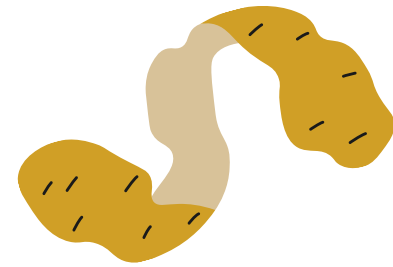
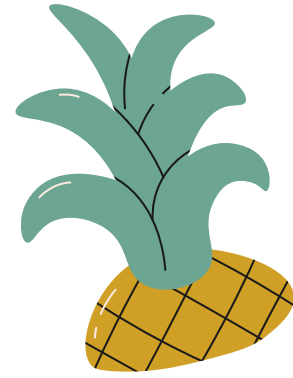




nourishing
schools



Fit and Fun

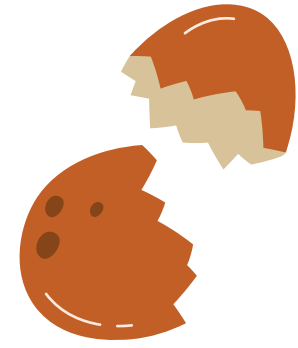
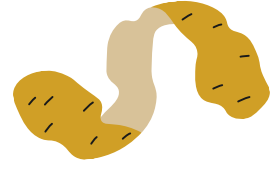
IDEAS CHALLENGE

PRESENTED BY:
**Nourishing
Schools
Foundation**



WHAT IS THE FIT AND FUN IDEAS CHALLENGE





What?



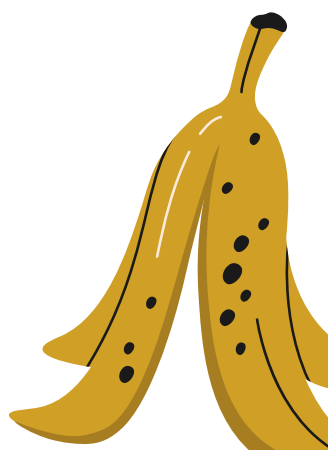
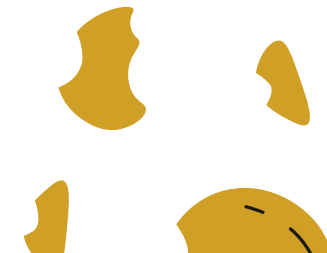
The Nourishing Schools Foundation proudly announces the **"Fit and Fun Ideas Challenge"** to foster innovation and wellness. This unique competition invites school and college students across India to pitch pioneering ideas for the Foundation's toolkit, promoting physical activity, well-being, and healthier lifestyles among young learners. **Nourishing Schools Foundation's toolkit is a box of games and activities for children between 4th and 9th grade.**



Students of all ages from schools and colleges are invited to submit their ideas for games and activities for the toolkit. Here is the link to understand the toolkit better:

<https://www.nourishingschools.org/components/>

The challenge shall be launched on the 1st of September to celebrate National Nutrition Month.



Themes

Clean Cooking with LPG



Explore the benefits of using LPG as a sustainable cooking fuel that elevates the flavours of your meals and contributes to a healthier environment. Submit ideas such as recipes that children from 4th to 9th grade could cook for their families.

Climate Friendly Diets



Climate-friendly diets focus on consuming less resource-intensive foods like vegetables, fruit and legumes. Submit ideas such as games or activities that help children from 4th to 9th grade understand and adopt such diets.

Cultivating Active Lifestyles



Being active reduces the risk of disease, strengthens bones and muscles, improves brain health and prevents obesity. Submit ideas for games and activities that integrate physical activity into the routines of children from 4th to 9th grade.

Who?

The top 3 submissions for each category will receive the following honorarium

1st Position	INR 5000
2nd Position	INR 3000
3rd Position	INR 2000

This challenge is open to all school and college students. You'll be categorized into distinct groups - one for school students and another for college students.

Your creative contributions can make a lasting impact on health and wellness.

The last date for submissions is the 15th October.

Why?

Creativity

The challenge ignites student creativity with innovative games, promoting activity and well-being. It's a platform for them to think outside the box, showcase imaginative prowess, and foster problem-solving skills.

