

THE CARE HOUSE FOUNDATION SWEDEN

For social justice and development of children and their families through corporate social participation



The Breakfast Project



The Logic Behind it...

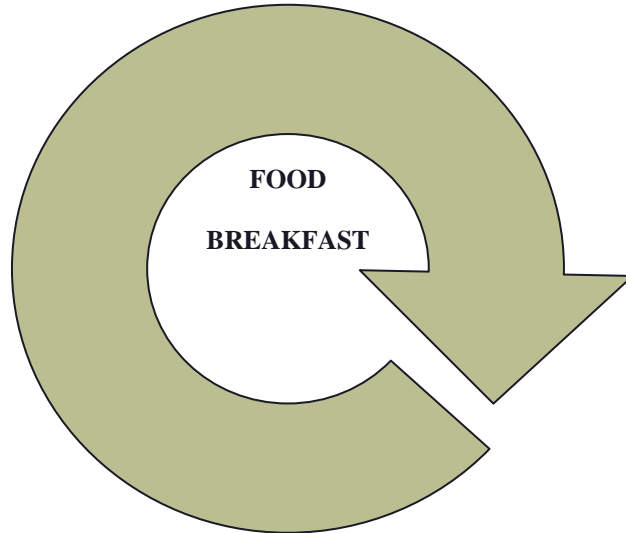
- Every third child born in India is underweight
- 20% children die before they reach the age of five
- 44 million work in hazardous industries
- 40 million out of 251 (5-14 years) don't go to school
- 32% drop out of school before 5th grade



Breakfast will Break the Evil Chain

India has the largest number of child workers in the world. Estimates vary from 17 to 80 million. Particularly vulnerable are girls, children from dalit and migrant communities, the disabled, street children, victims of conflict and children of stigmatised parentage and child sex workers etc. Girl children deal with highest degrees of neglect, violence and abuse.

INTERRUPTING THE CYCLE OF VIOLENCE



Is it Human?

- The Homeless under the sky-on pavements, rickshaws, railway platforms, on water pipes and even on trees. They are homeless, without the protection of a shelter, constantly exposed to police extortion and brutality and without any medical relief and social security.

Who are they?

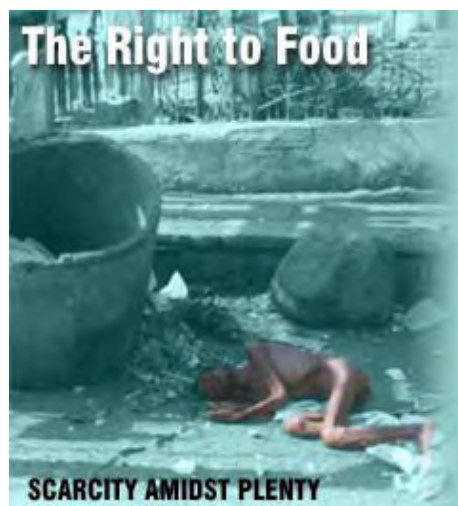
- Most of the homeless are migrant poor working as casual workers, rickshaw pullers and loaders. While they contribute to the growth of the city and offer their labour at a very low price, they get nothing from the city except a life in misery and filth. A substantial homeless population is also prey to drug abuse. The children, women, the aged and the disabled are most vulnerable. While men find a place to sleep anywhere, women and children are constantly exposed to harassment and sexual abuse on the streets.

The steps...

- Shelter
- Food
- Health (including mental health)
- Education
- = Everybody's Right; **"Sabka Adhikar"**

Right to Food

- One half of the population is malnourished, about 10% severely under nourished
- 53% children are undernourished- and 21% are severely undernourished
- Body Mass Index: India has the world's largest malnourished population.



Food stocks in the country: more than 65 million tons. These food stocks present a unique opportunity to ensure that nobody goes to bed on an empty stomach.

“Bachpan Bachao; Save Childhood”



CHILD NUTRITION

Breakfast for tribal children in Wayanad district, Kerala



The children belong to the *KATTUNAIKA COMMUNITY*, residing in remote settlements of *KOLPARA AND MEPPADI*. They not only lack public transport, but are also inaccessible to vehicles.

