

Community kitchen



Community kitchen is a programme aimed at addressing the malnourishment of the tribal community in Attappady, Palakkad district. It is revival of the earlier practice of the community's practice of eating food together. It has helped improve the nutrition status of the community and enhanced solidarity. This has enabled the community especially women to come together to discuss their social issues. It started in 2013 and was managed by social welfare department and in 2014, the management was shifted to Kudumbashree mission.

It is at present run as self-managed unit by the neighborhood groups where the NHGs purchase the provisions from the Maveli store, firewood and vegetables and the NHGs from the tribal community cook in turn. It was earlier one meal a day where the community ate in the evening. Firewood would be either bought or collected by the NHG depending on the local requirements. The tribal NHG purchases the provisions from the Maveli on a monthly basis.

The pregnant and lactating women, children from 6 months to 6 years of age, adolescent children and elderly citizens were the main beneficiaries. At present, the food is being provided in the morning, afternoon and evening to pregnant and lactating mothers. The community kitchen has also started using the vegetables grown by the community. A special community kitchen is being run in the Kotathara hospital by Thekemukkuyur community kitchen.



The vouchers are written by the secretary of the NHG with the support of the animator of the kudumbashree and submitted to the Project Management Unit of the Kudumbashree Mission. The payment is made to the NHG through neft transaction. The amount is paid to the Maveli through cheque and Maveli submits bills to Project Management Unit of the Comprehensive tribal and pvtg development project of Kudumbashree mission.

From the lessons learnt and reflections with respect to programmes like Munnetam which extended supplementary educational support to children and bridge school to mainstream drop-out children and in the wake of the death of a 12 year child due to anemia in Sholayurooru, it was decided to provide breakfast to school-going children to ensure food and nutrition and ensure metabolism and enhanced immunity. The community kitchen has been extended to provide food to school going children in the morning and evening.

It has been noticed that children suffer from various skin ailments and metabolism issues and it has been commonly learnt that very few day scholars eat any food in the morning. Hence, bridge courses have been initiated and children are being provided food in the morning before they leave for school and in the evenings as part of community kitchen. Bridge course being run by Kudumbashree mission focuses on the education, sanitation, menstrual hygienic of the children. The vouchers are written by the secretary of the NHG with the support of the animator of the Kudumbashree and submitted to the Project Management Unit of the Kudumbashree Mission. The payment is made to the NHG through NEFT transaction. The amount is paid to the Maveli

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The food is cooked in a shed constructed near the community hall. The provisions are stored in the store room of the community hall. In the evening, the members collect the hot cooked food from the community kitchen. The pregnant, lactating women and school going children are to be provided breakfast like avil (rice flakes), broken wheat upma, rice gruel, green gram and idli. A protocol is being developed for maintaining hygienic condition. Vessels have been provided for fetching and storing water. Vessels also have been provided to cook food. The cleaning is managed by the same NHG which cooks. The stock book is written by the secretary of the NHG with the support of the animator.

The oorusamithi executive committee, the animator and the project management unit of Kudumbashree Mission would be responsible for monitoring the management of the project. The block samithi is the fourth tier institution of the tribal federation under Kudumbashree Mission

The project is managed by the Project management unit under the tribal Block samithi of the Kudumbashree Mission. The PMU works under the Comprehensive tribal and particularly vulnerable tribal development project of Attappady. The project aims at developing institutions and enhancing their capacities to be able to access their rights and entitlements and capitalizing on their resources. The project also aims at building livelihoods and enhancement of their income.

Aim would be community Kitchen should be transferred to nutrition education center. Return to traditional food. Internalizing the nutritious value of traditional food items like Ragi, Chama, Varag, Chola, Thina, Kambu etc and pulses like Thomara, Amara, Black gram, horse gram, ground nuts etc and about 63 varieties of leaves Popularising the traditional form of agriculture like “Panchakrishi”

The programme was first managed by ICDS and later shifted to PMU, kudumbashree mission, Attappady in December 2014. The expenditure for community kitchen in 2014-2015 was 61,72,294 Rs and in 2015-2016 was 62,95,4731 Rs and in 2016-2017, the expenditure is Rs 766 lakhs The number of beneficiaries was 9287 in 192 centres in 2016 and has risen to 15049. Now there were 97 community Kitchen and the number of beneficiaries are 10020.



At present there is an effort to transform the community kitchen into a nutritional education centre and integrate the mkspprogramme with community kitchen programme. In the previous year there was production of various millets and pulses and effort is ongoing to link the community kitchen with mksp and transform it into a nutritional educational centre.

Impact

- Increase in the weight of infants and children and enhance the health status of pregnant women.
- Help in the reduction of anaemic problem
- The practices leads to the empowerment of women
- Enhance the traditional agricultural activities
- Attain self confidence and social commitment.

