comprehensive understanding of students' demographic profiles, including age, gender, and socio-economic background, to contextualise the findings within their living conditions and access to nutrition.

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*Beyond demographic details, the survey examined key health indicators such as students' self-reported energy levels, frequency of illness, and overall physical well-being. These insights provided a clearer picture of how the Morning Nutrition Program has influenced their daily health and nutritional status over time.*

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The survey examined students' perceptions of the Morning Nutrition Program, focusing on their experiences with the nutritional product provided. Students shared feedback on aspects such as taste, frequency of consumption, and perceived benefits, including increased energy levels, reduced hunger during school hours, and improved concentration. Their responses offered valuable insights into the program's acceptability and effectiveness, highlighting its strengths while identifying areas for potential improvement to enhance its impact further.

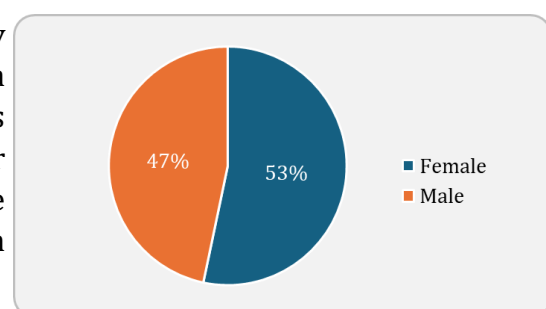
## Demographics of Students

The students' basic demographic details include their age, gender, grade level, parents' occupation, and the family's socio-economic status. All respondents come from rural backgrounds.

### Gender of Students:

The survey results reveal that approximately 53% of the respondents are girls, indicating a slightly higher participation of female students in the study. This balanced gender representation ensures a more comprehensive understanding of how the Morning Nutrition Program impacts both boys and girls.

Analysing gender-based differences in health improvements, academic engagement, and



*Figure 1: Gender of Students*

overall well-being can provide valuable insights into whether the intervention is equally beneficial across genders or if there are specific areas that require targeted support.

### Age and Grade of the students:

The age distribution of surveyed students indicates that the majority, 72%, fall within the 11 to 15-year age group, followed by 19% in the 6 to 10-year range and 9% between 16 and 18 years.

This suggests that the largest proportion of students benefiting from the Morning Nutrition Program are in their early to mid-adolescence, a crucial stage for physical growth and cognitive development.

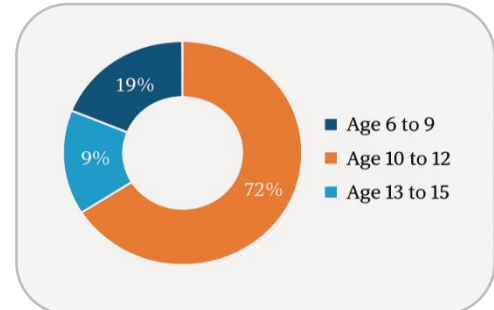


Figure 2: Age of Students

In terms of grade levels, 23% of the respondents are in primary school (Class 1 to 4), 45% in middle school (Class 5 to 7), and 33% in high school (Class 8 to 10).

The higher percentage of middle school students aligns with the age distribution, reinforcing the trend that most beneficiaries are in their pre-teen and early teenage years. This phase is particularly important for ensuring proper nutrition, as it directly impacts students' energy levels, concentration, and academic performance.

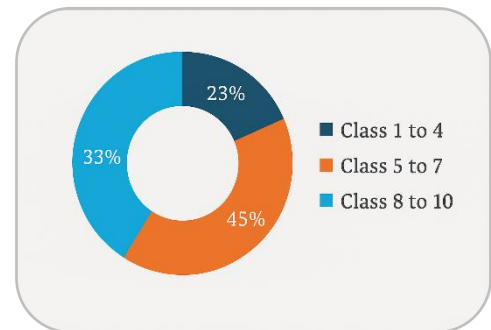


Figure 3: Class/ Grade of Students

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*The 33% representation of high school students indicates sustained participation in the program during later academic years, which is crucial for maintaining their health and academic engagement. By analyzing these trends, the study can evaluate how nutritional needs differ across various age groups and educational stages. This understanding will aid in refining the program's impact and ensuring that interventions are tailored to meet the unique requirements of students at different developmental phases.*

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### Parent's Occupation:

The data on parents' occupations highlights the socio-economic background of the surveyed students, with a significant proportion of families engaged in agricultural and daily wage labour.

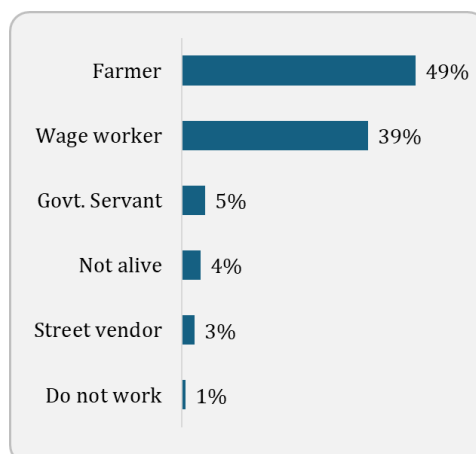




Nearly half of the fathers (49%) are farmers, indicating that agriculture remains the primary livelihood for many families.

This suggests that a majority of students come from agrarian households where income may be seasonal and dependent on external factors such as weather conditions and market prices.

Additionally, 39% of fathers are wage workers, reflecting economic vulnerability, as daily wage labour often lacks stability and regular income.

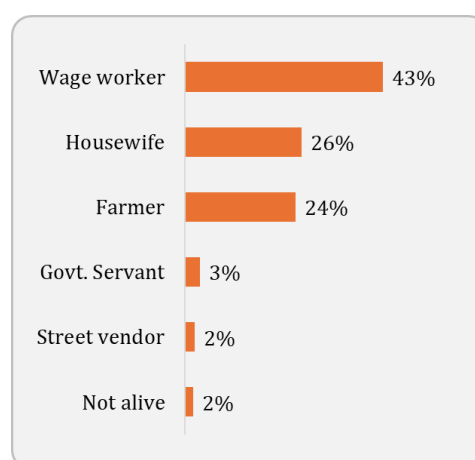


*Figure 4: Father's Occupation*

Among mothers, 43% are wage workers, highlighting their active participation in the workforce, often in labour-intensive roles.

