

Food Festival 2019

Under the heat of blazing sun, when a chilled glass of 'Nimbu Paani' or 'Sharbat' is the only thing that can quench that thirst, when the senses are overwhelmed by the riot of flavours on your tongue, when the clamour of plates and the beat of resounding slogans, made with just as much love as the food, becomes louder than the grumbling of your stomach, that is the time when we welcome the food festival.

It is said that the way to the heart is through the stomach. The food festival at the Vidyalaya is a living proof that the way to the stomach can never be without love from the heart either.

At the Vidyalaya, we are all about tradition, health, innovation and collaboration. This extends to our food as well. For many years, parents have taken part in our beloved food festival, coming up with their own versions of many foods, both traditional and contemporary. They get together in groups and provide the students with an amazing culinary experience and make memories that they will cherish forever. It is this blend of enthusiastic parents, excited kids and hardworking staff that makes the food festival one of the most unique school events. This year the food festival will be held on **27th April 2019, Saturday**. Like always, the focus will be on home cooked, healthy and nutritious food using local ingredients.

So tie your aprons and cook up some ideas

The Vidyalaya has taught us to show responsibility towards our environment and we wish to practise the same during this year's food festival.

We hope that the parents will encourage our initiative by keeping in mind a few points during the food fest

I. Some of them are:

1. All decorative items should be made **using eco-friendly material**. The Vidyalaya strongly discourages the use of any kind of plastic or thermocol for such purposes.
2. Parents are requested to **use biodegradable plates and spoons** for serving purposes. (Ecoware will be provided by the Vidyalaya on demand.)
3. Parents are to note that **only a limited number of electric sockets** will be provided so as to minimise the power consumption during the festival.
4. Parents can **use recycled paper and newspapers** for decoration purposes.

II. **Vidyalaya will provide the following:**

1. Ice will only be provided for cooling purposes.
2. Chairs and tables
3. Aluminium tubs for cooling
4. Fans in sunny areas

III. Also, the Vidyalaya **WILL NOT BE ABLE TO PROVIDE** any of the following to the parents:

1. Any kind of edibles
2. Any decoration material
3. Cooking or gas stove
4. Cooking utensils or cylinders
5. Edible ice

Dates to Remember:

1. Last date for form submission is **1st February, 2019 (Friday)**. No entries will be accepted after this date.
2. Parents' volunteer meeting will be held on **6th April, 2019 (Saturday)**
3. Food fest will be held on **27th April, 2019 (Saturday)**

Note - Parents' meeting for deciding on food items and other details will be held on 6th April, 2019 (Saturday) at 9:30 A.M. in the school auditorium.

We have observed that over the years the number of parents participating in the meeting has been steadily declining. This has impacted the smooth organisation of the food festival. All participating parents are kindly requested to take out time and please attend the meeting.

Please use the following link to access the form online:

<https://tinyurl.com/spvfoodfest>

For further details and inquiries, please contact us at
studentsexec@spvdelhi.org

You may also contact us at the following numbers:

Muskaan Jain (General Secretary) – 9650345545

Garvit Chhabra (Dep. General Secretary) - 9599555123

Jayshree Ma'am – 9810558252

Vidhu Ma'am - 9313507871

Anuradha Joshi
(Principal)

Jayshree Mohan
(Teacher In charge)

Muskaan Jain
(General Secretary)

These are some suggested food items, **we encourage parents to innovate and explore different food items for the food festival.**

<p><u>Chaat</u> Chana Zor Garam Gol Gappa Raj Kachori Papdi Chaat Dahi Bhalla Corn Chaat Sev Puri Aloo Tikki Aloo Chaat Bhel Puri Jhal Muri Fruit Chaat Ghoongni/Mattar Chaat</p>	<p><u>Main</u> Kachori Aloo Dal Baati Churma Matra Kulcha Appam Stew Pav Bhaji Litti Chokha Aloo Bedmi Thalipeeth Khichu Panki Zunka Bakhari Hummus & Pita Bread Sku & Thukpa Sabudana Khichdi Thepla Thalís (From various regions)</p>	<p><u>Snacks</u> Dhokhla Khandvi Masala Papad Momos Khakhra Pitha (Assamese) Moong Dal Chila Kathi Roll Idli Vada Paniyaram Nachos Tacos Burritos Canapes Pakodas (Moong Dal, Mixed Veg)</p>
<p><u>Drinks</u> Jaljeera Barley Water Lemonade Tender Coconut Lemonade Aam Panna Thandai Lassi Sambaaram Paanagam Kanji Milkshakes/ Smoothies Ginger-ale Sugarcane Juice Watermelon juice Gud - Imli Juice</p>	<p>Rice- Tamarind Lemon Curd Tomato Risotto Vangi Bhaath Bissi Beli Bhaath Kathal Biryani Kala Chana Biryani</p>	<p>Frankies Salads Masala Pav Corn Buns Chilly Potato Muthiya Chutney Sev Khamni Baked Veg. Chips and Dips Spring Roll Lemon sewai Dahi Batata Puri</p>
<p><u>Juices-</u> Gud Imli Juice Watermelon Juice Sugarcane Juice Piyush Sharbat- <ul style="list-style-type: none"> • Kokum • Bel • Pudina • Saunf • Phalse • Ginger </p>	<p><u>Sweets</u> Puran Poli Mishti Doi Flavoured Yoghurt Fruit Tarts Kulfi Homemade Sweets- Phirni Kheer/ Payasam Kalakand Shrikhand Modak Naan Khatai Sondesh Shahi Tukda Besan ke Laddoos Halwa (Moong Dal Halwa, Badam Ka Halwa, Ghiya Ka Halwa, Aata Ka Halwa) Fruit Cream</p>	<p><u>Indigenous Grains</u> Ragi Laddoos Ragi Idli Ragi Dosa Bajre ki Khichdi <i>(parents can explore different varieties of indigenous grains)</i></p>