Transformation

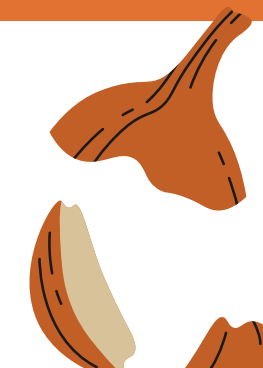
Students drive nutritional change by prioritizing health-conscious activities. Their efforts cultivate healthier habits among peers, creating a positive community-wide impact.

Advancement

Winning the challenge adds a distinctive achievement to the resume of students. Recognition from a health, creativity, and community-focused initiative showcases proactive engagement,

Empowerment

Creative input fosters students' personal growth. Ideas turn into impactful actions, boosting activity and well-being among peers, reaffirming their role as proactive change-makers.





Ideation

Whether you're a college or school student, feel free to submit a minimum of one to a maximum of three ideas that align with our themes – "Clean Cooking with LPG," "Climate-Friendly Diets," and "Cultivating Active Lifestyles."

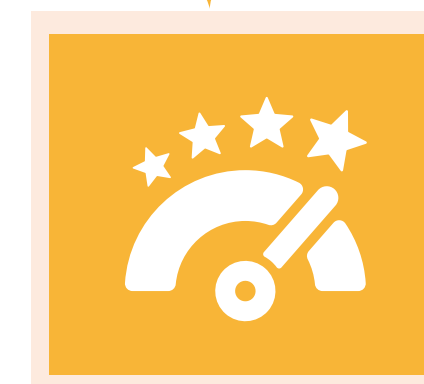


Submission

Complete the form with the requested contact details and information about your idea(s) on the Nourishing Schools Foundation website.

<https://www.nourishingschools.org/fit-and-fun-ideas-challenge/>

How?



Evaluation

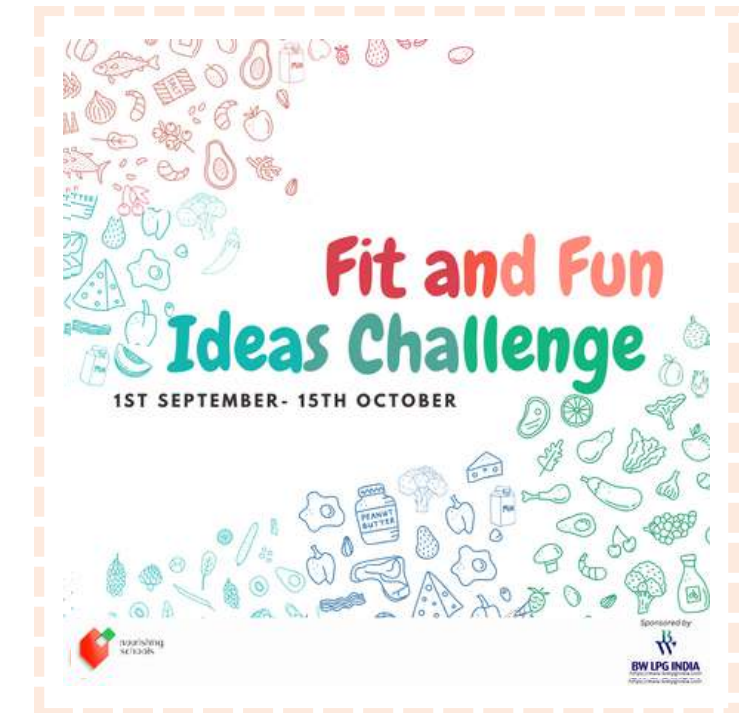
The Nourishing Schools Foundation and our esteemed partners will review your submissions. We will assess each idea for creativity, feasibility, and potential to make a positive impact. The results shall be declared by November on our website and social media accounts.

JOIN OUR COLLABORATIVE EFFORT



Social Outreach

Fuel your child's creativity and make a lasting impact by urging them to join the "Fit and Fun Ideas Challenge". Their innovative ideas can shape healthier habits among peers. The top three submissions will secure an honorarium of ₹5000, ₹3000, and ₹2000. Encourage their participation for a chance to shine and impact thousands of schoolchildren.