Around 24% are engaged in farming, demonstrating that women also contribute significantly to agricultural activities alongside their male counterparts.

Overall, the data suggests that the majority of families rely on informal, low-income jobs, making food security and nutrition interventions essential for student well-being. The high percentage of mothers engaged in wage work or farming indicates that many families depend on dual incomes, but often from unstable sources.



*Figure 5: Mother's Occupation*

### **Socio economic status of the Family:**

The socio-economic status of the surveyed students' families highlights significant financial and infrastructural challenges.

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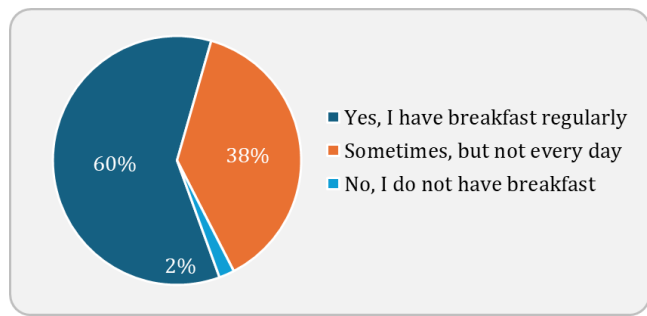
*97% of students' families possess a Below Poverty Line (BPL) card, confirming that the vast majority come from economically disadvantaged backgrounds. This high percentage underscores the financial hardships these families face, often struggling to meet essential needs such as food, healthcare, and education. These findings underscore the vital importance of initiatives like Morning Nutrition in combating food insecurity and guaranteeing students' access to proper nutrition. Given the economic hardships and living circumstances faced by many families, such programs play a dual role: enhancing physical health and cognitive well-being while directly boosting students' capacity to engage in learning and holistic development.*

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### Breakfast at home:

When asked about their breakfast habits, 60% of students reported having breakfast regularly at home, while 38% stated that they sometimes miss it, and 2% admitted to not having breakfast at all.



*Figure 6: Having breakfast at home*

Among those who do not have breakfast every day, the primary reason was that their parents leave early in the morning to search for work, making it difficult to prepare or provide a meal before school.

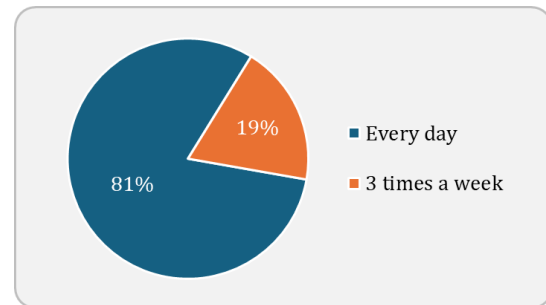
Financial constraints were another major factor, with some families unable to afford a regular breakfast due to low and unstable incomes. A smaller percentage of students reported experiencing extreme food insecurity, where there was simply no food available at home.

Skipping breakfast can significantly impact students' concentration, energy levels, and overall academic performance. In this context, the Morning Nutrition Program plays a crucial role in ensuring that all children, regardless of their home circumstances, have access to a nutritious start to their school day. The programme helps bridge the gap for those who may not have a consistent morning meal at home, promoting better health, cognitive function, and engagement in learning.

## Students' Experience with Morning Nutrition Program

The survey also explored students' experiences with the Morning Nutrition Program at school.

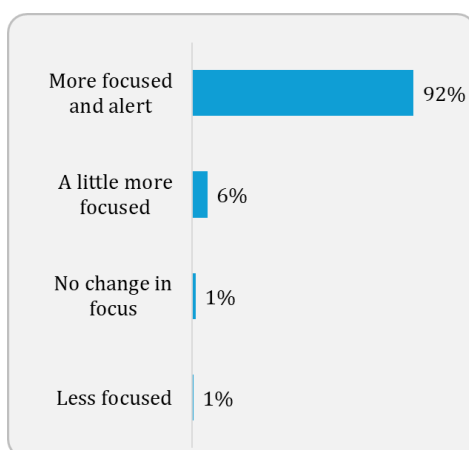
When asked about the frequency of receiving milk with the SaiSure Multi Nutrient Health Mix, 81% of students reported that they receive it every day, indicating consistent implementation of the programme for the majority. However, 19% mentioned that they receive it only three times a week.



*Figure 7: Frequency of receiving milk with the SaiSure Multi Nutrient Health*

### Effect of having milk with the SaiSure Multi Nutrient Health Mix in school:

The survey also examined the impact of the Morning Nutrition Program on students' motivation and attentiveness in school. A resounding 99% of students reported feeling more motivated to attend school after receiving the fortified milk mix, illustrating the initiative's success in driving attendance.



*Figure 8: Students' feelings during classes after consuming milk with SaiSure Multi Nutrient Health Mix*

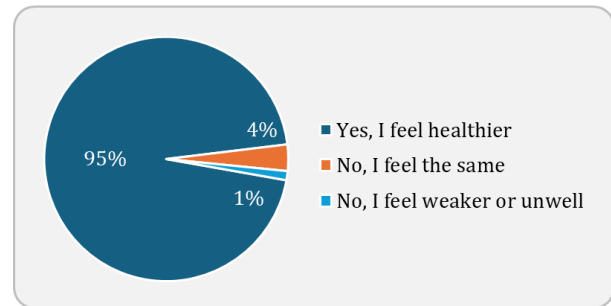
*Regarding the effect of consuming the fortified milk, 92% of students reported feeling more focused and alert during classes, demonstrating a significant improvement in concentration levels.*

Another 6% stated they experienced a slight increase in focus. These findings suggest that the fortified milk has a largely positive influence on students' cognitive engagement, which could potentially contribute to better academic performance and classroom participation.



