Community centric approach

*cultivation, processing, consumption*

Dwiji Guru

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+91-99000-54878
dwiji@themillet.org
About the Know Millets Webinars

- Different aspects of millets
  - Ecology
  - Historical context
  - Sustainable food systems
  - Community centric
  - Nutrition & Socio – economics
  - Technology & Engineering

Sustainable food systems perspective

Please note slide number for easy reference during Q&A
In this presentation

- Motivations to bring back millets
- Grain structure & Nutrition
- Implications on processing & storage
- Community centric approach
  - Production
  - Processing
  - Consumption

Summary

+91-99000-54878
dwijji@themillet.org
Motivations to bring back millets

✔️ Individual
  ✤ Health concerns
  ✤ Current fashion
  ✤ Extra cautious (Gluten)

✔️ Institutional
  ✤ Be seen as doing something
  ✤ Some good apples
Grain structure & Nutrition

- **Husk**
  - Hard cellulosic, indigestible

- **Bran**
  - Extremely nutritious

- **Germ**
  - Protein rich

- **Rice Kernel**
  - Source of energy
Characteristics of the Bran layer

⚠️ Composition
- Fibers
- Minerals
- Fatty acids

⚠️ Structure
- Thin
- Fragile
Implications on Processing

▲ Processing

✦ Challenges

★ Variations
★ Retaining bran
★ Reducing bran damage
★ Pest Management

✦ Way forward

★ Scale of processing
★ Skill development
Implications on Storage

Storage

Challenges

- Reduced shelf life
  - Oxidation / Rancidity
  - Pest management

Way forward

- Dehusk closer to point of consumption
- Long term strategies
Community centric approach

- long term, humanist (not short term, financial)
- Lessons from current carbohydrate security policies
  - Need for a paradigm shift
- Components
  - Production
  - Processing
  - Consumption
Community Centric – Production

📍 Strength in numbers
  - Services
  - Bargaining power
  - Agro-bio diversity

📍 Critical mass for ‘RoI’ on interventions
  - Multi sectoral resources
Community Centric – Processing

**Access & Ownership**
- Job shop model
- Bring your own grains

**Sovereignty & Economics**
- Strengthening farm to plate
- Skill development
- ‘Value creation’ in the rural
Community Centric – Consumption

🔺 Access & Equity
  ✦ Food (nutritional) security
  ✦ Communities in need

🔺 Nurturing local diversity
  ✦ Agro-bio
  ✦ Food
  ✦ Cultural

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Summary

- Focus on the human element
  - Nutrition
  - Equity
  - Sustainability
- Transformation – not tweaking – is the need of the hour
- Multi dimensional, inter-twined
- Direction & journey not destination

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Nutritional content in 100 gms of dry Grain

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<tr>
<th>Grain</th>
<th>Protein (in gms)</th>
<th>Carbohydrates (in gms)</th>
<th>Fat (in gms)</th>
<th>Fiber (in gms)</th>
<th>Minerals (mg)</th>
<th>Calcium (in mg)</th>
<th>Phosphorus (in mg)</th>
<th>Iron (in mg)</th>
<th>Energy (in KCal)</th>
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Compiled from a study published by National Institute for Nutrition, Hyderabad and other sources for Quinoa and Brown top millet.
Thank you!

For more info ...

http://themillet.org
http://millets.wordpress.org