



FEEDING INDIA

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Abstract: In present scenario 1.3 million Indian Children die due to hunger every year. India's ranking in the International Food Policy Research Institute's 2017 Global Hunger Index has invited much comment and criticism among India's intellectual elite. India has slipped to 100 among 119 countries in the 2017 Global Hunger Index, down from 97 among the 118 countries in 2016. Globally, hunger kills more people than AIDS, malaria and tuberculosis combined. India has the highest number of undernourished people in the world. The excess food being directly send to the bin which could feed 10000+ people just that night. Lots of food plates were just wasted in a day. Feeding India is a youth run not-for-profit social organization which aims to solve the problem of hunger, malnutrition and food wastage in the country. We also address stunting in children under the age of 5, and the nutritional needs of adolescent girls, pregnant and lactating women. We channelize extra food from individuals, wedding, restaurants, hostels, college canteens and corporate offices to the people who really need it and have no means or access to food. By preventing food from being thrown into bins, garbage dumps near our residential areas and ever going landfills we are ensuring a cleaner India. With regular provision of meals, children can focus more on education and extracurricular activities which leads to a fall in the number of School Dropouts. Near 42% of all Indian children are undernourished. By balancing meals according to beneficiary type (proteins for kids, digestibles for old etc.), we ensure better nutrition intake for all. A major portion of what we do is redistributing good extra food to people in need. We strive to feed as many as we can sustainably, to move towards a Hunger Free India

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Introduction: Feeding India is a non-profit making organization that solves the problem of hunger, malnutrition and food wastage in our country. They collect extra food from individuals, weddings, restaurants, corporate offices and distribute it to the people who really in need and have no means or access to food.

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They serve freshly cooked food or raw grains to the partnered shelter homes and legatees. Feeding India works in more than 57 cities of India with 8,500+ volunteers and has served 12 million meals to people in need. Feeding India has now built a strong network of over 750 hunger fighter in 20 cities of India. The volunteers do not hesitate in performing their duties, even at odd hours.

Literature Review: A recent analysis estimated that 32 out of 134 countries with available data had disseminated that acute malnutrition of 10% or more, a burden commonly recognised as a “public health emergency requiring immediate intervention”. Globally, these estimates amount to about 33 million children suffering moderate severe malnutrition and a further 19 million suffering severe profound malnutrition. In emergency settings, the ubiquity of acute malnutrition may increase significantly with high levels of severe acute malnutrition and excess child mortality. General food distribution (GFD) is a common food intervention used in humanitarian exigency. GFD rations usually aim to meet the instant food needs of the whole population, but may provide insufficient nutritional content to prevent or treat acute in children or pregnant and lactating women. Fortified blended foods are often included in the GFD to improve the nutrient intake of unprotected subgroups within the general population, but these may still fail to meet their needs although recent advances have boosted their formulation. Sustained concerns about the acceptability of GFD rations for unguarded groups have led to a wide spread use of supplementary feeding programmes (SFP) by many humanitarian agencies.

History: So it initiated by Ankit Kawatra getting worry because food for a thousand people was wasted at a wedding. He saw that in his friend’s castle the buffet had over 30 varieties of dishes and sweets. The hosts left no stone unturned to make sure the party was a big outcome. As a good colleague, he stays back after the party and helps them to clean up. And

he observed that lots of plates getting wasted. The caterer just dumped all the leftover food in a huge garbage bag and threw it away. At the beginning they thought of donating the food to the needy but didn’t know how and where. The sight of so much food being thrown away gave them the idea of starting a service that would pick up leftover food from events and donate it to the needy. At 22 he leave his high paid job and a growing career at an MNC to do something which he felt is more important – making India a hunger and food-waste free nation.

Methodology and Objectives

Reasons for starting the business: The sight of so much food being thrown directly to the bin gives the idea of starting a service that would pick up the leftover food from different places and provide it to the needy. It also focuses to solve the problem of hunger, malnutrition and food wastage in the country. India has the highest number of undernourished people in the world it globally kills more people than AIDS, malaria and tuberculosis combined. 1.3 million People are dying due to hunger. This includes addressing stunting and wasting in children under the age of 5, lacking of nutritional needs in adolescent girls, pregnant and lactating women, and other older persons. Less food waste makes both social and environmental benefits. Our initiative focus on ensuring minimal wastage wherever possible. Nearly about 42% of all Indian children are undernourished. By balancing meals according to legatee type (proteins for kids, digestible for old, etc.), we ensure better nutrition intake for all. Extra food often has variety. This means that we can choose portions and type of food to be served according to beneficiary health needs. For instance: more proteins for children below the age of 15. By there feeding programs they have a direct impact on the health of the beneficiaries helping in develop their capacities to work and earn, while leading a healthy life. Children, mainly orphans have a hard childhood when they face austerity,

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poverty, inadequate shelter, no education during their young years. The problem becomes even more vault when the most basic necessity of food is compromised having a catastrophic condition on their health, education, and social learning. There are people everywhere who are specially abled, and these special abilities pose multiple challenges for them in their day to day life, also stopping them from getting employed. As they grow old, they suffer from different diseases and ailments, many of which are the result of dietary factors which get compounded by the naturally occurring changes in their body systems. Also due to lower or no source of income it become difficult for them to afford food rich in micro nutrients, are essential for them at this stage, which gives birth to loss of cognitive functions which worsen the vision. We save on resources that would have been spent in getting rid of the food waste: money, energy, time and transportation - fuel, gas, burning of which increases carbon footprint.

