



परंपरा का स्वाद, सेहत के साथ

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Nutrition Experts

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## Monthly Newsletter Sept / Oct - 2023



Ministry of Health & Family Welfare  
Government of India

# Poshan Maah

Suposhit Bharat, Sakshar Bharat, Sashakt Bharat

1<sup>st</sup> – 30<sup>th</sup> September 2023



The critical interplay between nutrition, education, and  
empowerment in the country's development

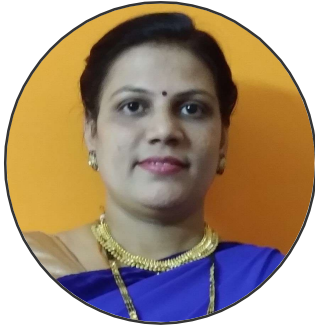


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## PREFACE



पशुपत का हस्त, सेहत के साध

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### Vidya Gunturkar - Joshi Founder NMFPL

Dear Readers, stakeholders, supporters, team MTHF and well wishers, Welcome to the 24<sup>th</sup> NMFPL newsletter.

Month of September is celebrated as **Poshan Maah**. Poshan Abhiyan, also known as the **National Nutrition Mission (NNM)**, is an initiative launched by the Government of India to improve the nutritional status in the country. The initiative focuses on the nutrition of pregnant women, lactating mothers, and children under 6 years of age.

Under Poshan Abhiyan, the government is organizing various activities, including:

- Raising awareness about nutritious food
- Improving access to nutritious food
- Improving nutrition services

Poshan Abhiyan is a critical initiative for improving the nutritional status in India. The initiative is important for ensuring a healthy and prosperous future for all citizens of the country.

At Nutrimillets, we are dedicated to championing this noble cause by advocating for the incorporation of healthy and delectable dishes crafted from millets, collaborating closely with food and nutrition experts. Excitingly, we have several innovative products and initiatives in the pipeline for the upcoming months. I look forward to keeping you informed about our progress, as always.

Please do write us to share the feedback on the newsletter on [milltes.treats@gmail.com](mailto:milltes.treats@gmail.com).

