

Chegg and SEEDS encourage healthy-eating behaviour in schools with nutrition kits

A nutrition kit distribution programme was held for school children in Delhi and Visakhapatnam to highlight the importance of a healthy diet in boosting immunity.

October 18, 2022: [Chegg](#), the leading student-first online learning company and SEEDS ([Sustainable Ecological & Environmental Development Society](#)) distributed over 15,500 nutrition kits to school children in Delhi and Visakhapatnam. As superfoods are known for the health benefits of their remarkable nutrient density, over 90 schools were selected with majority of the children from low-income families. From Visakhapatnam, where students come from rural communities, 66 schools were selected. In Delhi, about 28 schools under the Municipal Corporation of Delhi (MCD) were selected for the distribution, to promote the overall well-being of children.

"As a result of growing global crises such as climate change, COVID-19 and food insecurity, the marginalised groups of society suffer the most, especially children. We believe that providing school children from underprivileged families with superfoods will build their immunity, enabling them to learn effectively in classrooms," says Dr Manu Gupta, Co-Founder, SEEDS.

With the provision of these healthy food kits, the children were introduced to healthy eating habits. A nutritious diet contributes to their physical health, which results in a healthy mind for learning. In addition to improving their health after the COVID-19 pandemic, the distribution of nutrient-rich food items in schools was also intended to help children by giving them the food they needed for growth.

"It was important for us to work with these children for Chegg's Global Day of Impact. We are a learners first company, and we are happy to be working with SEEDS to provide healthy and nutritious meals to over 15,500 students across Delhi-NCR and Visakhapatnam. A nutritious diet provides growing children with nutrients necessary for their mental and physical well-being and we look forward to a long collaboration with SEEDS, in supporting vulnerable communities," says Mr Vijay T.S., Managing Director, Chegg India.

Several dignitaries, government representatives and members of the school administration were present at the distribution of nutrition kits at the ZPHS Boyipalem Secondary School in Visakhapatnam and the MCD Shakarpur School in Delhi.

About Chegg India:

Chegg India is a subsidiary of Chegg, Inc., which trades on the NYSE under the symbol of CHGG. Our offices in Delhi and Vizag have specialists across content, engineering, data analysis and marketing, along with thousands of experts who help us create world class content for the ever-growing needs of learners across the world.

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provides personal and professional development skills training, to help them achieve their learning goals. For more information, visit www.chegg.com

About SEEDS:

SEEDS (Sustainable Environment and Ecological Development Society) is a not-for-profit organisation that enables every Indian's right to a life of dignity, secure from disasters.

It builds community resilience through practical solutions in the areas of disaster readiness, response and rehabilitation empowering the most vulnerable across Asia to build a better future. Since 1994, the organisation has worked extensively on every major disaster in the Indian subcontinent – grafting innovative technology on to traditional wisdom. It has reached out to families affected by disasters and climate stresses; strengthened and rebuilt schools and homes; and has invariably put its faith in skill-building, planning and communications to foster long-term resilience.

SEEDS is also India's first agency to be verified on the parameters of the global Core Humanitarian Standards (CHS) – an international certification system for quality and accountability in humanitarian response. SEEDS has been awarded with the 2022 United Nations Sasakawa Award for Disaster Risk Reduction by the United Nations Office for Disaster Risk Reduction (UNDRR) and the Subhash Chandra Bose Aapda Prabandhan 2021 by the Government of India acknowledging the invaluable contribution and selfless service rendered in India in the field of Disaster Management. The awards are recognition for the impact created through SEEDS's people-centred approach and reinforce the organisation's commitment to accountability towards stakeholders and global frameworks such as the Sendai Framework and SDGs.

For more information, visit www.seedsindia.org



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