WHO IS NOURISHING SCHOOLS FOUNDATION



FILM NEGATIVE



FILM NEGATIVE



FILM NEGATIVE



FILM NEGATIVE

14%

point reduction in thin and severely thin schoolchildren

32%

point increase in school children using soap/sanitiser to wash their hands

230+

Schools covered with over 60,000 schoolchildren

14%

point increase in children that reported that they believe that they can take charge of their own nutrition

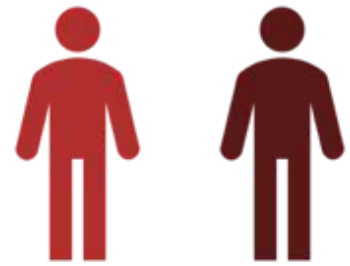
Who are we?

Nourishing Schools Foundation is a pioneering venture passionately dedicated to equipping the younger generation with the ability to take charge of tackling malnutrition. With a steadfast commitment to fostering healthier lifestyles, we embark on a transformative journey to educate, inspire, and empower young minds to make informed choices.

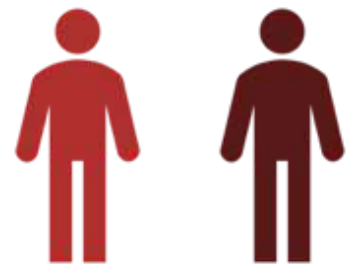
Join us as we nurture minds, elevate lives, and collaboratively build a healthier, more vibrant future.

<https://www.nourishingschools.org>

Adolescents in India face several nutrition-related challenges



Every second Indian adolescent is either too short or too thin or overweight/obese



1 in 2 adolescents suffer from at least two of the six micronutrient deficiencies (iron, folate, vitamin B12, vitamin D, vitamin A and zinc)



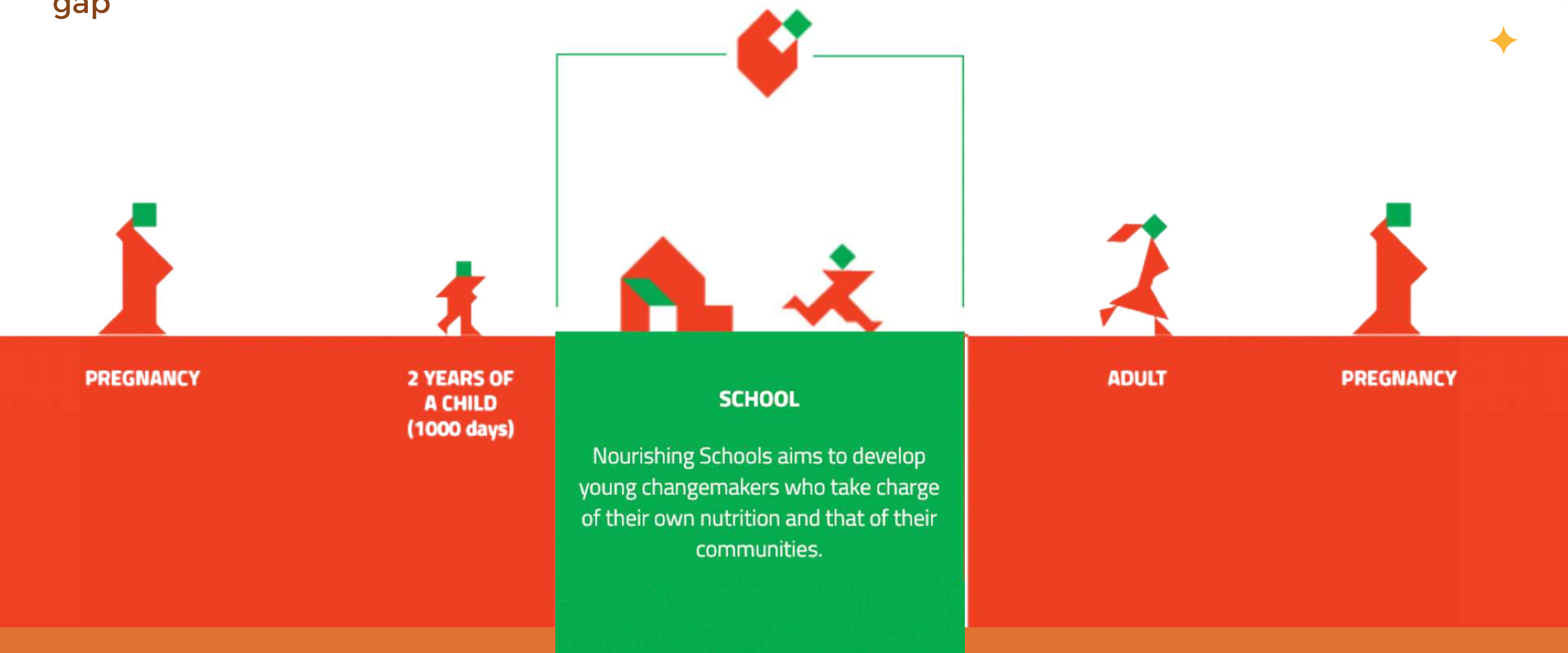
Only 1 out of 5 adolescents consume pulses and green leafy vegetables