### Improvement in health:

*When surveyed about health changes since receiving morning nutrition, 95% of students reported feeling healthier, demonstrating the program's significant positive impact on well-being.*

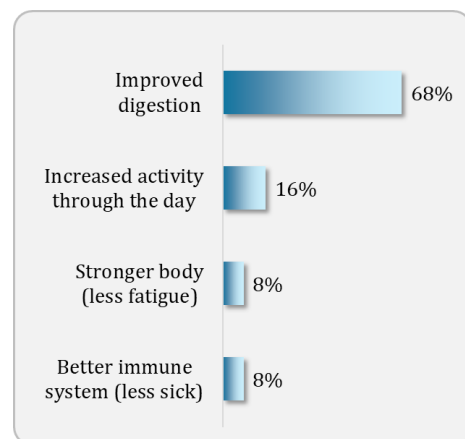


*Figure 9: Improvement in student's health*

Among those who experienced improvements, 68% reported better digestion, highlighting the programme's role in supporting gut health.

Additionally, 16% noted an increase in energy levels throughout the day, while 8% observed reduced fatigue and a stronger immune system, experiencing fewer instances of illness.

These findings suggest that the morning nutrition programme contributes significantly to students' overall well-being, reinforcing the importance of consistent nutritional support in schools.



*Figure 10: Type of Health improvements*

### Performance in school:

The findings highlight the positive impact of the programme not only on students' health but also on their academic engagement and overall classroom involvement.

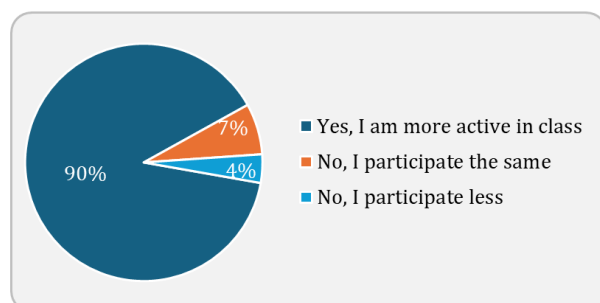
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*94% of students reported an improvement in their academic performance since they began receiving morning nutrition, suggesting a strong correlation between proper nutrition and enhanced cognitive function.*

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The same percentage also stated that they could concentrate better in class, reinforcing the role of nutrition in enhancing focus and learning efficiency.

In terms of classroom participation, 90% of students noted that they were more active, indicating increased engagement and confidence.



*Figure 11: Classroom participation of students*

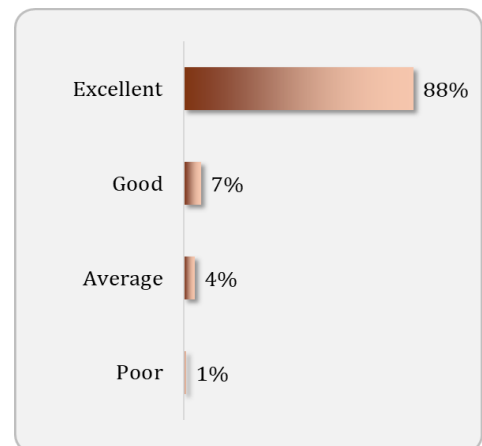


### Taste of milk with SaiSure Multi Nutrient Health Mix:

The survey results indicate that the majority of students (88%) find the taste of milk with the SaiSure Multi Nutrient Health Mix excellent, while 7% rate it as good.

The programme has been largely successful in making the nutrition supplement palatable to students, which is crucial for its consistent consumption.

The minimal dissatisfaction rate indicates that taste is not a significant barrier to the programme's effectiveness.



*Figure 12: Taste of SaiSure*

### Preference for continuing milk with SaiSure Multi Nutrient Health Mix:

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*The overwhelming majority of students (98%) expressed a strong preference for continuing to receive milk with the SaiSure Multi Nutrient Health Mix, highlighting its positive reception and benefits.*

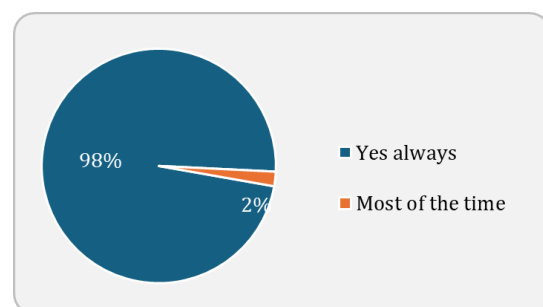
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This high level of acceptance indicates that the programme is well-received and valued by students, reinforcing its role in improving their daily nutrition and overall well-being. The minimal reluctance suggests that any concerns about taste, digestibility, or preference are limited to a very small fraction of participants.

### About SaiSure Multi Nutrient Health Mix from Annapoorna Trust:

The impact assessment results indicate that the distribution of the SaiSure Multi Nutrient Health Mix by Annapoorna Trust is highly consistent, with 98% of students confirming that they receive it on time every day or thrice a week (depending on the region).

This suggests that the programme's implementation is efficient and well-managed, ensuring that nearly all students benefit from the nutritional supplement regularly. The minimal delays may be attributed to logistical challenges, but they do not appear to significantly impact the overall reliability of the programme.



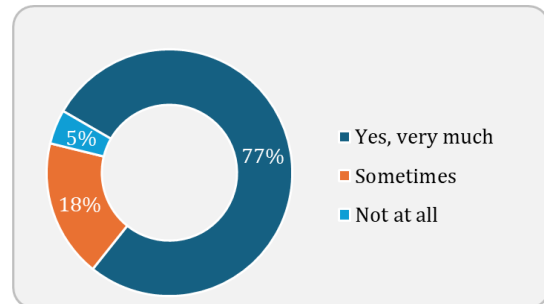
*Figure 13: Distribution of SaiSure drink*

### Preference for Consuming SaiSure Over Other Snacks:

*The survey findings show a strong preference for SaiSure among students, with 77% stating they prefer it over other snacks.*

An additional 18% mentioned they sometimes prefer SaiSure, while only 5% indicated that they do not like it at all.

This high level of acceptance suggests that the nutritional supplement is well-received and enjoyed by the majority of students, reinforcing its role as an effective and appealing intervention in the Morning Nutrition Program.



*Figure 14: Preference for SaiSure drink*



### Preference for Fortified Ragi:

The survey results from Chikkaballapur indicate a strong preference for having Fortified Ragi every day instead of just three times a week, with 98% of students expressing their desire for a daily serving.

This overwhelming response highlights the students' appreciation for the nutritional benefits and taste of Fortified Ragi, suggesting that increasing its frequency in the programme could further enhance its impact on student health and well-being.



