



SAATH

Creating Inclusive Societies



## Food Kits for Forgotten Lives

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**Saath Charitable Trust**  
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# ABOUT SAATH

Saath Charitable Trust is a Gujarat-based non-profit organisation founded in 1989 by Mr. Rajendra Joshi. It works to empower vulnerable urban and rural communities by developing inclusive and sustainable solutions in the areas of livelihood, education, health, governance, and child rights. With over three decades of grassroots engagement, Saath has enabled thousands of individuals—especially women, youth, and marginalised groups—to build better futures through capacity-building, entrepreneurship support, and integrated development models. Recognised for its participatory and community-driven approach, Saath collaborates with local institutions and government agencies to ensure long-term, scalable impact.

## Ration Kit Programme

The Ration Kit programme supports vulnerable families who face food insecurity due to financial hardship, health challenges, or sudden crises. Many households in informal settlements struggle to meet their daily nutritional needs because of irregular income and limited earning opportunities.

The programme provides immediate relief by ensuring access to essential food supplies for one month. This support helps families reduce their monthly food expenses and use their limited income for other urgent needs such as healthcare, education, and rent.

Each ration kit is valued at ₹1,500 and is designed to support a family of 3–4 members for approximately one month.

## What the Kit Includes

Each kit includes essential food and household items such as rice, wheat flour, pulses, cooking oil, sugar, salt, tea powder, jaggery, spices (turmeric, chilli, and coriander), besan, poha/semolina, and soap. The distribution of these kits ensures short-term food security and provides relief to families during periods of financial distress.

## Beneficiary Reach

So far, Saath has supported 8,500+ individuals across multiple locations, including Ahmedabad, Sanand, Jaipur, Varanasi, and Mundra, bringing relief to families facing hunger and malnutrition.

During the **financial year 2025–26**, Saath has supported **19 vulnerable families** through the Ration Kit Programme from January onwards, and support will continue through July, helping households meet their essential food and nutrition needs.

# Beneficiary Story

## Restoring Dignity and Health: Komal's (Name Changed) Story

Komal (Name Changed), a resident of Fatehwadi, Ahmedabad, dedicated many years of her life to caring for others as a nurse, providing comfort and medical support to patients in their times of greatest need. However, life took an unexpected turn when severe health complications arising from high blood sugar levels left her paralysed and completely blind. Unable to work or live independently, she moved in with her brother and his family, who welcomed her with care and support despite their own financial challenges.

Managing Komal's condition requires continuous medical attention, regular medication, and specialised care. With only one earning member supporting the entire household, the family found it increasingly difficult to balance daily living expenses with the cost of her treatment. They often faced the difficult choice between purchasing essential groceries and ensuring that Komal received the medicines she needed.

Recognising the family's situation, Saath stepped in to provide monthly ration kits containing essential food items. This support helped ensure that the family had access to nutritious meals while significantly reducing their monthly household expenses. As a result, the family was able to redirect a portion of their limited income towards Komal's medical treatment and daily medications, easing some of the financial burden they had been carrying.

The support has brought much-needed stability to the household and allowed Komal to focus on her health without feeling like a burden on her family.

Reflecting on the assistance she received, Komal shares, "My economic condition is not very good, but since Saath NGO has been helping us with monthly groceries, our situation has improved a little."

For Komal and her family, the monthly ration kit is more than just food support. It provides relief, dignity, and reassurance during a difficult period, ensuring that one of the community's former caregivers continues to receive the care and support she needs.

