

Dipendra School Meal program

February 12, 2019

Meal program is considered as one of the most significant programs for Dipendra School. It has absorbed almost more than 80% attraction besides academic studies to the economically backward society. More precisely, it has contributed for the children who lacked nutritional foods. As we know, the society is still under- developed which lacks equitable support towards the children, where this program has helped the children to maintain their daily balanced diet for fair development.

Relevant to the topic, the continuation of meal program has drastically increased the number of children in the school which figures out to be a good sign especially for those children who are abide by appropriate diets. The society is still the victim of poverty, illiteracy where the future of the children seems to be in a dark tunnel. However the support that donor organization has afforded is honorable.



Why meal program?

Meal program is regarded as the most effective activity for child development. Its utilization leads a child to develop physical and mental growth. About 85% children do not consume proper diet at their home. They receive meals once in a day. The rest of the time is consumed with junk foods which are a signs of defect. Therefore, through meal program, a child stays healthier and happy.



When Meal program is conducted?

The supply of meal program is basically performed on schooling days. During Saturdays, public holidays and vacation, the meal program is discontinued.

How meal program is continued?

Meal program is supplied on a timely basis. The school starts from 10 am in the morning to 3:30 pm in the evening. Initially, healthy fruits are distributed to children after school assembly. And during lunch time, the children are provided with meals scheduled in a particular day.



Meal program chart for 2019

Herby are the list of items included in a meal chart for 2019:

Day	Fruits	Lunch	Remarks
Sunday	Banana or (Seasonal fruits)	Fried rice, chicken curry	Additional ingredients, firewood, cooking gas, kitchen utensils etc are included in this program
Monday	Banana or (Seasonal fruits)	Hakka noodles, Boiled egg, vegetable curry	
Tuesday	Banana or (Seasonal fruits)	Puffed rice, egg curry	
Wednesday	Apple or (Seasonal fruits)	Noodles chowmein, vegetable curry	
Thursday	Apple or (Seasonal fruits)	Hakka noodles, vegetable curry	
Friday	Apple or (Seasonal fruits)	Tea and Bread	

Cost for meal program

The daily average expenses for meal program costs Rs 5000- Rs 5500 (Euro 43) which includes Fruits, materials from store, cooking gas expenses including transportation cost, additional ingredients, chicken expenses and other costs. The school runs 25 days in a month apart from Saturdays and public holidays. This means,

Rs 5500 * 25 days = NPR 137500 (Euro 1057-1070) (Average consumption of 90 students in a day)

Therefore, the cost of a meal per child is Rs 1,530 (Euro 12) monthly

Which means, per day a child's meal costs Rs 62-70 (Euro 0.55-0.60).

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