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It Starts with Access

*Reflections from government schools in Kangra on
nutrition, opportunity and the power of school meals.*

The Nourished Roots

GOODNESS WITHIN

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Kangra, Himachal Pradesh

Notes from a visit to government schools across Kangra, undertaken in partnership with Bodhi Greens Foundation — on what it means to grow up with plenty around you, and still go without.

I used to think the food challenge was mostly about helping people choose better.

Cleaner labels. Better ingredients. More awareness.

After visiting government schools in Kangra, Himachal Pradesh, through Bodhi Greens Foundation, I realised that for many children, the conversation starts far earlier than choice.

"It starts with access."

Naming Without Nourishing

When I asked students about vegetables, many could name them all.

But when I asked how often they ate them, the answers became quieter.



*But when I asked how often they
ate them,
the answers became quieter.*



The Meal They Depend On Most

Teachers shared that some younger children occasionally faint in school because they arrive without having eaten.

For many students, the Mid-Day Meal is not just part of the school day. It is the meal they depend on most.

Grown at Home, Still Out of Reach

What was difficult to sit with was this: many of these children come from farming families, yet nutritious food is still not assured at home.

Vegetables, fruits, and food diversity are often missing from daily meals — even in homes that grow them.



*Nearly half of India's adolescent girls
are anaemic.*

SOURCE — NFHS-5

What the Numbers Show

In schools, those numbers show up in quiet, everyday ways.

- Tiredness
- Difficulty concentrating
- Missed classes
- Lost confidence

And yet, what stayed with me most was not the challenge.



It was the potential.

The Curiosity in the Room

- The curiosity in the room
- The questions
- The willingness to learn

The gap is not ability.

The gap is opportunity.



*The gap is not ability.
The gap is opportunity.*



Where Opportunity Begins

And sometimes, opportunity begins with something as simple as a nutritious meal.

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with something as simple
as a nutritious meal."*

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Thank you for reading.

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