

# Distribution of Food Supplements, Oral Health Care Products to Senior Citizens

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**Organized date:** 27th March 2021 from 9 am - 5 pm.

**Name of the program:** Distribution of Food Supplements, Oral Health Care products to senior Citizens.

**Target Group:** 3 different senior citizens home

Manav Sewa Ashram in Garipatan Pokhara - 146 people including 12 children age ranging from 8 months to 12 years old, those seniors and the children are taken from the street who are mentally retired and physically disabled.

Pokhara aged Shelter, in Sitapaila Pokhara - 55 senior citizen who are neglected and are homeless

Shree Radhakrishna Bridhashram, in Lekhnath Pokhara - 53 senior citizen who are neglected and are homeless

**Number of Beneficiaries:** 242 senior citizens and 12 children

**Mission of the program:** Help to boost up the immune system to minimize the health risk of senior citizens.

Supplying of adequate food supplements to minimize the health risk of senior citizens and marginalized groups. Considering the pandemic, introducing the food supplements to the vulnerable communities, informing the deficiency of nutrients food and its effects to the individual may risk in severe health issues, therefore required food supplements will minimize, prevent, and balance the health of senior citizen and marginalized community. Understanding and to aware the risk of spreading virus – practice social distancing as possible.

We are very happy to share this unique program to those organizations, the representatives of the organizations were very pleased and was keen to know more about the products. They shared positive response and was willing to use in future. Especially this program with the senior citizens shelter home was successful where there are no such facilities provided yet. Distribution of such adequate food supplements and oral health care products will benefit and improve their quality healthy life that also secure senior citizens as COVID are in high risk

**Distributed Products:** Flax Seed Oil, Iron, Spirulina, Calcium, Glucosamine, Aloe vera, Neem, Dietary Fibre, Protein Powder, Toothpaste, Toothbrush, Mouth Wash, An unique blend soap of Neem, Tulsi/brasil, and Pudina/Mint. We also added Tealeaf is rich in natural antioxidants (flavonoids) to protect the cells and tissues in the body.

**For the children:** we provided them the **INVIGO NUTRITIONAL PROTEIN POWDER and COLOSTRUM** Most children were malnutrition, they were not eating and sleeping as a regular children does.

**INVIGO NUTRITIONAL PROTEIN POWDER:** It is a low-fat milk and whey protein food supplement. It is enriched with DHA - a fatty acid that is crucial for the brain's functioning. It has vital amino acids, it contains vitamins A, C, D, B1, B2, B6 and B12, along with folic acid, to provide the body with essential nutrients. Protein Powder is also a rich source of calcium and minerals to strengthen bones and helps to improve overall health.

**COLOSTRUM:** Colostrum, known as the first milk after delivery, is a mammary secretion produced by bovine animals. It is collected within the first six hours after a calf 's birth. Colostrum is a rich natural source of immunoglobulin that helps in strengthening the immune system and provides protection against various diseases. Colostrum is a rich source of nutrients, antibodies, and growth factors. It is a complete formula of essential vitamins, minerals, essential fatty acids, and amino acids required for the optimal functioning of the body and maintaining overall health. The immune factors and antibodies in Colostrum also help to fight viral infections, allergens, and toxins that harm the body.

3 Sisters Foundation team have had written supplement lists that was written both in English and Nepali language. For the better understanding of the products, its ingredients, benefits and doses - we also explained the representative verbally. Also, before visiting the site, we communicated regarding the details of the product and its uses via Vibre in advance so they are familiar with those products we are providing them and its benefits.

**Budget:**

Food Supplement and Oral Health Care product: US\$3555

Administration: US\$ 250

Transportation: US\$ 200

Banner and stationeries: US\$ 50

**Total amount: US\$ 4055**