Best regards

*Vidya Gunturkar - Joshi*



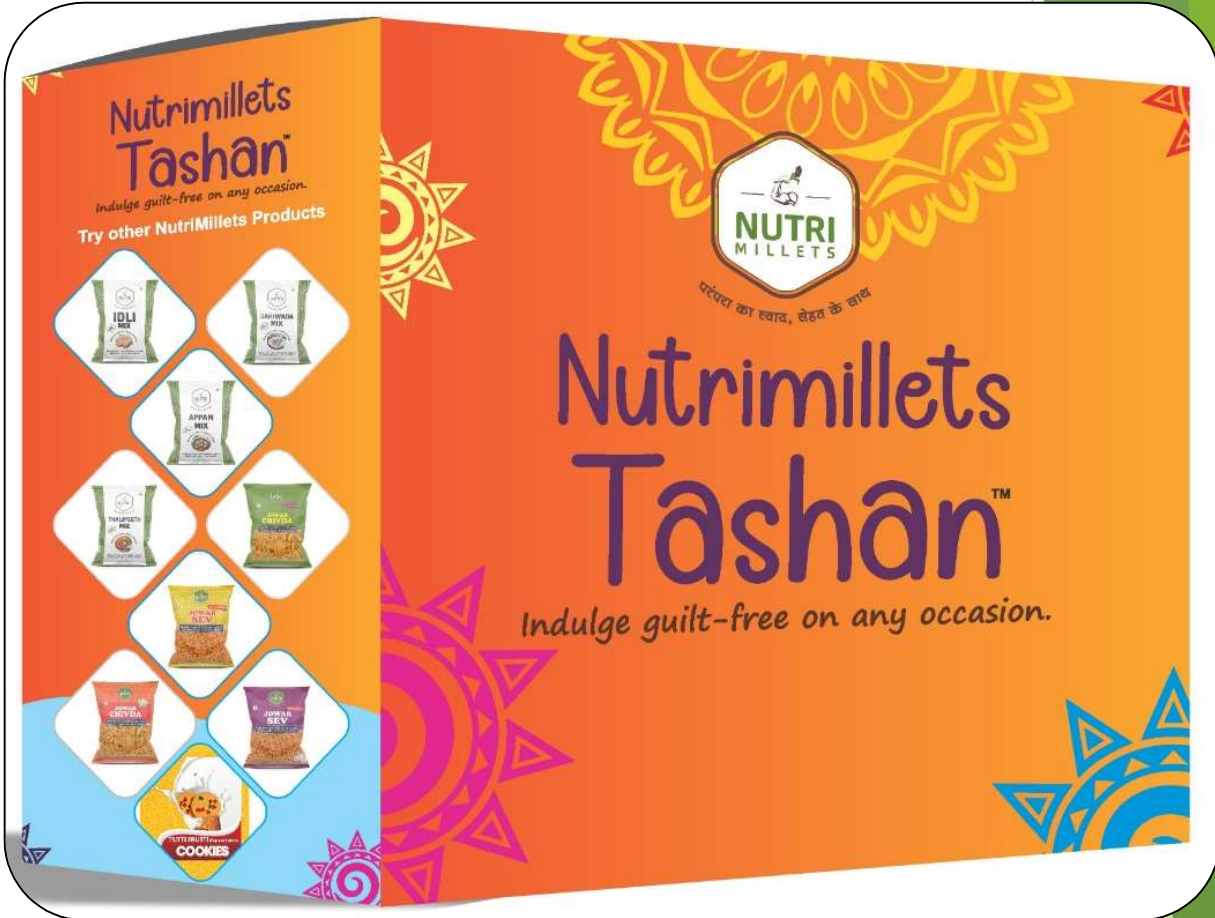


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# Diwali Gift Box Nutrimillets Tashan


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## Nutrimillets Tashan™

*Indulge guilt-free on any occasion.*



Dear Valued Customer,  
I am Vidya Gunturkar-Joshi, the proud founder of **Nutrimillets Food Pvt Ltd.** **Nutrimillets®**, brand is built on a profound commitment to your well-being. Millets are the cornerstone of **Nutrimillets®** products, deeply ingrained in the fabric of Indian agriculture and society. These grains not only ensure food security, nourishment, and cultural significance but also sustain livelihoods and promote environmental well-being. Millets have stood the test of time, with a history spanning over 5000 years, and their benefits remain indispensable. **Nutrimillets®** products are masterfully crafted by Food and Nutrition Experts, upholding the highest standards of quality and harnessing the nutritional richness of millets. A significant aspect of **Nutrimillets®** products is that they are entirely gluten-free, as we have eliminated wheat to accommodate diverse dietary needs. We firmly disapprove of using rice, corn, white sugar, preservatives, artificial colors, and flavors in our offerings. Our millet-based products, can play a vital role in promoting healthier lifestyles and life style diseases such as diabetes and obesity. I eagerly anticipate your feedback on **Nutrimillets®** offerings. Please feel free to reach out to us. Thank you for choosing **Nutrimillets®** to lead you towards a healthier and tastier life.

**Best Regards**  
Vidya Gunturkar - Joshi

## Nutrimillets Tashan™

*Indulge guilt-free on any occasion.*

### Box Contents

Product	Tick Mark
Idli Mix	250g
Dahiwada Mix	250g
Thalipeeth Mix	250g
Appam Mix	250g
Jowar Chivda - Garlic	50g / 100g
Jowar Chivda - Khatta Mitha	50g / 100g
Jowar Sev - Chat Masala	50g / 100g
Jowar Sev - Garlic	50g / 100g
Jowar Cookies - Dry Fruits	50g / 100g
Jowar Cookies - Jeera	50g / 100g
Jowar Cookies - Choco Chips	50g / 100g
Jowar Cookies - Kasuri Methi	50g / 100g
Jowar Cookies - Tutti Fruitti	50g / 100g
Multi Millet Laddu	100g / 250g

Refer individual packs for the ingredients, shelf life and nutrition details.

