



“FOOD FOR THOUGHT” – NUTRITION AWAKENING AT KUZHIYAKKAD

MONDAY
07/07/2025



Hidden Poisons in Our Favorite Foods

Participants were taken through a shocking exploration of everyday snacks—Lays, Rasna, Tang, Maggi, Kinder Joy, and more—revealing their high sugar, excess salt, artificial additives, preservatives, and even carcinogenic flavor enhancers. These aren't just ingredients—they're slow poisons wrapped in branding and convenience.

What We Eat, We Become – Nutrition Meets Mental Health

The session introduced the link between macronutrients, micronutrients, and mental wellbeing, explaining how deficiencies in iron, protein, Vitamin B12, and Omega-3 can lead to irritability, anxiety, learning issues, and fatigue.



Rediscovering Food Wisdom in Kuzhiyakkad

At a time when the supermarket shelf feels more familiar than the farm, Oleevia Foundation brought back the forgotten truths of food to Otturthara Anganwadi. The “Food for Thought” awareness session gathered parents, children, and Anganwadi workers to rethink their everyday choices—not with fear, but with clarity and courage. What’s really inside a colorful Rasna packet? Why does your child keep reaching for Lays or Tang?



A Shift in the Community Mindset

We didn’t just expose the problem—we gave solutions. Participants learned how to prepare simple, affordable, and nourishing drinks and snacks from home ingredients like jaggery, fresh lime, ragi, seasonal fruits, and millets. These swaps aren’t just cheaper—they heal, energize, and build strong immunity, especially in children. The feedback was powerful. Mothers spoke up, confessing how unaware they had been of the food labels and marketing traps. Anganwadi staff pledged to share this wisdom with other centers. Children themselves began questioning what they eat and what they bring to school.