



ForMyFamily @ TCS Campus

NutriWeek @ TCS Campus : forMyFamily was invited to participate in NutriWeek celebration @ TCS campus. We put up stall to demonstrate Millet Meal and make available all types of Millets for TCS employees to purchase.

What We did :

Millet Food - We prepared Barnyard Millet Idli for breakfast, Finger Millet Pulao for lunch. We highlighted the fact that all dishes which can be prepared by RICE , WHEAT can be done by Millets and Millet Atta and all dishes are easy to prepare.

Awareness :

We shared health advantages of using Millets everyday, Also highlighted the fact that how it helps to save lot of water if we shift to Millet Based diet. Rice+Wheat+Sugar are most water consuming foods to grow and are unhealthy - this fact was brought to employees focus.

Our appeal to all employees was - One Millet Meal a Day





Response of employees for our appeal

Photo Gallery





Advantages of Millet Diet

Points Highlighted

1. Diabetic is curable by just by shifting to millet diet.
2. Ease of preparation
3. Nutritional value of Millets
4. All Age group can consume Millets
5. Rice+ Wheat+ Sugar = Poor health+ A Rich Doctor
6. One Millet Meal a Day = Health + Wealth+Free Time
7. Saves Natural Resources - Water in-terms of Millions of Liters every year
8. Saves farming Community - which are mostly rain fed dry land farmers

Our appeal to all Corporate Companies - One Millet Meal a Day

Invite us to your campus - we will work with your team to promote a healthy food diet to all at your campus.

How we do it :

1. Live demonstrations of Millet food preparation
2. Millet Food for tasting
3. Awareness by handouts and ppt
4. Clarifications through Q/A sessions and one to one discussions
5. Explain One Millet Meal a Day = Health + Wealth+Free Time+ Save a farmer+ Save water
6. All types of Millets for demonstration and made available for purchase
7. Other Healthy food items for display and sell.

How to get in touch with us :

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Frequency of this kind of event : We can come once in every month to your campus or as decided by your team.

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