

“FOOD FOR THOUGHT” NUTRITION AWARENESS SESSION AT OTTURTHARA

24 JUNE 2025

Oleevia Foundation organized a powerful nutrition awareness session at Otturthara Anganwadi, blending holistic wellness with practical education. The session, part of our flagship initiative “Food for Thought,” aimed to make people aware of the invisible toxins hidden in popular foods and provide them with healthier alternatives. Focused on the critical link between food, body, and mind, the session was attended by children, parents, and Anganwadi workers who actively engaged with curiosity and enthusiasm.



UNMASKING HIDDEN POISONS IN EVERYDAY FOOD

Participants were introduced to the dangerous truth behind commonly consumed products like Rasna, Lays, Tang, and packaged snacks. These popular items, especially favored by children, were exposed for containing excessive sugar, synthetic preservatives, artificial coloring, and high sodium. The session shed light on how long-term consumption of such foods leads to serious health issues like diabetes, hyperactivity, poor immunity, and behavioral disorders in children.



SIMPLE, SAFE, AND DESI ALTERNATIVES

In an inspiring shift from fear to action, the Oleevia team shared affordable and local alternatives to these packaged items. Mothers were shown how to prepare tasty drinks using lime, jaggery, fresh fruits, and ragi, replacing toxic packets with real nourishment. This empowered them to make better decisions not just for themselves, but for their families. A special segment explored how nutrition directly impacts mental health, especially in children.

A MOVEMENT BEGINS IN OTTURTHARA

Poor food choices were linked to anxiety, irritability, and low attention span, while a diet rich in iron, protein, omega-3, and B-vitamins boosts brain function and emotional balance. Participants were surprised to learn that what goes into a lunchbox can shape a child’s mood, behavior, and focus. The session ended with heartfelt interactions, as parents shared personal experiences and committed to reducing packaged food at home. The Anganwadi workers expressed their gratitude and requested more such sessions in nearby centers. Oleevia Foundation’s mission to fight malnutrition and misinformation was warmly received by the community. “Food for Thought” is not just an awareness program—it is a grassroots revolution. Otturthara is now part of that change. With each session, Oleevia Foundation strives to reclaim food wisdom, restore community health, and revive the power of traditional nutrition.