



Padi Pantalu - Case Study

Millet Food festival to popularise consumption of millets with various recipes for healthy future.

Food festivals represent an important part of traditional food culture. They are an opportunity to celebrate food heritage; by sharing this heritage with the Neighbouring villages there is scope for the better health and build economic prosperity, these festivals shed light on the many delicious recipes that can be made using millets and also describes the methods of preparation.

Millets are nutri cereals comprising of sorghum, pearl millet, finger millet (Major millets) foxtail, little, kodo, prose and barnyard millet (minor millets). These are one of the oldest foods known to humanity.

Background

The many diverse, traditional recipes and customs revolving around millets, indicate that these grains play a central role in India's gastronomical heritage. It also tells us the importance our forefathers accorded to eating wholesome and healthy meals while keeping the environmental factors in consideration. Unfortunately, many traditional recipes and the accompanying culinary wisdom around millets were lost, over the past sixty years. This was primarily because of the Green Revolution and subsequent policies that encouraged the cultivation of high-yielding crops of rice and wheat. Consequently, millet cultivation became uneconomical and these nutritional grains were reduced to "poor man's food," consumed in much lower numbers than pre-Green Revolution times. However, millets are gradually gaining popularity once more as individuals become more conscious of their eating habits. The wave of veganism, gluten-free diets and superfoods have once again brought millets back to the plates and conversations around food within India as well as across the world. Packed with nutrients and good carbohydrates, millet-based diets are becoming increasingly sought after for addressing heart conditions, diabetes and weight control, among other health issues. Moreover, with their high-energy content, millets can also be instrumental in addressing challenges of malnutrition and hunger, especially in children. The production of millets can also serve as an eco-friendly alternative to water and chemical-intensive cultivation of crops like wheat and rice, used for mass consumption.

It is a staple food produced by our hard-working farmers and consumed by more than 80% of our population. Millet being energy-dense and nutritious food, is particularly recommended for children, the elderly and also for convalescents. It is receiving additional attention in recent years as natural family diet for health and wellbeing



“Millets are the powerhouse of the nutrition”

Every millet has its own health benefits and properties. So, introducing them to your diet; after all, they are so versatile and have so many vital nutrients.

APMAS being the implementing agency in coordination with its donor partner; AEIN Luxemburg has initiated a project **“Padi Pantalu”** in two mandals, Valimikipuram and Kurbalakota to promote food and fodder security as its one of the core objectives of the project. This project aims to enhance and improve farming practices, empower women and create sustainable livelihoods to the rural households in 30 villages of 14 GPs (gram panchayaths), so as to achieve food security Activities like Promotions of millets under which Identified 2 women entrepreneurs for Nutri shop Ready to cook millet products will be made available in the nutri shop and also a Special Programme Millet Food festival for Promotion of Millets in Project implementing area from 2020 -2022. With the involvement Two FPO named Kurbalakota Women Producer mutually Aided Cooperative society limited and Vamikipuram farmer producer MACS Limited conducted 8 festivals in 2 years (2020 and 2021) in each festival minimum 70 members were participated. “The main objective to sensitise communities on the benefits of incorporating millets into their daily diet and to create awareness on the nutritive value of traditional food such as millets and millet recipes”.

In Kurbalakota Mandal 4 millet melas were conducted	Valimikipuram Mandal 4 millet melas were conducted in
1.Poojarivaripalli village	1.Chinnaganguvaripalli Village
2.Angallu	2.Ayyavaripalli village
3.Dadamvaripalli village	3.Vayalpadu
4.Chinthamakulapalli village	4.Jaravaripalli village

“The festival provides a platform, particularly for the women to celebrate diversity and tradition. They participate with great vigour and in equal measure with the male members of the community”.

Millet food festival features:

- Knowledge Transfer sessions
- Introduction of millets
- Display of millets
- Millet diet and nutrition
- Millet recipes procedures
- Exhibition/Stall and sales of millet snacks
- Interaction session with participants
- Lunch with millet recipes



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In One day millet mela indigenous women have learned new millets food recipes. The millets food recipe training session was facilitated by Ms.Padmavathi(Nutri shop entrneprenure) and Ms. Jyothi (Krishi Vigyan Kendra, Nutritionist Chittoor Dist, A.P.) and Phd Scholars from homescience college thirupati. The event was adorned by many interesting guests School teachers, government Staff, Assistant finance officer (union bank), SHG groups, local people's representatives and many more.

The facilitators have shown around 10 new millets-based food recipes and breakfast like millets halwa, millet dosa, millet kichadi, millets laddu, millets muruku, millets pudding/kheer, etc. Most of the millets-based food recipes taught at the event which are unfamiliar to the local women. There was deliberation by the facilitators on the health benefits and Nutritive values of consuming millets-based foods. The main focus of the millet's recipe session was to not only teaching and popularize millets-based food recipes but also create awareness on the nutritional aspects of millets but also to encouraging millet growers to increase the area of millet cultivation by creating demand for millet products, processing and utilization of millets and thus evolved a momentum among the consumers to embrace millets as a means to sustain good health and vigour among the indigenous women. One of the key messages of the session was "bring back millets-based foods for a healthy future". It was not surprising to see that there was a lot of curiosity and excitement among the participants of the program.



Festival includes exhibition of millet crops, products of millets such as flour, ready-to-eat snacks, Sweets, Porridge, Ready to cook items and also set up their stall there to offer Lunch with millet food recipes. Such Food Festival will encourage the women to make the forgotten millet recipes and it will be learning for other women when they exchange their ideas on how to make the millet recipes. In this way, we can revive the millets on plates and thus ensure Nutritional Security



Live Demonstration of recipes:



Meal of the day:

The most interesting part of food festival is meal time, live demonstration millet recipes to participant and a health millet lunch plate to all the participants. The meal plate is all about delicious food which is prepared with millets.



Experiences Sharing

A women farmer Mrs. Hemavathi said that health of the people consuming polished rice had deteriorated and the incidence of diabetes had increased, the way to overcome is to change food habits by switching on millet consumption.

Rathna kumari home maker from valimikipuram Mandal expressed her views I Remember in my childhood my grandmother used to prepare many recipes from millets, those were traditional food habits, gradually the recipes were dissolved. we never went back and thought about those days Now for the first time I participated in the millet mela and cherished my memories and learned different healthy snacks that could be made with different millets like sorghum (jonnalu), pearl millets, Italian millets, finger millets (ragi), little millets and Kodo millets which were showcased at the festival.