## Parent's Opinion

To assess parents' perspectives on the impact of the Morning Nutrition Program in schools, interviews were conducted with parents of students from various schools. These interviews consisted of close-ended questions designed to gather demographic information and feedback on the Annapoorna Trust's initiative.

Mirroring student demographics, all participating parents were from rural communities, predominantly from economically disadvantaged households. Among them, nearly all held Below Poverty Line (BPL) cards, reflecting widespread financial constraints.

Regarding sources of income, a significant majority of parents (62%) worked as daily wage labourers, followed by 24% engaged in farming. These figures highlight the financial uncertainty faced by most families, affecting their ability to consistently provide adequate nutrition for their children.

Breakfast consumption at home varied among students, as around 60% of parents stated that their children had breakfast regularly, while 40% admitted that their children only had breakfast sometimes.

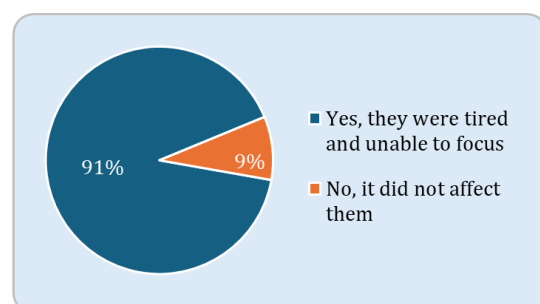
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*A striking 90% of parents reported that missing breakfast impaired their child's school-day energy and attention, with food unavailability at home and early parental work schedules identified as key barriers.*

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Many reported that their children often felt fatigued and had difficulty concentrating on lessons, which affected their ability to actively participate in school activities.

By providing a reliable source of morning nourishment, the programme helps improve students' energy levels, cognitive function, and overall school performance, ultimately contributing to their long-term educational success.



*Figure 15: Parents opinion on impact of missing breakfast*

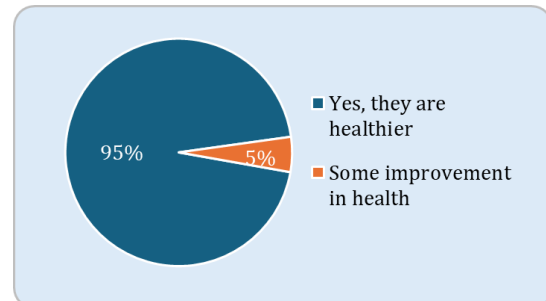
Parents overwhelmingly reported positive changes in their children's energy levels and physical growth since the introduction of the morning nutrition programme. When asked about changes in energy levels over the past year, 76% of parents stated that their children felt much more energetic, while the remaining 24% noticed a slight increase in energy.

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*100% of parents agreed that receiving milk with the SaiSure had positively influenced their child's motivation to attend school and improved their academic performance over the past year.*

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When asked about their child's overall health improvement since the introduction of the morning nutrition programme, an overwhelming over 90% of parents reported that their children were noticeably healthier and much focused.



*Figure 16: Parents opinion on overall health improvement*

The remaining acknowledged some improvement in their child's health. This strong positive response aligns with previous findings on increased energy levels, better focus in school, and enhanced physical growth. The results indicate that the consistent intake of fortified milk has contributed to overall well-being, reinforcing the programme's role in addressing nutritional gaps among students. Parents' observations further validate the impact reported by students, highlighting the programme's effectiveness in fostering long-term health benefits.

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*81% of parents observed significant improvements in physical growth, including weight gain, strength, and immunity among students*

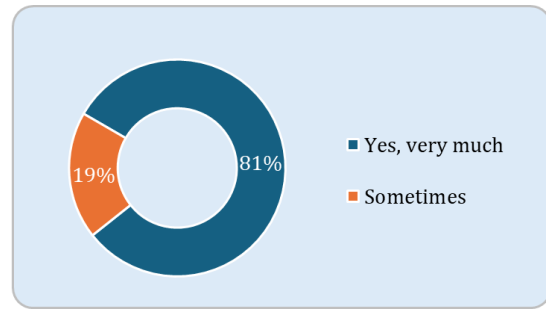
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Over 80% of parents reported their children found the fortified ragi milk's taste excellent, while the rest deemed it good-reflecting widespread student approval of the nutritious drink.

***Parents unanimously advocated for the program's continuation, stressing the importance of their children's ongoing consumption of fortified milk for health and development.***

While more than 80% of parents confirmed timely distribution of SaiSure, a significant majority (80%+) observed their children favored this micronutrient-rich drink-available in ragi and chocolate variants-over other snacks, demonstrating its acceptability

Overall, the parental perspective strongly supports the continuation and potential expansion of the programme, recognising its role in improving children's health, school engagement, and overall development.



*Figure 17: Parents opinion on child preference SaiSure compared to other snacks*

## Feedback from Teachers and Government Officials

To gain a broader perspective on the impact of the Morning Nutrition Program, feedback was gathered from teachers across different schools in Karnataka, Uttar Pradesh, and Haryana, along with the officials from Education Department.

These stakeholders play a crucial role in observing students' daily behaviour, academic engagement, and overall well-being, providing valuable insights into how the programme influences attendance, concentration, and classroom participation. Their perspectives help assess the effectiveness of the intervention and identify areas for improvement in implementation and scalability.

### Teacher's Feedback

The feedback from teachers across all three states (Karnataka, UP and Haryana) offers valuable insights into the impact of the Morning Nutrition Program on students' health, engagement, and overall development. As educators who interact with students daily, they provide a first-hand assessment of the programme's effectiveness, highlighting its benefits as well as areas for improvement.

When asked about the overall health impact of the Morning Nutrition Program on students, their key responses were as follows:

- Teachers observed significant improvements in students' physical and mental development, particularly in sports, strength, and overall growth.
- Regular consumption of morning nutrition has enhanced students' energy levels, attendance, and engagement in school activities.



- Many teachers highlighted that students are more active, show better concentration, and have fewer health issues.
- The programme is seen as essential for underprivileged students, ensuring they receive proper nutrition for their development.
- Teachers expressed gratitude towards the Annapoorna Trust, recognising its role in providing consistent nutrition to students.
- A few teachers specifically mentioned that the programme is highly impactful and much needed for students' holistic development.