6 out of 10 adolescents reported zero consumption of fruits even once a week



Yet there is often a missing middle in nutrition programmes, which is why we focus on this gap



PREGNANCY

2 YEARS OF
A CHILD
(1000 days)

SCHOOL

Nourishing Schools aims to develop young changemakers who take charge of their own nutrition and that of their communities.

ADULT

PREGNANCY

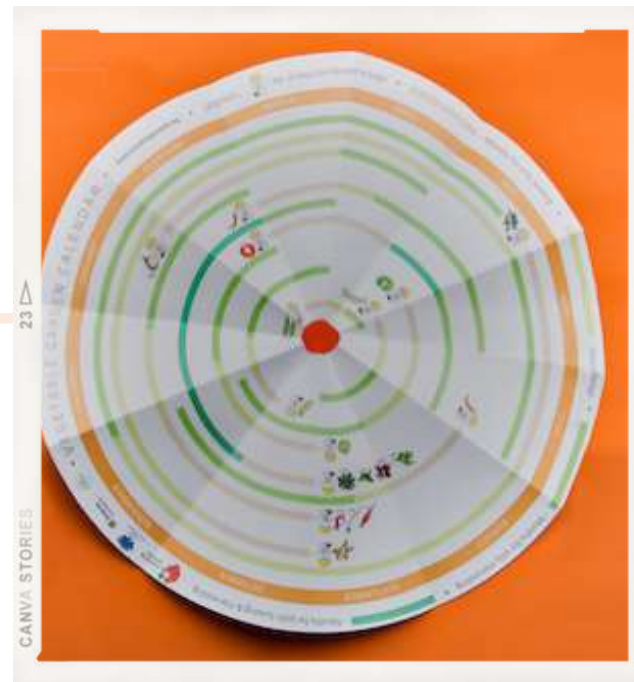
We engage children and communities through a toolkit i.e. a box of games and activities for children from 4th to 9th grade. It helps them understand and tackle malnutrition.



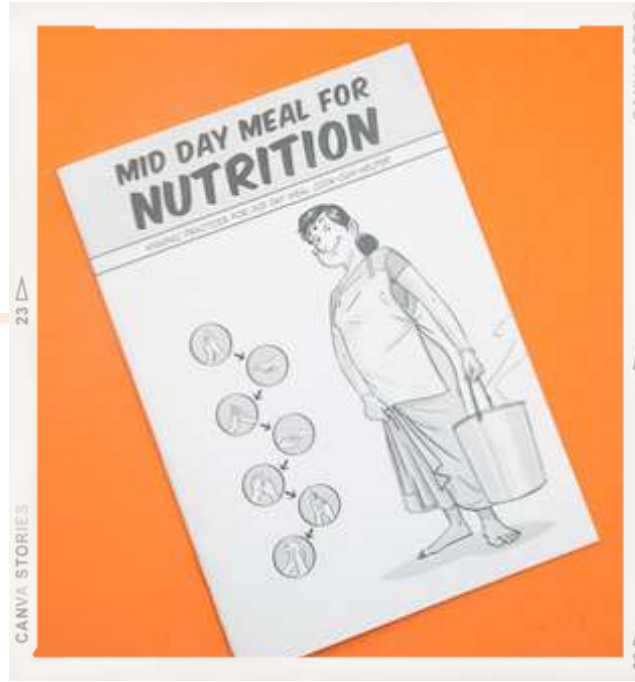
Food and nutrition



Sanitation and Hygiene



Agriculture



Mid Day Meal





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Thank You!

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