

## Inayam changed our Food Habits

### K.Alagammal

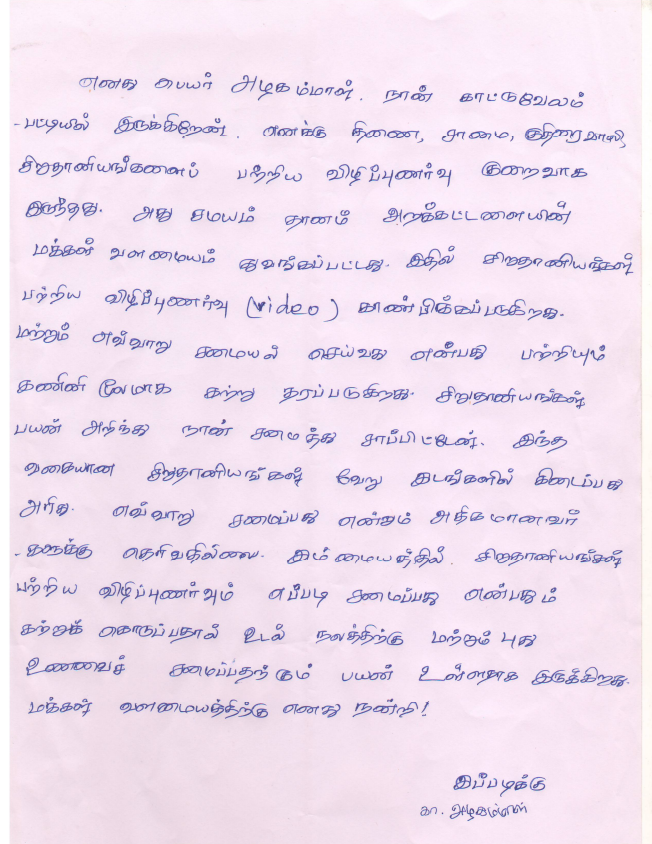
I am Mrs.Alagammal from Kattuvelanpatti Village.

Basically, I don't have any knowledge about Small Millets like Thinai, Samai, etc. Recently, in our village, Inayam Community Resource Center was initiated. There was a Video show on preparing healthy foods on Small Millets was shown.

I have participated in the Content Video Show and understood the importance of Small Millets as Nutrition Food. Now-a-days, we don't know how to prepare the foods with Small Millets. The Video shown in our center, not only explained the importance of Small Millets foods as Nutrition food, but also taught us how to prepare food with Small Millets

Moreover, our Inayam Community Resource Center also facilitating to purchase low cost quality Small Millets in our village itself.

Now, my food habits and menu has got changed. I have started nutrition food for my children rather giving fast food snacks.



Thanks to Inayam