

GOALS AND METHODOLOGY :



Both children and volunteers actively participated in the cooking process and the authorities in CWIs supported the idea. Since this was highly cost effective compared to expenses incurred in cooking a full meal, it was possible to carry on this program on a sustainable basis. It was decided to conduct the SNP program in CCH on all Saturdays for their dinner. This program was later extended to cover BKN as well. The program of cooking upma from the available bulgur gradually changed to preparation of new items like dal, vegetables, sambar, etc., whenever bulgur was not available.

Towards the end of nineties, the supply of bulgur stopped totally and the CWI started preparing usal (a pulse dish) for the children's evening meals. Then on we switched over to adding of vegetables, spices and extra oil to the "usal" that was being prepared. The children unanimously declared Vinimay's Sambar as the All time 'Hit', so much so that our volunteer Mr. C. Subramanian (popularly referred to as only CS) who introduced sambar into our SNP program is popularly known as "**SAMBAR SIR**". It also wont be out of place here to mention that the "usal" prepared at BKN is fondly referred to as Xerox/Nakli sambar by the children who consider it a poor substitute for their favourite sambar. When, once in a way, the no of volunteers is not sufficient, the staff members of CWI too are kind enough to lend us a helping hand with the cooking program.



Cooking Session at Tarun Sadan

Over the years, the scope of the program naturally expanded to suit the requirement of children and also the needs of the institution. However, the basic aim of the program (briefly mentioned below) remained unchanged; It aimed at providing nourishing food to children on as many occasions as possible by supplementing (as against substituting) the raw materials that the institution could provide.

The personal involvement of the volunteers in the cooking demonstrated to the children that this indeed was a group of friends who loved & cared for them. This conviction got strengthened through their active participation in the cooking activity and the volunteers sharing the food with them and sometimes both. This created a growing bond between Vinimay and the children, which, over the years, helped Vinimay in optimizing the result of its other activities designed for the holistic development of children living in institutions.