**Meals**

Malnutrition and disability are both major global health problems. Malnutrition can lead to disability. Disability can also lead to malnutrition. Recent studies have found that children with disabilities admitted and treated for malnutrition are more than two times more likely to die than non-disabled children. Malnutrition is a major public health emergency in India today, with about 50% of the population suffering from it in some form - protein-calorie deficit and/or micro-nutrient malnutrition. Malnutrition including micronutrient deficiencies often leads to permanent damage including impairment of physical growth and mental development, and to added health care costs.

Livelihood program at APD is designed in such a manner to work for the holistic development of YWD’s. During the course of training, APD provides free food and accommodation facilities for the YWD who hails from rural parts of Karnataka. Nutritious food is provided to ensure a better nutritional status of trainees. Apart from food provision we also ensure that students learn the preparation of food to make them understand what exactly goes into their food. This also helps them in the future for self-sustenance.

Currently, trainees undergoing horticulture training. Every day’s lunch is provided under the midday meal scheme of ‘Akshay Patra’ which is wholesome nutrient food.  Breakfast and dinner are prepared at the center itself and it is ensured to provide eggs and banana once in a week. There is an exclusive kitchen and dining hall for students to prepare and have their meals. Such facility has ensured the sustenance of trainees as well as improvement in their physical and mental health which in turn promotes a better learning environment.