



## First Quarterly Newsletter-2020

Dear Friends, supporters; and well-wishers, we trust this News Letter finds you all well in the current pandemic situation. Probably, we have never imagined that we have to fight with a tiny and invisible virus for existence. Probably we have never imagined whatever we thought as a luxury became an option; and whatever our idea of easy food as an option became hardship today. But we at tharunam understood such scenarios beforehand and advocating for Food Literacy since last two years. Our understanding of Food Literacy is that it is an ability to produce one's own food while understanding its impacts on health, environment and Economy.

It is an integrated approach where we can tackle different social issues at a time. Imagine a scenario when we all started growing our own food, then it will work like a backup plan or crisis management mechanism to tackle situations. In other hand, if we are eating healthy & diversified food choices; then there will be a scope for natural farming practices. Natural farming practices are cost effective, climate resilient and healthy living for farmers and consumers too. And diversified food choices will encourage crop diversification patterns; through balanced bio diversity. So, indirectly, our daily food choices can reduce financial burden on farmers by reducing input costs.

In towards achieving these goals, we initiated a project called 'National Food Literacy Mission'. We have been developed activity-based curriculum for Food Literacy training; And Piloted in few schools across the country.

Dear friends, well-wishers and kind supporters, it is time for the first quarterly News Letter of tharunam for the year 2020. Here, we are happy to share the activities of tharunam from past three months.

### **National Food Literacy Mission:**

National Food Literacy Mission has been initiated with the vision to empower at least every school in India to Adopt Food Literacy skills are part of their schooling curriculum by 2030. We have been divided our mission into three phases with the clear outcomes in every phase.

**NATIONAL  
FOOD  
LITERACY  
MISSION**

UNDERSTANDING THE IMPACTS OF FOOD  
CHOICES ON HEALTH, ENVIRONMENT AND  
ECONOMY.

#food literacy

### Phase1: Spreading the Idea of Food Literacy:

The key operational strategies in phase one are POSTER; PRODUCT AND PARTNERSHIPS. We want to connect with several organizations; volunteers to create awareness programs about Food Literacy across the country. The key operational strategies to spread the concept of food literacy are poster, product and partnership. In first quarter of the year, we worked on indoor food growing kit; and multimedia posters for outreach programs.

If you are interested to partner with us, please reach us [founder.tharunam@gmail.com](mailto:founder.tharunam@gmail.com)

### Joined in Kanthari Network of change and Knowledge (knock):



"I am very excited to have joined the board of the kanthari Network of change and Knowledge (knock) Indian chapter". This will further help us to spread the concept of Food Literacy in India by associating with fellow Kanthari graduates.

### Hosted Field visits for Agro Rangers organization in Hyderabad.



We hosted and assisted the Founder of Agro rangers, Sidhesh sakore while he is on a visit to Hyderabad to interact with several farmer & environmental organizations who are working to prevent farmers' suicide in India.

Dear Friends, well-wishers and Supporters

The tharunam activities would not be possible without your support and contributions. Therefore on behalf of all, we say thank you very much for your ongoing support. Thank you also by sharing this News Letter in your circle. Stay safe! Stay healthy! Have a healthy food!

With Green Regards,  
Team tharunam

If you wish reach/support tharunam activities,

<http://www.tharunam.org/>

Email- [founder.tharunam@gmail.com](mailto:founder.tharunam@gmail.com)