




about **A. SANTHILAKSHMY**

Passionate about creating tasty and healthy food, Santhilakshmy's journey started 15 years ago taking her to schools & educational forums as an advocate of tasty & nutritious meals, making a case for understanding our food better. Her background as a science teacher, parent & enthusiastic chef helps lend credibility to the meals she whips up. Testimony to this commitment is the sustainable & organic kitchen created at Prakriya School in Bangalore. She will also be bringing all of that experience & delight to Patashaala School in Chennai.

Her workshops help parents & teachers who face the challenge of balancing nutrition with taste - which is often the only thing children care about! Some of these workshops help children be more informed & connected to what they eat. In these workshops, Santhilakshmy shares her secrets & experience in creating delicious menus & even snacks which children gobble up.

Through her work & workshops Santhilakshmy continues evangelising the need to return focus to our habits, myths & fads, tradition, flavours & sustainability of culinary practices in India.



SANKALPA
towards conscious eating



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Welcome to a refreshing new approach to food. A culinary journey that takes you close to the source of good health...

SANKALPA offers workshops on healthy kitchen for parents and teachers with the sole and earnest objective to break the health vs taste dichotomy that exists in our society with respect to food, and take people on a holistic culinary journey.

As an educationist working with food and children, the most pertinent question I ask myself is, 'How do we tune children into healthy eating?' All the engagements I offer through SANKALPA are geared towards this - to shift the perspective of all the stakeholders involved, from teaching and non-teaching staff to parents and children to answer that question.

Sankalpa offers both short and long term classes and workshops geared towards holistic food and a conscious kitchen.

Our Programmes

1 year programme for schools or organisations interested in meaningful meal plans. Sankalpa will help modify the menu and train the cooks and kitchen staff on the principles of holistic and healthy cooking. This programme involves monthly review/feedback sessions to improve and enhance the abilities of all the stakeholders involved.

Delicious Revolution for school children comprising of 80-minute-sessions, twice a month, involving cooking classes, documentaries, and classroom discussions.

Teacher/parent workshops held thrice a year comprising of a mix of talks headed by holistic food experts, cooking demos, recipe sharing and presentations.

Holistic cooking workshops for smaller groups such as apartment complexes or offices where the participants will be informed about the importance of eating healthy and how to improve their kitchens and styles of cooking to meet the objective.

Food Trails for children in which they are made to explore the traditional food of Malnad by engaging with villagers and learning about the rich history of the local vegetables and their medicinal values.

Nutritious Meals

Mindful Eating

Simple Recipes

Tips & Tricks

Practical Approach to Everyday Food

Food Trails that Empower, Educate & Inspire

visit our website
www.sankalpa.com

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