These tribals are a nomadic community who traditionally depended on forest produce for sustenance which is now scarce, threatening food security. Children particularly suffer from malnutrition and therefore are prone to diseases.

32 children from these 2 settlements (22 from Kolpara and 10 from Meppadi) are being provided daily breakfast since July 1st '06. The objective was to cover all the children from a single community and not to make any of the children feel excluded.



24 children are in the age group 2-5 years and the rest are between 6 -12 years. The funds support breakfast for these 32 children for a period of 8 months.

Datasheets with age, height, weight and existing medical problems have been made for each child. 8 months of continuous nutritional input is likely to reflect in their health at the end of the project.

The breakfast menu for each child is as follows:

- Milk – one glass (200 ml) – all days in a week
- Amritachuran : 100 gm per child (A mixed powder of Ragi, Groundnuts, Wheat flower, Bengal gram, Millets with Jaggeri. It prepared after frying each grain and grinding there after)- 3 days in a week
- Upma -2 days in a week
- Kanji+green gram (kitchdi) –2 days in a week

The children look forward to their one assured meal with great anticipation and happiness. There is such acute poverty and threat to survival that, we often have the women asking us if it is possible to include the adults too, in this initiative.

Breakfast Project for the Mouse Eating Community in Varanasi, Uttar Pradesh



The name Mushahar basically means a community that depends totally on the mouse.

Catching the mouse and eating them has been the profession of the Mushahars. They cannot enter the forest without enticing the forest guards and other officials who shamelessly collect money from the people who are not even in 17th century of darkness. The quality of a Mushahar village are visible anywhere we visit. No school, no water, no electricity and virtually no literate. A community totally cut away from the modern world perhaps the best narrative would be that they are the victim of civilized society and its hypocrisy.

Gram Bharati Samiti (GBS), Amber Bhawan Amber, Jaipur 302028

The Bal Sambhal		
A Project Providing needy Children with breakfast		
Sample Menu for the month of March, 2006		
March, 2006	DAY	MENU
2	Thu	Sooji Halwa
3	Fri	Poha
4	Sat	Khichari
5	Sun	<i>Holiday</i>
6	Mon	Rice Pulav
7	Tue	Dalia
8	Wed	Dhokala/Idali
9	Thu	Sooji Halwa
10	Fri	Poha
11	Sat	Khichari
12	Sun	<i>Holiday</i>
13	Mon	Rice Pulav
14	Tue	Dalia
15	Wed	Dhokala/Idali
16	Thu	Sooji Halwa
17	Fri	Poha
18	Sat	Khichari
19	Sun	<i>Holiday</i>
20	Mon	Rice Pulav
21	Tue	Dalia
22	Wed	Dhokala/Idali
23	Thu	Sooji Halwa
24	Fri	Poha
25	Sat	Khichari
26	Sun	<i>Holiday</i>
27	Mon	Rice Pulav
28	Tue	Dalia
29	Wed	Dhokala/Idali
30	Thu	Sooji Halwa
31	Fri	Poha

The children include those who belong to the very poor families, those who have lost their parents or are parents infected with HIV/AIDS and leprosy e.t.c.



We work through already existing structures, which enable us to guarantee that each collected fund goes straight to the benefit of our children.

“Its been a year since we begun our breakfast project with support of Parul Sharma, Care House Foundation, Sweden, it was initiated on the assumption that homeless children and women face problems in finding their first meal. Hence we did a small Participatory Reflection and Action (PRA) study with children to identity their needs and ways to address them. Study also reflected on the dire need of the first meal of the day, as a result we gathered that breakfast would help them over coming their agony.

Even since we have started breakfast in the morning with rich nutritious we have seen tremendous change in the lives of these children. Significant highlight of the programme is vested in its participatory approach; women shelter users help us in preparing the breakfast for others and homeless volunteers are doing the food transportation from one place to the other. It has helped us in building solidarity among homeless. Moreover it adds strength to our campaign”.

-- Ashray Adhikar Abhiyan, an ActionAid project.

Please donate generously, as each penny goes direct to the child in need

Sweden: NORDEA Bank, account no: 3480 5634235

India: ABN AMRO Bank, account no: 881736

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