According to survey, India's rank in the International Food Policy Research Institute's 2017 Global Hunger Index has summoned much comment and criticism among India's conceptual elite. India fall down to 100 among 119 countries in the 2017 Global Hunger Index, down from 97 among the 118 countries in 2016. Luckily, the Government of India's National Nutrition Strategy declared in September 2017 provides the much needed comprehensive outlook with a National Nutrition Mission combined with strengthening decentralized delivery. The challenge will be executed with a focus on results, credibly observed.

Why hunger! The challenge Hunger & Malnutrition

1. Globally, hunger kills more people than AIDS, malaria and tuberculosis combined
2. In India, as many as 20 crore people go to sleep hungry every night
3. This equates to 194.6 million Indians suffering from hunger, the world's highest number of undernourished people.

4. Close to 1.3 million children in India die of hunger annually

5. More than 53% of women aged 15 - 49 have anaemia (form of malnutrition).

Food Waste

Globally, 40% of all food goes to waste. The cost of this wasted food is estimated at Rs. 58,000 crore per annul. Food waste has been scrapped in landfills, producing methane, eventually leading to ozone layer depletion and leads to acute climatic problems.

The difficulties which are faced by Feeding India

1. Growth in population: The FAO notes that world population growth is slowing, but the U.N. still estimates an additional 2.3 billion people by 2050, nearly all of them in the progressing world. Sub-Saharan Africa's population will grow by 114% in the span and that of East and Southeast Asia by 13%. Accelerating urbanization means that 70% of the world's population will be living in cities by 2050.

2. Wastage of food. Most of the specialist says that enough food exists to feed 10 billion people today. Unhappily, it's not only inadequately distributed but also, to a large extent, wasted. It is horrible that farmers put so much labour and water into growing crops, but then cannot able to sell them because they rot before getting to market,".

3. Climate Change. Changes in the frequency and intensity of droughts and floods could pose challenges for farmers and ranchers.... altogether, climate change could make it more unfavourable to grow crops, raise animals and catch fish in the same ways and same places as we have done in the past.

4. What People Eat. The World Resources Institute predicts livestock utilization in the U.S. and Canada could actually drop 2% between 2006 and 2050 but increase 46% in China and 94% in India.

5. Risk of water. The water issue is more proximate than the climate change. The world will cost a vast water deficit nearly in future.

6. International dispute and Food Uncertainty. Food uncertainty is both a cause of civil dispute, and effect of it. In 2007 and 2008, food complaint and disturbance arise in 48 countries as outcome of record high prices. In 2011, FAO announced a new crest for the food price index, with later protests in North Africa and the Middle East (toppling two presidents).

Future Impact on Society: This will impact on society with a cleaner surroundings and municipalities by redirecting the food to people instead of being directly dumping in the residential garbage dumps. The extra foods which are creating methane gas lying in burgeoning landfills have to be totally controlled. The attempt has been made to reduce the gap between the rich and the poor. By encouraging social protection for the needy, they have to promote income reliability and access to better nutrition, healthcare and education overall. The health of the beneficiaries helping in increase their capacities to work and earn, while leading a healthy life. With daily provision of meals, children are able to focus more on their education and extracurricular activities which leads to a drop down in the number of School Dropouts. A healthy being makes amature and good decision making mind. They serve people come from different situations of their life, irrespective of their religion, gender, caste or age group thereby reducing inequality and promoting consistency at the same time. 90% of all Feeding India Hunger warriors are from the age bracket of 18 - 23. Along with giving the youth a platform to raise their voice and act, through the Superhero program, we instruct young minds so they can provide more within and outside the organization. Communities stepping up to help other communities encourage love, selfless giving and a more peaceful society. Reports prove that people who care more are less probable to resort to domestic or public

violence. People who have balanced meals are healthier and are able to work better to increase their economic standards and become self - sustainable. A diligent population adds to the economic workforce, which is critical for a developing country - India. Our endeavours ensure that we work towards closing the gap between the rich and the poor. People who have balanced meals are healthier and are able to work better to increase their economic standards and become self –sufficient. India. Food directly thrown in roads and societies produces the deadly Methane gas on getting decomposed, which unfortunately affects the ozone layer of our environment.

Conclusion: The team of Feeding India recognized that good nutrition is radical for children's current and future

Health, as well as their development and learning. Developing healthy dietary and lifestyle patterns from an early age will positively impact on people's nutrition and health throughout their adult lives, and will also enhance the productivity of individuals and nations.

In order to build a comprehensive and sustainable nutrition programme that will address all forms of malnutrition, the Feeding India team recommended that countries should:

1. Enhance and strengthen ongoing school based nutrition programmes, aiming at improving Nutritional status of school children and creating an appropriate learning environment through Nutrition education, school gardening and school meals, nutritional assessment, clean water and sanitation, as well a physical activity in education.
2. Apply an interdisciplinary and multi-stakeholder holistic approach to support effective school based nutrition programmes and policies at national and state levels.
3. Promote the active involvement of parents, communities and local government in the development and implementation of school nutrition programmes.

4. Promote for the integration of nutrition education into the school curriculum for all age groups.

5. Promote the consolidation of nutrition training into the course curriculum for better Understanding of the students and teachers about malnutrition.

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