

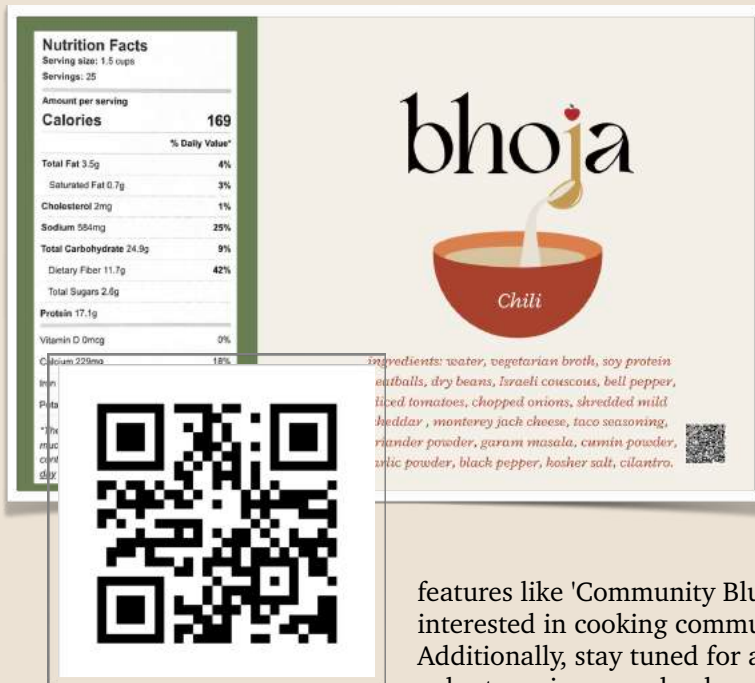
Food for Thought

nourish your body, nourish your mind

Bhoja Nutritional Labels and QR Code

Empowering Wellness, One Label at a Time

Introducing our new nutritional labels! Crafted by Roopa Delibabu, our esteemed nutritionist from the Wellness Task Force, these new labels are now part of every menu item we send out. And there's more! Each label proudly features a QR code directly linked to our website. Anticipate finding these labels securely placed on every food tray we deliver, offering transparent insights into the nutritional content of each hot



meal we prepare. Our goal? To ignite a commitment to enhanced nutrition, nurturing not only physical health but also mental and emotional well-being within our community.

Exciting news on the website front! While it's live now, it's still under construction. We're gearing up to introduce fantastic

features like 'Community Blueprints' for those interested in cooking community meals. Additionally, stay tuned for a user-friendly volunteer sign-up calendar, making volunteering a breeze.



Meet the Teams:

Site Planning, Operations, and Finance Task Forces



Operations Lead,

Sarvesh Makthal
Technical Program Manager



Finance Lead

Ambuja VT
Senior Engineer, R&D



Site Planning Lead

Manjula Vadaparti
Chemistry Lecturer

1

TEAM NEWS

Veggie prep took place on December 28th
The next prep is scheduled for January 28th

2

MEALS SERVED

33,600
as of January 9, 2024
50K here we come!

3

COLLABORATIONS

Cookies and treats made for sharing. The Cookie Swap was a hit!

Empowering Tomorrow: Our Vision for 2024

Feeding Hope, Building Futures

As we welcome 2024, our resolutions resonate deeply with our core mission: to nourish not only bodies but also hearts and minds across our community. In the spirit of expanding our impact, we're committed to implementing a vital initiative. We aim to introduce bagged dinners tailored specifically for school-age children, ensuring they don't go to bed hungry. This program seeks to address the pressing issue of childhood poverty plaguing our community, providing essential sustenance to those who need it most. Additionally, we're steadfast in our pursuit of upgrading our kitchen facilities, a crucial step toward extending our reach and serving even more individuals and communities in need. Together, let's embark on this journey with unwavering dedication, striving to create positive change in the lives of those we support.

