

# Global Social Leaders



Foodies to the Rescue



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## CREDITS

Team Foodies to the rescue would like to thank team 'No food waste' (Spl. mention - Mr. Arun), M.C.T.M school management, Principal, teachers, student sponsors and our parents for supporting us throughout our GSL journey. A special thanks to Samara & Yash for volunteering in all our ventures!

## Introduction

*"There are genuinely sufficient resources in the world to ensure that no one, nowhere, at no time, should go hungry." - Ed Ashner.*

We, the team Foodies to the rescue; a group of 6 core enthusiasts from M.C.T.M Chidambaram Chettyar International School are working towards exactly that. #ZERO HUNGER: Ultimately that passion is the driving force behind the working of the project for the past 5 months amidst our hectic exam schedules. All our projects are school and college friendly, therefore, anyone can adapt these methods and implement it in his/her surroundings.

## Background

Reading an E-Report by the WHO which put forth the increase in global hunger kindled our interest to work towards the goal #zero hunger. The article also stated that Asia has the most number of people in need of food (515 million approx.); living in India. Though little ones, we plunged into action. As a maiden attempt, we thought it would make sense if we could curb this issue first in our local community.

## Aim

- To design projects which can be adapted by various schools and colleges around the globe and be implemented in their premises to achieve Zero Hunger.
- To ensure the sustainability aspect(s) of our project.
- To work along with a reputed NGO, in order to learn about the challenges faced in achieving #Zero hunger and how the issue can be tackled to our utmost ability.

## Aspirations achieved

### BAKE SALE:

We organized a bake sale where we made a lot of baked products. These products comprised a large variety of delicious desserts ranging from chocolate mousse, vanilla cupcakes to an assortment of cookies. This project was a perfect start as it brought about a sense of team spirit while we were making all the dishes. We felt a sense of proximity and also the self-realization of the skills, what our team members possessed.

### PAPER BAG AND CLOTH BAG SALE:

We held a sale at school during our parent teachers' meeting to raise funds. We used old newspapers and sarees to make the bags; we made the newspaper bags at school with the help of our classmates and teachers. We made 600 + paper bags in 2 days, and also collected used sarees and got them stitched into reusable cloth bags. The products had our custom made logo designed by one of our team members. Our products were sold out much earlier than we expected and we reaped the harvest of success.

Fund Raisers

Bake Sale

Paper bag & cloth bag sale

# Main Ventures

## BEACH CLEANUP:

We wanted to create awareness about littering and the harm it does to the environment because nutrition is not only about the food we eat but also about how we dispose it. Along with, we also wanted to showcase our project. Ultimately we would like to brood over a plan that combined both of these, and came out with a beach cleanup. We had about 30 student volunteers and parents accompanying the younger ones. We headed off in pairs to achieve our goal for the day. Awareness flyers were handed out to the morning joggers. The entire team felt radiant with the feeling of doing a good deed.

Beach Cleanup	Vegetable Raising
Pack an extra lunch	Assembly Awareness Talks
Community Kitchen	Community Fridge

## VEGETABLE RAISING:

To bring out a profound change in food and agricultural system, one should know and realize the worth of farming first. Hence we started to grow spinach (high in nutrient content) with the help of our classmates at our school campus. The project followed the principle of traditional crop rotation; change of produce to suit the climate change. The harvest will be sold to raise money to sponsor food for the community fridge we donated to ensure its sustainability.

## PACK AN EXTRA LUNCH:

We requested our schoolmates to pack an extra lunch which they bring to school in a plastic free container. The collected parcels were distributed by the team of volunteers from no food waste.

## ASSEMBLY AWARENESS TALKS:

As we completed each individual project, we took turns to explain the challenges we faced, how we tackled the issue, at our school assembly. While doing so we also created awareness on #Zero Hunger and how we together could aid in establishing a hunger free community.

## COMMUNITY KITCHEN:

This project was a spin-off of the traditional game played in South Indian state Tamil Nadu called கூட்டாண்டுசாறு (kootan choru); a realistic drama in which each kid brings in real ingredients, cook a pot of meal and share it among themselves. The motto of this project was "A fistful makes a difference"; we collected a fistful of rice and dal from our friends at school. This project helped us feeding 550+ needy people at North Chennai with portions of homemade comfort food we made from the collected provisions. We had a tie up with an NGO named No food waste who helped us to identify the hunger spots. Overall, it was tiring but a wonderful and a heart-warming experience.

## COMMUNITY FRIDGE:

The jewel on top of the crown was the installation of the community fridge. All the hard work we put in to this project and all the money we collected was put into this tall standing structure. The fridge is installed at the OMR Food Street, Chennai. As the name says, the locality has abundant food resources and people in need. The functionality and the quality of the food which go in to the fridge will be monitored by 'No food waste' team and the OMR food street officials. The food can be accessed by the needy whenever required. On special occasions like Birthdays, anybody can sponsor food to fill the fridge and join in the distribution drives facilitating direct connect with the needy.

## Why 'No food waste' (The NGO)?

The 45 minutes conversation with Mr.Dinesh Manickam (co-founder, no food waste) opened doors for new ideas to our project. He enlightened us on various aspects of achieving #Zero hunger & motivated us to put out our best in whatever we do, be it small or big. Their organized website spoke a lot about their skillful work. Operating in 3 states of South India, No food waste was started by a bunch of youth to make the world hunger free. Their Hunger map and No food waste app uses technology as a tool to engage more citizens and local social capital for their initiative.

To know more about the NGO, please visit

[https://drive.google.com/open?id=OB-FjDgb\\_mEmQUENMV9FaVvk3QO9HX1FKOXR3MVRNYWdKQkVV](https://drive.google.com/open?id=OB-FjDgb_mEmQUENMV9FaVvk3QO9HX1FKOXR3MVRNYWdKQkVV)

## Challenges shattered

- Building the team spirit was initially a major challenge.
- Without knowing the ABC of cooking and chopping vegetables, we successfully (after bruising ourselves at least once) chopped up 15 kg of vegetables. Cooking 25 kg of food was a magnanimous task itself.
- Finding a venue and getting permission to install the community fridge was the biggest task among them all and without the NGO'S support, it would have been a nightmare.
- Marketing our products and explaining our cause to the public.

## Impact on us

- We learned how to work together as a team and value each member's views and opinions to achieve our goal.
- We realized that earning money is not as easy as we thought it to be.
- We have acquired marketing and cooking skills.
- Serving people in need and bringing a smile on their faces is an ecstasy in itself.

## Impact on the society

We have fed 700+ people who are in critical need and will continue to do so sustainably with our community fridge!