NET Weight :  
(When Packed)  
MRP Rs :  
(Inclusive of all taxes)  
MFG Date :  
Batch No :  
Expiry Date :

Manufactured With Quality Assurance at  
**Nutrimillets Foods Pvt. Ltd.**  
H.No. 16, SR No 106, Near Renuka Mata Temple, Satara,  
Chhatrapati Sambhajnagar - 431001 Maharashtra

☎ 0421991551 ✉ enquiry@nutrimillets.online 🌐 @nutrimillettreats



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## MILLET AWARENESS Indian Institute of Food Science & Technology (IIFST)



The Food and Drug Authority (FDA), in collaboration with IIFST, orchestrated a millets mela to cultivate awareness about millets among high school and college students. We were delighted to contribute to this noble cause as active participants.







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# MILLET AWARENESS

## Indian Institute of Food Science & Technology (IIFST)

Mrs. Vidya Joshi, the Founder of Nutrimillet, served as a distinguished panelist during a poster competition held at IIFST College. The event witnessed active participation from over 50 students representing 10 different institutes.





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## COOKING WITH NUTRIMILLETS



### THALIPEETH MIX

Ready to make mix of millets with lentils with tasty spices to make tasty thalipeeth.

**Makes 5-6 Thalipeeth. Serves 2-3**

मिलेट्स, दाल आदि चुनिंदा मसाले बनाते हैं स्वादिष्ट थालीपीठ।  
5-6 थालीपीठ बनते हैं। 2-3 लोगों के लिये।

**Ingredients-** Jowar (Sorghum), Ragi (Finger Millet), Bajra (Pearl Millet), Moong dal (Yellow Split Gram), Urad dal (Polished Split Black Gram), Chana dal (Split Chickpea), Ajwain (Carrom Seeds), Jeera (Cumin Seeds), Kasuri Methi (Dried Fenugreek leaves), Red Chilies Powder, Iodized salt, and Haldi (Turmeric) Powder

#### Recipe (बनाने की विधि)



2



3



**Batter preparation-** Mix NutriMillets Thalipeeth Mix with lukewarm water in a bowl. Mix it thoroughly so that no lumps are formed. Make a dough similar to multi grain roti / bread. You can add chopped onion, coriander leaves, Hing (asafoetida) as per your taste. You may add a tablespoon of curd if you like.

**बैटर तैयार करना-** न्यूट्रीमिलेट्स थालीपीठ मिक्स को एक बाउल में गुनगुने पानी के साथ मिलाएं। इसे अच्छी तरह मिलाएं ताकि कोई गांठ न बने। मल्टी ग्रेन रोटी/ब्रेड के जैसा आटा गूंथ कर तैयार कर लीजिये। आप अपने स्वाद के अनुसार कटा हुआ प्याज, हरा धनिया, हींग डाल सकते हैं। आप चाहें तो एक चम्मच दही भी डाल सकते हैं।

**Making-** Heat a Tawa and make Paratha or pan cake or thalipeeth

**बनाना-** तवा गरम करके पराठा या पैन केक या थालीपीठ बना लीजिये।

**Serving-** Serve with butter/ pickle /peanut chutney / fried green chilies /curd

**सर्विंग-** बटर / अचार / मूंगफली की चटनी / तली हुई हरी मिर्च / दही के साथ सर्व करें।

#### THALIPEETH MIX

- Instant option for Lunch / Dinner
- Protein and Fiber rich breakfast
- Gluten Free - No Wheat
- No rice
- Easy to cook

#### थालीपीठ मिक्स

- लंच/डिनर के लिए झटपट विकल्प
- प्रोटीन और फाइबर से भरपूर
- ग्लूटेन मुक्त - गेहूं नहीं
- चावल नहीं
- पकाने में आसान





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THANK YOU!!

Let's make it together!!



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@nutrimillets



Millets.treats@gmail.com

[www.nutrimillets.online](http://www.nutrimillets.online)