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*Teachers across the three states overwhelmingly acknowledged the positive health impact of the Morning Nutrition Program. They noted that students receiving milk with SaiSure showed improved physical strength, better focus, and enhanced participation in sports and academics. The programme has significantly contributed to reducing health issues and ensuring that students from underprivileged backgrounds receive essential nutrients.*

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Furthermore, the regularity and enjoyment of the drink have encouraged students to attend school more consistently, fostering better engagement. Many teachers expressed deep appreciation for the initiative, highlighting its critical role in shaping students' health and overall development.

## **Impact of the Morning Nutrition Program on Students, Parents, and the Whole Ecosystem**

Teachers overwhelmingly acknowledge the positive impact of the Morning Nutrition Program on students, parents, and the broader whole ecosystem. Some of the key responses from teachers are:

- Improved Student Health and Growth
- Increased School Attendance and Engagement
- Enhanced Academic Performance
- Positive Impact on Parents and Community
- Stronger School Ecosystem

Teachers have noticed substantial improvements in student attendance, engagement, and academic performance, which they attribute to better nutrition. Morning nutrition not only addresses immediate nutritional needs but also fosters a healthier, more motivated



student community. Additionally, it alleviates concerns among economically disadvantaged parents, ensuring their children receive adequate nourishment. The teachers' feedback reinforces the need for the programme's continuation and possible expansion.

### **Effectiveness of Milk and SaiSure Multi Nutrient Health Mix in Addressing Nutritional Deficiencies**

Teachers widely acknowledge the effectiveness of the milk and SaiSure Multi Nutrient Health Mix combination in addressing nutritional deficiencies among students. They highlight its role in improving overall health by providing essential vitamins and proteins, enhancing students' physical development.

The improved taste has increased students' willingness to consume milk regularly, ensuring better nutrient intake. Additionally, this initiative has positively impacted academic engagement, with students showing greater focus and energy in school. Overall, the combination is seen as a highly effective intervention for improving student nutrition and well-being.

Key points mentioned by the teachers:

- Improved nutrient intake
- Increased student interest
- Positive health impact
- Boost in academic engagement
- Highly effective in addressing deficiencies

Few quotes from teacher's interview:

*"The combination is effective due to the inclusion of essential vitamins like C, D, and A, which serve as vital sources for promoting health and improvement. These nutrients play a significant role in strengthening immunity, supporting growth, and enhancing overall well-being, making the combination highly beneficial"*

*"Mixing the SaiSure Multi Nutrient Health Mix has enhanced the taste and increased students' willingness to drink milk."*

*"There is an increasing interest among students in learning and participating in various activities, reflecting a growing enthusiasm for academic and extracurricular engagement."*

### **Positive Reception of the Nutrition Programme**

Feedback from teachers revealed that the nutrition provided was both adequate and positively received by students, with no challenges identified.

Teachers consistently observe that students eagerly and happily consume the milk, demonstrating positive acceptance with no significant concerns or resistance. In fact, students look forward to their morning nutritious drink, indicating that the nutrition program is effectively achieving its objectives.

This consistent feedback highlights that the fortified milk has become a well-integrated part of students' daily routines, supporting their overall well-being and presenting no notable challenges in distribution or acceptance.

### **Changes in Student Performance (Grades, Focus, Participation)**

Teachers observed significant improvements in student performance since the introduction of the morning nutrition programme. Students displayed better grades, increased focus, and higher engagement in classroom activities. Many teachers noted that children were more attentive, actively participating in discussions, and showing a greater enthusiasm for learning.

### **Academic Improvements Since the Programme Started**

According to teachers, students have demonstrated noticeable academic growth. They have shown improved retention, increased questioning, and more active involvement in their studies. Many have become more curious, engaged, and enthusiastic about learning new concepts, indicating a positive impact on their cognitive abilities.

### **Correlation Between Health Improvements and Academic Outcomes**

Teachers agreed that better health directly contributed to improved academic performance. They highlighted that well-nourished student displayed greater alertness, better memory, and an increased capacity to grasp new concepts. The programme was seen as instrumental in fostering a strong mind through a healthy body.

### **Improvements in Attention, Engagement, and Participation**

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*There was a consensus that students' attention spans and overall engagement had improved since the programme's implementation. Teachers reported that children were more focused during lessons, less distracted, and demonstrated an eagerness to participate in class activities.*

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## **Reduction in Classroom Disruptions and Better Student Behaviour**

Many teachers noticed a reduction in classroom disruptions and an improvement in student behaviour. They observed that children were more disciplined, cooperative, and willing to follow instructions, creating a more conducive learning environment.

## **Impact on School Attendance and Absenteeism**

The morning nutrition programme positively influenced school attendance, with teachers reporting a significant reduction in absenteeism. Many students now attend school regularly and arrive on time, showing a greater commitment to their studies.



## **Correlation Between Higher Attendance and Morning Nutrition**

Teachers strongly linked improved attendance rates to the availability of morning nutrition. They observed that students were more punctual, regular in school, and eager to participate in lessons, suggesting that the programme played a crucial role in motivating children to attend school consistently.

## **Enthusiasm and Engagement in School Activities**

Teachers noted a rise in student enthusiasm and engagement in various school activities. Children were more eager to participate in school functions, classroom discussions, and group tasks, reflecting increased energy and motivation.

## **Changes in Student Participation in Extracurricular Activities**

There was a marked improvement in students' involvement in extracurricular activities. Teachers observed that more students were taking part in school programmes, including sports and cultural events, and demonstrating greater confidence in performing different activities.

## **Changes in Student Interactions and Peer Relationships**

Teachers reported improved peer relationships and social interactions among students. Many children displayed better cooperation, teamwork, and emotional balance, leading to a more positive and inclusive school environment.





## Improvements to the Morning Nutrition Program to Enhance Its Effectiveness and Impact

Teachers suggested several potential improvements to the morning nutrition programme.

- Ensure the programme reaches every school with better awareness efforts.
- Include milk, biscuits, and ragi balls in the nutrition offerings.
- Increase the sugar quantity in the nutrition.
- Add fruits to the daily nutrition menu.
- Provide regular, daily nutrition to students.
- Consider changing the flavour to maintain student interest.
- Add more protein to the nutrition.
- Maintain the daily provision of the nutrition.
- Some teachers felt no improvements were necessary, praising the programme's effectiveness.

