



'It's not how much we give but how much love we put into giving...'

- Mother Teresa

International Day for the Eradication of Poverty 2016

Shanti Ashram is inviting you to be a part of a process to end child poverty on **17th October 2016** through its Food Bank Program.

The proceeds will be distributed to children living with HIV/AIDS, vulnerable elderly people and families.

We collect the following food grains

- Dal
- Green Gram
- Horse Gram
- Kambu, Ragi, Cholam
- Rice
- Sundal
- Wheat

We collect the following nutritional supplements

- Cooking Oil
- Dates
- Ghee
- Honey
- Soy
- Sugar

Drop your neatly packed contributions

- at your school
- at Shanti Ashram, Kovaipudur



The Food Bank at Shanti Ashram

This programme was initiated in 2007 based on the ideas of a 14 year old boy, Arun. After a discussion with other children where they shared their stories of deprivation, poverty and loss, Arun began to collect food grains for families affected by HIV/AIDS. The simple idea of “Oru Kaippidi Arisi” led to the formation of the Food Bank at the Ashram.

The Food Bank wasn't initiated to only provide food security to the most vulnerable members of our society. It was also to create awareness among children and young people of the importance of food security and to instil in them a sense of responsibility and compassion.

Every month food grains and nutritional supplements are distributed to children living with HIV/AIDS and their families, vulnerable elderly people and families and extremely vulnerable children who are recipients of the Bala Shanti Scholarships.

The reach of the Food Bank has expanded over the years. We started with 35 families and today, on a monthly basis we serve close to 150 families and Assisi Snehalaya. With continuous support from our collaborators we have been able to serve people in a sustained manner.



‘In a gentle way, you can shake the world...’

M.K. Gandhi

