



SUKRITAVAANI

August 2026



Dear friends,
Greetings!!

Food is one of the most essential needs in a person's life. Traditionally, when we think of food donation, we often think of cooked meals. There is no doubt that providing a meal to someone who is hungry is important and can make an immediate difference.

But during our interactions with the families we serve, we realised that hunger was only one part of a much larger problem.

In several families, children with disabilities were not receiving adequate or nutritious food. Economic hardship was certainly one reason. But there was another, less visible reason — a lack of hope and security about what tomorrow would bring.

Many children would arrive at our centre tired and lacking the energy needed to participate fully in their therapy sessions. This made us realise that rehabilitation

cannot happen in isolation. A child needs adequate nutrition and a stable home environment to benefit from therapy.

That is when we decided to introduce our Grocery Kit Initiative in May 2025. We selected families who were daily wage earners.

Initially, we partnered with a local grocery store and provided families with coupons that enabled them to purchase groceries of their choice. However, we soon realised that while this gave families flexibility, it did not necessarily ensure that the children received nutritious food. Families understandably tended to purchase items they preferred or could stretch further.

As we believe in constantly learning and evolving our programmes, we decided to make the support more purposeful. We introduced a standard monthly grocery kit, containing essential staples such as rice, dal, cooking oil, sugar, health mix and other nutritious essentials.

The response from parents was far more meaningful than we had anticipated. It helped us understand what food security truly means for a vulnerable family.

For many parents, the kit provided something beyond groceries — a sense of security. They knew that, for at least the month ahead, there would be essential food available at home.

One of the most frequently shared experiences was about the health mix. Parents told us that it often became a substantial breakfast for the family, particularly on days when there was little else available.

One mother shared that earlier, because there was not enough grocery at home, the family would often depend on outside food. With the monthly grocery kit, they were now able to cook more meals at home. She said this made her feel “psychologically more healthy” because she no longer had the constant worry of whether there would be enough food.

Another mother shared something that stayed with us. All her life, she had cooked only with palmolein oil because that was what the family could afford. With the grocery kit, she was using sunflower oil for the first time in her life.

These may seem like small changes, but for families living with financial hardship, they represent something much bigger — dignity, choice, stability and hope.

The Grocery Kit Initiative has therefore evolved from being a food-support programme into an important part of our holistic approach to rehabilitation. We have learnt that when a family does not have to worry about their next meal, a child is better positioned to come to therapy with the energy to participate, learn and progress.

Because sometimes, supporting a child's journey towards rehabilitation begins with something as basic and as powerful as ensuring that there is food on the plate everyday.

Many thanks to all you for supporting us at every step.

With best regards
Sowmya Simhan

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