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*Teachers overwhelmingly conveyed satisfaction with the program, with a number of them remarking that it is already functioning exceptionally well and needs no modifications. This sentiment highlights the program's success and the positive impression it has made among educators*

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## Teachers' Perspectives on Enhancing the Morning Nutrition Programme

Key suggestions from teachers on modifications or additions to the programme that could further enhance its benefits for students include:

- Include ragi laddo or ragi balls with dry fruits for added nutrition.
- Raise awareness about the programme to increase its reach.
- Add fruits to the nutrition for additional health benefits.
- Replace ragi malt with wheat malt for variety.
- Provide the nutrition daily for continuous impact.
- Mix different grains for improved nutrition, especially for children from low-income families.
- Enhance the flavour to improve taste and appeal.
- Offer larger quantities (e.g., 1 kg packets) for greater impact.
- Expand the programme to more schools for broader benefits.

Few quotes from teacher's interview:

*"Ragi laddo or ragi ball with dry fruits can be provided"*

*"Different grains can be mixed which will provide much more nutrition as children belonging to poor families can have good health and which is necessary for the development"*

*"Instead of ragi malt wheat malt can be added"*

*"It can be provided daily, and its implementation is feasible"*

### **Conclusion from Teacher's Feedback:**

In conclusion, the overall feedback from teachers highlights a positive reception towards the morning nutrition programme, with many recognising its significant impact on student health, participation, and academic performance.

Teachers suggested some potential enhancements, such as the inclusion of additional nutritious ingredients like fruits, a more diverse range of grains, and the regular provision of the programme to further maximise its benefits. While most teachers reported no immediate need for drastic changes, the consensus is that continuing and expanding the programme would lead to even greater positive outcomes for students.

### **Government Officer's Feedback**

The feedback gathered from officials of education department, provided valuable insights into the effectiveness and impact of the morning nutrition programme.

Their perspectives focused on the program's implementation, challenges, and areas for potential improvement, offering a deeper understanding of how it aligned with local educational and health objectives.

### **Overall health impact of the morning nutrition program on students:**

Government officers observed significant health improvements in students, noting better physical health, increased energy levels, and overall wellbeing.

### **Impact on students, parents, and the ecosystem:**

The program has had a positive impact on students' health, academic performance, and family engagement. Parents have expressed satisfaction, and the overall ecosystem, including the local community, benefits from healthier students and better school involvement.

### **Effectiveness of milk and SaiSure Multi Nutrient Health Mix in addressing nutritional deficiencies:**

The combination of milk and SaiSure Multi Nutrient Health Mix is highly effective in addressing critical nutritional deficiencies, significantly contributing to improved overall health and development in students. This blend provides essential vitamins and minerals that support physical growth, cognitive function, and immunity, making it a valuable addition to their daily diet.

### **Challenges in ensuring adequate nutrition delivery:**

While the program has been largely effective, some challenges remain in ensuring that the nutrition is well-received by students, including variations in taste preferences and the need for continuous monitoring of nutritional adequacy.

### **Changes in student performance linked to morning nutrition:**

Officers have observed positive changes in student performance, including better focus, participation, and overall academic engagement, suggesting that the nutrition program contributes to improved performance.

### **Academic improvements reported by teachers:**

Officers said that the teachers have reported that students are more engaged and focused in class, leading to improvements in grades and participation in academic activities.

### **Correlation between health improvements and academic outcomes:**

There is a clear correlation between the health improvements due to morning nutrition and better academic outcomes. Healthier students are able to focus better and participate in their studies.

### **Feedback from teachers on attention, engagement, and participation:**

The government officers mentioned that teachers have reported improved attention and active engagement in lessons since the introduction of the morning nutrition program, noting a marked increase in student focus.

### **Contributions to better school attendance and reduced absenteeism:**

The morning nutrition program has contributed to better attendance rates, with fewer students being absent, potentially due to improved health and energy levels.



**Correlation between higher attendance rates and availability of morning nutrition:**

Higher attendance rates are correlated with the availability of morning nutrition, as students appear more motivated to attend school.

**Increased enthusiasm and engagement in school activities:**

Students have shown more enthusiasm and engagement in both academic and extracurricular activities, including sports and classroom discussions, because of the nutrition program.

**Improvement in participation in extracurricular activities:**

There has been an increase in student participation in extracurricular activities, as students seem more energetic and willing to engage in a variety of school activities.

**Changes in student interactions and cooperation:**

Officers have observed more positive student interactions, increased cooperation, and improved peer relationships, which they link to the positive effects of the morning nutrition program.



### **Increased social engagement and emotional balance:**

Students appear to be more socially engaged and emotionally balanced since the program's implementation, fostering a healthier social environment at school.

### **Challenges in ensuring consistent delivery of morning nutrition:**

While there have been no major logistical issues, minor delays and adjustments have occasionally been required to ensure consistent delivery of the program.

### **Suggested improvements to the morning nutrition program:**

Officers suggested improvements, such as increasing the frequency of nutritious meals to more days a week and ensuring that the food is prepared to be highly nutritious.

### **Modifications to make the program more beneficial:**

To enhance the program's effectiveness, suggestions include organizing arrangements systematically and ensuring the consistent availability of nutritional support for students

### **Key considerations for scaling the program:**

When scaling the program to other schools or regions, key considerations include time management. Ensuring proper logistics and ensuring sufficient local infrastructure to support delivery.

### **Strengthening government support or partnerships for improved delivery:**

Stronger partnerships between the government, local authorities, and other community organizations are necessary to improve the program's reach and effectiveness.

### **Collaboration between local authorities and community organizations:**

Government officers suggest that improved collaboration among local school authorities, health departments, and community organizations is crucial for expanding the program's impact and ensuring its success.



In conclusion, government officers have highlighted the significant health, academic, and social benefits of the morning nutrition program, with some suggestions for enhancements to ensure its scalability and further effectiveness.

