

PROJECT
PROPOSAL
SCHOOL LUNCH
PROGRAMME

(2076/2019, 2020)

PEAK EVEREST SCHOOL

MACHHAPUCHHRE RURAL MUNICIPALITY: 6, DHITAL

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Foreword

Ever gone to school or work with an empty stomach? Then surely you can remember the difficulties you had while trying to concentrate on the tasks given to you. In our school more than half the students can't study properly because of the food. Students always bring junk food for breakfast. Getting in class with an empty stomach or only junk food surely isn't the right start for a day at school. Concentration is lacking as attention is drawn to that gnawing feeling inside, and children don't have the energy for sports, fall sick more often as their resistance is undermined by under-nourishment, and drop out more easily from school.

I see it happening in our school day by day. We don't want to be bystanders so we want to take action. I know surely it is impossible to help the whole world but this doesn't mean that we don't have the obligation to help even with just the little bits we can share. That is why our school has the plan to start a school feeding program. We want to give every child at that school a lunch every school day – a nutritious and healthy meal with all basic elements in it.

In this project we include the objectives, problems and necessary things to start school lunch program. This school lunch program can help to ensure that student's problems such a fall down their breakfast on the way or on their bag and it damage all copies and books. On the other hand they are hungry in school. Another problem must of the students carry junk food it really impact on their health and they face the problem of malnutrition. In the same way some students doesn't carry their breakfast because some are orphan and some students are from low income family. These major problems are solve if we provide lunch in our school. For all of them having food at school every day can mean not only better nutrition and health but also increased access to and achievement in education.

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Introduction

Machhapuchhre is a Rural Municipality and former village development committee in kaski District in the Gandaki province of northern central Nepal. The driving distance from Pokhara to Dhital is 16km. It have 7\8km rough road from Baglung Highway our school also lies in Dhital ward No 6,. It was established on 2064BS. This school is located on rural area. It is primary school. Here are three Montessori / kinder garden classes for small children. Altogether here only eight classes. Here are only 120 students. Most of the students are from low caste, Dalit or the Hill Dalit they can't effort the necessary things such as stationary materials clothes etc. some students are orphan they are living with their relatives they have hand mouth problem in home they are unable to bring tiffin and they have also problem in stationery goods. Some students are from low income family background. Some social workers, foreign visitor support small fund by this fund we help for the measurable condition children but we realize the need of children can't fulfil. Actually they have problem of lunch some days they are coming school without any food. It is a mountainous areas with terraced fields built on steep slopes. Most of the parents are farmer. They produce crops such as rice, beans, corn, millet, barnyard grasses and wheat. But they can't grow good production because of the land and climate. We all support to improve their education level and some social worker help their economical parts.

In this village some students are go to town for their study whose parents have job and good income their children go to town. We established this foundation for the children who aren't enough income to go town or the children, who are drop out from school because of different reason. This school was established to provide quality education and improve their life style. In this

school all staff are local staff they work in low salary and some are volunteer.

In history in our village many children are drop out by school because of poverty and their family condition.

In this present situation our school face many-many problems but first of all we want to provide lunch program in school. So we heartily request you to support for this programme.

The problem

In our school we found out that many children were too small for their age. After bringing this up during a meeting the board told us that many of the children were sent to school with junk food. Some students are very far from school they should walk half an hour so. Someday their tiffin was fall down on the way or on their bag and it damage all books and copies. Some students may be the first meal of the day is also their last meal. Due to this concentration at school is lacking furthermore lack of energy some students are feeling sick in class and many of the students are suffering from nutrition.

Objectives

After analysing the problems we came up with a plan. The objectives of this plan are:-

- To provide a school lunch every school day to all children at Peak Everest School.
- To provide the children with all the nutrients they need for a healthy growth which we find in local area.
- To increase the student level and increase interest in all school's activity. It can solve the problem of drop out.

Considerations

On or off site preparation

The first and major consideration is the location where the lunch is going to be prepared. The school is in rural area and far from any town. In this school area we can find some foods locally and plan to use local produce such as corn, rice, vegetables etc.

