

Food Technology *(Department of Home Science)*

Unique Student Initiative: NutriBite



Nutri Bite – an Entrepreneurial Project (Season 1, 2, 3 and4) (30+40+24+27=121 students)

Nutri Bite, a unique initiative by the students of Lakshmbai College, made a humble beginning in 2016-2017 and has gradually evolved to establish itself as a small food venture, which provides a variety of snacks with taste, nutrition, safety to the college fraternity.

Nutri Bite Season 1 (2016-17) (1 PI + 12 team members +17 volunteers=30) team comprised of 13 team members of Food Technology who volunteered and contributed rupees 50 each to form a Self Help Group with Project Investigator Shikha Sharma, of III year Food Technology as the leader and put up 7 stalls in 2016-17. The team members and 17 volunteers worked on standardization, costing and prepared the products in bulk for sale. They were generous in incorporating vegetables, fruits and whole grains in the recipes to improve the fiber content and the nutrient density. Without compromising on the taste and flavour, the amount of fat and sugar was also lowered during the standardization process.

Nutri Bite Season2 (2017-18) (2 PI + 17 team members +21 volunteers=40) was inaugurated by Chairman Prof Babbar and Treasure Prof Ragi. Charu Bhatia and Richa Grover, the Project Investigators carried the team of 17 team members and 21 volunteers successfully and put up 7 stalls serving safe and nutritious savouries and sweets to students and staff of the college throughout the year 2017-18. The project could sustain itself due to the hard work and commitment of the core project team. Accounting of expenditure, sale and profit improved during this term. Ample support was received from the principal, the staff and students and the feedback was extremely encouraging for the Nutri Bite team.

Nutri bite Season 3 (2018-19) (2 PI+15 team members + 7 volunteers=24) was led by Project Investigators Anamika and Khushboo with 15 team members and 7 volunteers. The team worked on developing and standardizing newer recipes and improving packaging of freshly cooked as well as bakery products.

Nutri bite Season 4 (2019-20) (1 PI+ 13 team members + 13 volunteers=27) was led by Megha Jindal, the Project Investigator who exhibited exemplary leadership during her tenure and took Nutri Bite to newer heights introducing professional packaging for bakery products, serving the dish prepared and also takeaways. Six successful plazas were put up in 2019-20. A register for keeping the minutes of meetings of the team was also maintained.

This endeavor has taught the student team some basics of catering business, instilled some entrepreneurial skills, enriched the culinary skills, inculcated some creativity and boosted the confidence of team students. It also addressed the felt need of the staff and students to have occasional access to safe and nutritious food in the college.