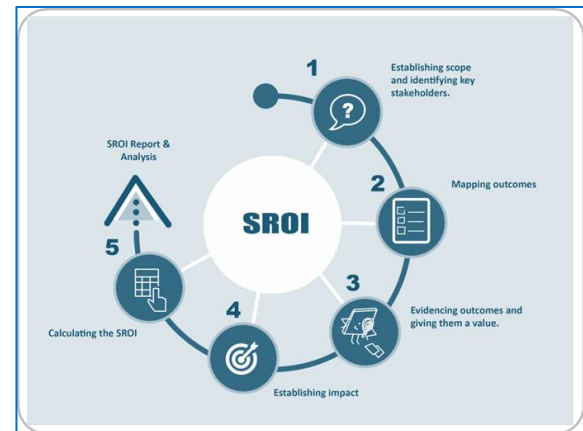
# Social Return on Investment (SRoI)



## Social Return on Investment (SRoI)

### Why SRoI?

The Social Return on Investment (SRoI) framework is a tool used to measure the social, environmental, and economic outcomes of a programme, translating them into monetary values. It helps organisations understand how their actions create change by evaluating the broader impacts, not just financial ones. By assigning a monetary value to outcomes such as improved health or social well-being, SRoI provides a clear picture of a programme's total value, highlighting the benefits it generates for stakeholders. This approach goes beyond traditional financial metrics, offering a comprehensive view of the true impact of an intervention.



*Figure 18: Steps to calculate SRoI*

This section evaluates the Social Return on Investment (SRoI) of the morning nutrition programme implemented across schools in three states: Karnataka, Uttar Pradesh, and Haryana. The analysis quantifies the health improvements in students against the financial investment made in their meals as part of the programme.

### Stakeholders Participation

To calculate the Social Return on Investment (SRoI), it is crucial to identify and engage stakeholders, ensuring that their outcomes are recognized and appropriately valued. This process involves assessing the significance and impact of different stakeholder groups, allowing a clear focus on material stakeholders.

The primary beneficiaries of the project are school children from economically disadvantaged backgrounds. These children, who often lack access to proper breakfasts, benefit directly from the nutritious meals provided by the program. Their improved health and academic performance are key outcomes that contribute to the overall SRoI.



Beyond the direct beneficiaries, the SROI framework also considers other groups affected by the program, both directly and indirectly. These groups include parents, teachers, and government officials, each playing a distinct role in shaping the program's impact.

The below table provides an explanation of these stakeholder groups and their relevance in the evaluation.

No.	Stakeholder	Description	Reason to include
1	School children	The main beneficiaries of the project; aged six to eighteen; study in rural schools; most are from economically disadvantaged families with limited ability to provide proper breakfasts; join the project to receive nutritious breakfasts.	Schoolchildren are the primary beneficiaries of the project. They participate to receive nutritious breakfasts, making them essential for the assessment.
2	Parents	Indirect beneficiaries of the project; live in remote regions; most work in agriculture or as daily wage earners; enrol their children in the morning nutrition program to ensure better health through nutritious breakfasts.	Parents are the primary caregivers for the schoolchildren. Due to their work style or economic situation, they cannot provide proper breakfasts, hence they enrol their children in the program. Therefore, they are included in the assessment.
3	Teachers	Resource suppliers and indirect beneficiaries of the project; provide time and expertise, accompany students at breakfast, engage students in school teams and other educational activities.	Teachers support school children on behalf of parents. They accompany students at breakfast and engage them in various educational activities, making them crucial for the assessment.
4	Govt. Officials	Indirect beneficiaries of the project; their involvement strengthens government partnerships with local authorities, ensuring effective delivery and wider reach of the initiative. By facilitating collaboration between schools, health departments, and community organizations, they contribute to improving the program's impact and sustainability.	Government officials (CRPs) are included as stakeholders because they play a key role in overseeing and supporting the implementation of the Morning Nutrition Program. Their involvement ensures effective delivery and wider reach, enhancing the program's impact and sustainability.

*Table 1: Stakeholders and their Relevance in SROI Evaluation*





## Project Outcomes – Theory of Change

The Theory of Change framework is employed to analyse the transformation experienced by stakeholders, mapping the progression from initial outputs to long-term outcomes. This process relies on stakeholder engagement and literature review to identify well-defined outcomes across five key dimensions of change: circumstance, behaviour, capacity, awareness, and attitude.

In evaluating the impact of the Morning Nutrition Programme, the primary focus is on schoolchildren, who are the main beneficiaries. Interviews provide a comprehensive understanding of resource constraints, environmental conditions, and the economic and social status of families in remote regions. Additionally, they highlight the improvements observed in students following the programme's implementation.

The table below presents the Materiality Judgements derived from the interview findings, which have been factored into the Social Return on Investment (SRoI) calculation. In accordance with the SRoI principle of materiality, the identified stakeholder outcomes are considered significant, with a substantial influence on the overall evaluation.

Outcome	Explanation
Daily Breakfast	Interviews with parents, the data shows that 57% of children have breakfast regularly at home, but 43% either skip or have it irregularly.
Health Improvements	Interviews with students, parents, and teachers highlighted significant health benefits from the morning nutrition programme. Children reported better well-being due to essential nutrients. Survey data showed 68% had better digestion, 16% felt more energetic, and 8% reported improved immunity. Among parents, 95% observed better overall health in their children.
Impact on School Attendance	The programme has positively influenced school attendance, as students felt more motivated to attend school regularly. 99% of students reported increased motivation to attend school due to the morning nutrition programme, suggesting that proper nutrition plays a role in encouraging consistent attendance.
Energy Levels	Participation in the morning nutrition programme led to a significant boost in students' energy levels. According to survey data, 93% of students reported feeling more energetic throughout the day. The nutritious combination of milk and an energy mix contributed to sustained activity levels and overall well-being.
Academic Performance	The programme directly impacted academics—94% of students reported better marks and concentration. All parents saw significant academic improvement, and 95% noticed greater classroom focus. This underscores the strong link between nutrition and learning.

*Table 2: Factors from Survey Findings may Considered in the SRoI Evaluation*



## Building the SROI Model for Morning Nutrition Programme

The SROI model is developed by quantifying outcomes based on two key types of improvements identified in the study, along with financial investment data.

### 1. Quantify the outcomes based on improvements

- i. Adjustment Factor Approach – This method applies an impact factor (Deadweight) to adjust the qualitative outcomes from the overall survey.
- ii. Health Tracking Data Approach – This method evaluates health improvements in the programme by analysing data from two surveys. The Baseline Survey (June 2024) recorded initial health metrics before programme implementation, while the Endline Survey (February 2025) measured changes in students' height and weight after several months of participation.