Cooking

First of all we need one helper for cooking. We all staff help her. Major consideration in this is to make sure that the quality and hygiene is of a high standard.

Appropriateness of cooking practices

To prevent disease that are related to poor hygiene it is very important that the cooking site is clean and properly maintained. Also the pots, plates and cups that are used to serve the food should be thoroughly cleaned every day.

The school feeding programme

The school feeding programme will have the same food as what the children are used to eat at home. It should have all the necessary nutrients that are needed for growing up children we use maize, rice, grain, vegetables, egg, bread, milk etc. we use maximum food which we easily found in local area. List of the variety use in lunch are listed below.

S.N	Days	Food schedule
1	Sunday	Bread, Curry
2	Monday	Egg, Curry
3	Tuesday	Curry, Sugi
4	Wednesday	Curry, chapatti ,milk
5	Thursday	Fruits, local food (maize, potato etc)
6	Friday	Semolina, vegetable

Steps

These are the steps that have to be taken before the school lunch start.

- **Building**

In our school there is not enough room. So, we need one room for kitchen and one room for storage. So, first of all we build on room back side of the present kitchen.

- **Helper**

We also need one helper for cooking. We all staff help for serve hygiene food but it is mostly necessary one helper for cooking.

- **Necessary things for start lunch programme**

- Cylinders gas – 4
- Fire place – 2 (medium)
- Rice cooker – 1 (medium)
- Pressure cooker – 3 (Big, medium, small)
- Sauce pan – 3 (big, medium, small)
- Plates – 120
- Glass – 120
- Cup – 120
- Bowl – 120
- Jug – 4/6(use for drinking water)
- Bowl – 4/6 (serve food medium size)

- Spoon – 120
- Knife – 4/6
- Chop board – 2/3
- Frying pans big – 2
- Kettle – 2 (big, medium)
- Khal – 1
- Small pan – 2
- Rolling pin – 3
- Towel – 3/4
- Bucket - 4
- Basin – 4
- Dining table – 4/5
- Chair – 14
- Bench – 4/5
- Fork – 4/5
- Tray – 3/4
- Utensils Rack 3/4
- Water filter - 2
- Refrigerator – 1
- Blander – 1
- Electric kettle – 2
- Water tank – (500ltr or 1000ltr)
- Ladle – 4/5(small, medium, big)

- Spatula – 3
- Bin – 1
- Colander – 3 (small, medium, bit)
- Grater – 2
- Apron - 1

From above mention list we can add or remove some materials according to our budget and most necessary goods.

Moment of purchase

Most of the products used to prepare the school lunch can be stored over a long period of time. It is recommendable to buy the whole products in large quantities to save on fuel costs. But maximum foods are used which we can find in local area.

The plan

Introduction

To cope with the lack of concentration and the use of junk food we made a plan. The name of plan is “project school lunch peak Everest school.”

This project will give the school the possibility to provide all the children with a lunch. This lunch should provide all nutrients that children at that age need to grow up in a healthy way within the scope of this project the availability of local products has to be taken in account when acquiring has food. In this way the project also will create a market and improve the economic level of parents.

Budget

1	To build kitchen	Rs 200000 [approximately]
2	Helper salary	Per month, 15000, 15000 x 12 = 180000
3	Utensils and other necessary things for start lunch programme	Rs 190000 [approximately]
4	Food monthly	Rs 28800 [approximately]

Total proposed budget = Rs 200000+180000+190000+28800=
Rs 598800

Apart from these there are other expenses also from this above proposed budget we would like to request you all whatever you can support is welcome to us.

Conclusion

In present condition we all are aware about the reduction level of education sectors. The overall objective of this project is to improve the education status of the orphan students low cast students and the students who are from poor family backgrounds. This programme really help to improve health condition of the students they can do their all activities such as extra-curricular activities and also increase the education achievement level. The problem who aren't carry their tiffin or come school with junk food can also solve. So we all school family requested you to help for this project.

Principal

Chairperson