Sustainable Food Systems Adopted

- 1. Include millets in diets through Anganwadi, Mid-Day meal and PD scheme
- 2. Compost food waste at home
- 3. Create kitchen gardens/ terrace gardens at homes/ schools/ offices
- 4. Prepare organic manure from cow dungs and apply to farms
- 5. Prefer locally available and seasonal foods
- 6. Use smaller plates for daily meals to save food wastage