### 2. Financial Investment Data

Investment data, including procurement, distribution, and administration costs, is collected from expenditure reports and administrative records to assess the total financial input in the programme.

### Adjustment Factor – Deadweight

According to Social Return on Investment (SROI) guidelines, social impact is not calculated by simply assigning a direct value to each outcome. Instead, outcomes must be adjusted using specific impact factors to ensure that the value attributed to the intervention is accurate and realistic. One of the most important of these impact factors is Deadweight, which represents the portion of the outcome that would have occurred even in the absence of the intervention. In this study, *Deadweight* has been identified as the key impact factor, particularly for the major outcome of *regular breakfast at home*.

The table below presents the Deadweight values considered for this outcome, helping to isolate the net impact that can be genuinely attributed to the morning nutrition programme.

Outcome	Impact Factor	%	Description
Daily Breakfast	Deadweight	57%	Impact assessment revealed that 57% of parents reported their children regularly had breakfast at home, making the deadweight for this impact 57%.

*Table 3: Value of the Impact Factor*



## Health Data Tracking

A pre-post study design was adopted to assess health improvements among approximately 6,500 students participating in the programme. Anthropometric measurements—specifically height and weight—were recorded at two key time points: the Baseline Survey in June 2024, conducted prior to the implementation of the intervention, and the Endline Survey in February 2025, after several months of programme exposure. These measurements provided a basis for evaluating physical growth over time.

Data collection was carried out by trained enumerators using standardised equipment, ensuring consistency and accuracy. The process adhered to WHO growth monitoring guidelines to maintain reliability and comparability across all measurement points.

## Financial (investment) Data collection for the Sample Project:

In terms of cost data collection, the analysis covered key components such as procurement, distribution, and administration expenses associated with the Morning Nutrition Program. These elements capture the full scope of financial inputs required to implement and sustain the intervention. Financial data were obtained from programme expenditure reports and official administrative records, providing a comprehensive view of the total investment made in delivering the nutrition support to students.

The financial assessment includes costs related to:

- Procurement of food supplies.
- Distribution logistics.
- Programme administration expenses.

This analysis determines the Social Return on Investment (SRoI) by comparing students' health improvements with the programme's financial investment, providing insights into its effectiveness and sustainability.

- **Annual Cost in INR: 1,46,31,540**
- **Admin Charge (5%): 7,31,577**
- **Total Cost (INR): 1,53,63,117**



## SROI Calculation for Morning Nutrition Programme

Calculation of values using the impact factor applied to qualitative outcomes:

Stakeholder	Outcome	Total No. of Beneficiaries	Average Annual Cost (INR)	Financial Assumptions	Value (INR) = Avg. annual cost * Total beneficiaries	% of Impact Factor	Total Impact (INR) = [Value * (1-% of factor)]
Parents/ Students	Daily Breakfast	1,18,886	3,000	The average monthly expense for breakfast was approximately INR 250, taking into account that 43% of students consumed it only occasionally.	35,66,58,000	57%	15,33,62,940
<b>Total Impact Value of the outcome "Morning Nutrition" (in INR)</b>							<b>15,33,62,940</b>

*Table 4: Calculation of the Outcome from the Impact Factor*

Calculation of values based on the health improvement tracking:

Stakeholders	Health Parameters	No. of Beneficiaries	Average growth	Financial Assumptions	Value (INR) = Cost of growth* Average growth	Total Impact (INR) = Value * No of Beneficiaries
Students	Height	1,18,886	Average Height growth: <b>3.98 cm</b>	Assuming <b>INR 250</b> per cm of height gained	996	11,83,88,076
Students	Weight	1,18,886	Average Weight growth: <b>0.77 kg</b>	Assuming <b>INR 250</b> per kg of weight gained	193	2,29,50,213
<b>Total Impact Value from health improvement tracking (in INR)</b>						<b>14,13,38,289</b>

*Table 5: Calculation of the Outcome from the Health Improvement Tracking*





## SRoI Calculation:

Total Impact value (social value) in INR (Values from impact factor + Value from tracking data)	(15,33,62,940 + 14,13,38,289) = <b>29,47,01,229</b>
Total Investment	<b>1,53,63,117</b>
<b>Social return on investment (SRoI)</b>	<b>19.2</b>

*Table 6: Calculation of SRoI*

## SRoI Ratio

The SRoI ratio is calculated as:

SRoI ratio = {Total Impact/ Social Value} ÷ {Total Investment}

**SRoI ratio = 29,47,01,229 ÷ 1,53,63,117**

**SRoI ratio = 19.2**

## Conclusion

The Social Return on Investment (SRoI) for the Morning Nutrition Programme was calculated by comparing the health improvements observed in students with the financial investment made in the programme. The SRoI is a metric used to assess the social value generated by a project relative to the investment made in it. In this case, for every ₹1 invested in providing “Morning Nutrition” through the Morning Nutrition Programme, the estimated social return is 19.2, which reflects the value of improved student health outcomes.

This means that the financial investment in the programme not only led to positive health outcomes, such as increased height, weight, and overall well-being among the students, but it also generated substantial social value in terms of long-term improvements in student development. The high SRoI underscores the significant impact that nutritional interventions have on the physical and cognitive development of students, supporting better academic performance, improved concentration, and a healthier, more active student population.

In other words, the investment in the Morning Nutrition Programme resulted in a twentyfold return in terms of improved health.

needs can play a critical role in enhancing their overall development and academic success. This return reflects not only the immediate health benefits for the students but also the broader positive effects on their ability to participate in school activities, their engagement in learning, and their long-term educational and personal growth.





# CERTIFICATE

— OF IMPACT ASSESSMENT —

Sri Sathya Sai Annapoorna Trust



This is to certify that Sri Sathya Sai Annapoorna Trust has successfully completed the Impact Assessment Study in collaboration with Researchnconsulting. The evaluation measured the effectiveness and outreach of the Trust's interventions through primary data collection, stakeholder consultations, and outcome mapping, and included a comprehensive Social Return on Investment (SROI) analysis, which reported an SROI ratio of 19.2 — demonstrating substantial social value generated through the Trust's initiatives.



**Priti Verma**

President

**Date Issued-May,2025**



Presented By :

