

Calendar 2021



Wishing you a very  
Happy New Year



GOOD FARMING - GOOD FOOD



Netherlands Enterprise Agency



EAST-WEST SEED  
INTERNATIONAL

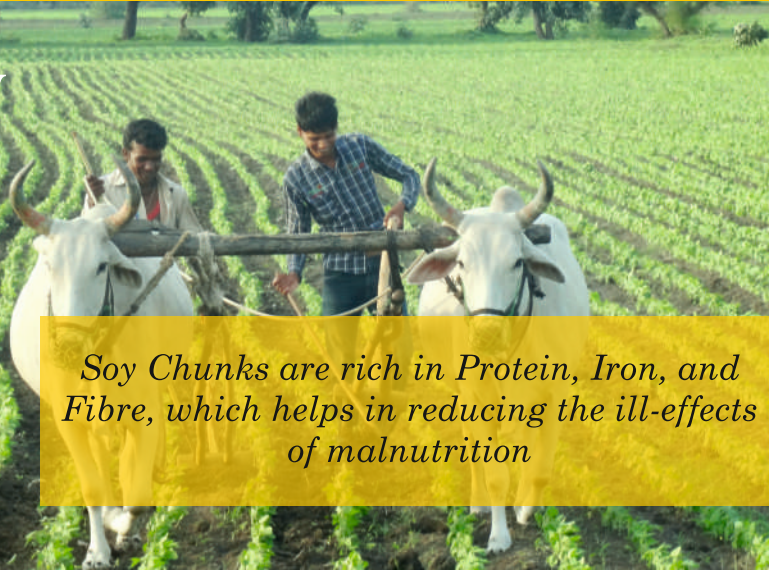
**Solidaridad**



НБРА  
ICAR



# January 2021



*Soy Chunks are rich in Protein, Iron, and Fibre, which helps in reducing the ill-effects of malnutrition*



**GOOD FARMING - GOOD FOOD**

A consortium of Government and private organisations brings  
**Good Farming – Good Food to farmers' doorsteps**

## January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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24	25	26	27	28	29	30
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01 New Year's Day, 13 Lohri, 14 Pongal / Makar Sankranti,  
 26 Republic Day

## February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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# February 2021

*Bitter gourd contains Polypeptide-p or P-insulin which naturally controls diabetes*



February 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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10 National Deworming Day, 16 Vasant Panchami,  
27 Sant Ravidas Jayanti



**GOOD FARMING - GOOD FOOD**

The unique public-private partnership model operates in 5 districts of Madhya Pradesh: Bhopal, Sehore, Dewas, Ujjain and Agar Malwa

March 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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28	29	30	31			



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# March 2021



*Soybean Sprouts are an excellent source of Protein, Iron and Vitamin C*

## March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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08 International Women's Day, Poshan Pakhwada,  
11 Maha Shivratri, 29 Holi

## April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**GOOD FARMING - GOOD FOOD**

The project focuses on increasing Availability,  
Affordability, Accessibility and Awareness  
of Soy and nutritious vegetables



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# April 2021

*Cucumber not only keeps you hydrated but also provides necessary Antioxidants to the body*



**GOOD FARMING - GOOD FOOD**

One of the project's prime objectives is to reduce malnutrition and improve nutritional level amongst vulnerable rural community; especially women and children

**April 2021**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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02 Good Friday, 07 World Health Day, 13 Gudi Padwa / Chauti Chand, 14 Ambedkar Jayanti / Baisakhi, 21 Ram Navmi, 25 Mahavir Jayanti

**May 2021**

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# May 2021



*Rich in Protein and easy to prepare, Fried Soy Nuts are an excellent source of essential nutrients that helps in fighting malnourishment*



**GOOD FARMING - GOOD FOOD**

Increasing food and nutrition security by promoting smallholder farmers' agricultural growth and resilience is one of the key objectives of Good Farming – Good Food

## May 2021

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14 Parshuram Jayanti, Id-ul Fitar, 15 Family Farming Day, 26 Buddha Purnima, 28 World Hunger Day

## June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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# June 2021

*Folic acid, which is necessary to fight anaemia, can be found in abundance in Spinach*

## June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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01 Soy- Week Celebrations, 05 World Environment Day, 21 International Yoga Day

## July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**GOOD FARMING - GOOD FOOD**

In line with Government programmes and schemes, the project aims to enhance children and adolescents' nutrition level in selected schools and Anganwadi centres



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# July 2021



*When added with Wheat flour, Soybean flour increases the total nutrition value of the food*

**July 2021**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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21 Id-ul-Zuha



Rural - Entrepreneurship receives a boost by the training and guidance under the project

**August 2021**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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# August 2021

*Eggplant has naturally occurring Folate (Folic Acid) which is beneficial for people suffering from anaemia*

**August 2021**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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01\* World Breastfeeding Day, 09 Adivasi Diwas, 15 Independence Day, 19 Muharram, 21 Onam, 22 Raksha Bandhan, 30 Janamashtami



**GOOD FARMING - GOOD FOOD**

Each consortium member brings unique expertise to the table

**September 2021**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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# September 2021



*Tofu is an excellent substitute for Paneer, especially for vegans*

## September 2021

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01 National Nutrition Week, 10 Ganesh Chaturthi

## October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**GOOD FARMING - GOOD FOOD**

Awareness and training programmes based on  
Nutrition shapes the yearbook of  
Good Farming – Good Food



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# October 2021

*Moringa leaves provide seven times the Vitamin C found in oranges*



**GOOD FARMING - GOOD FOOD**

Budding Farmer Producer Organisations receive assistance to secure quality agri - inputs

## October 2021

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02 Gandhi Jayanti, 15 Dussehra, Women Farmers' Day (Mahila Kisan Diwas), 16 World Food Day, 19 Milad un-Nabi, 20 Maharishi Valmiki Jayanti

## November 2021

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# November 2021



*Apart from being a good source of calcium and protein, Soy Milk is also an excellent milk substitute for lactose intolerants*



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Soybean is the largest source of protein and oil in the world, known for its unmatched composition of 40% protein and 20% oil

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04 Deepavali, 14 Children's Day, 19 Guru Nanak Jayanti

## December 2021

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# December 2021

*Tomatoes are high in Fibre and a good source of Vitamins (A, C, B2) Calcium, and Antioxidants*

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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05 World Soil Day, 23 National Farmers' Day, 25 Christmas

## January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**GOOD FARMING - GOOD FOOD**

Good Farming – Good Food aligns with the Sustainable Development Goals (SDG 2, SDG 5, SDG 8, SDG 12 and SDG 13)



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