We are still on the hunt for our very own delivery van! This van will not only streamline our operations but also amplify our ability to reach every corner of our community with nutritious meals and support. We're turning to you, our incredible community, for support in this endeavor. Your suggestions, leads, or connections to potential dealership partners would be invaluable. We're also reaching out to local dealerships, inviting them to join hands with us in this mission to enhance accessibility to wholesome meals for all. Together, let's make this vision a reality, one that will significantly impact the lives of those we serve.

Vertical Gardening, is it in our future?

Vertical tower gardening is revolutionizing the way



Pictured above is an indoor vertical garden where you can grow up to 52 plants per square meter with no soil.

*"Food is not rational. Food is culture, habit, craving, and identity."
- Jonathan Safran Foer*

people are engaging in farming. The innovative vertical tower design allows individuals to maximize limited space while cultivating a variety of fruits, vegetables, and herbs. Beyond the convenience of urban gardening, the act of growing one's food has profound benefits for overall health. Gardening is a therapeutic and physically engaging activity that contributes to mental well-being. The exposure to nature contributes to a holistic sense of health and wellness. At Bhoja, we want to integrate a vertical garden parallel to our kitchen, and use the produce to enhance our nutritious meals. This would have tremendous benefits for our work/life program. We would not only promote sustainable practices but also foster a healthier work environment, where our team can experience the physical and mental rewards of cultivating their own nutritious foods. Research is in progress.

First and foremost, thank you so much for your continued support of Bhoja's Annadānam initiative. It is because of thoughtful individuals like yourselves that we've made it this far and will continue to make strides in addressing food scarcity in the community.

Support for this mission comes in many forms. Community contributions of time, skills, and monetary donations are much appreciated! You can donate to Bhoja directly via Zelle by clicking on the QR code and entering: support@bhoja.org. You can also visit our website and click on the donate tab.

Bhoja is now on social media! Follow our Instagram at @bhoja_inc, our Facebook Page, Bhoja, LinkedIn Page, Bhoja, and Twitter at @bhoja_inc!! Follow us to join the journey!

support@bhoja.org

Enrolled with Zelle® as BHOJA INC.
Deposit to Business Adv Fundamentals - 3546



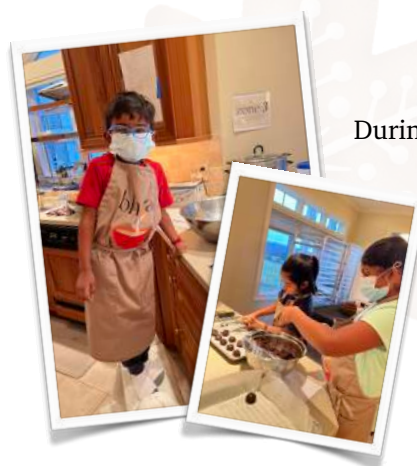
BHOJA'S VOLUNTEERS COOKIE SWAP & "LINNER"



The Cookie Swap & Linner

Cookies unite, Linner delights - sweet moments in every bite!

Over the past three years, the Bhoja team has consistently provided our community with hot meals prepared by dedicated volunteers. Whether quietly working behind the scenes or traveling from afar to help, our volunteers contribute to the vegetable prep and weekly meal deliveries without fail. To celebrate our collective efforts, we recently organized a Bhoja Cookie Swap and Linner, adding a touch of fun to our mission.



During this event, over 1,800 cookies and treats were lovingly made with the help of 15 dedicated volunteers. The delicious results not only delighted the communities we serve but also sparked the interest of many friends who eagerly sought the recipes for our cookies and treats. You can now find each of these delightful recipes conveniently listed on our dedicated "Cookie Recipes" page.

The heartwarming response from the communities we serve has been overwhelming. The cookies crafted with love by our dedicated volunteers were a massive hit. We received feedback that these delectable treats didn't even last 10 minutes on the table—gone within moments of being presented. The joy of sharing such delightful moments truly resonates within our community, and we look forward to creating more memorable experiences in the years to come!



1

TEAM BHOJA

Our first Cookie Swap and Linner get together!

2

COOKIES MADE

1,848

Delectable cookies and treats made!

3


COLLABORATIONS

Sripada, Srisha, Vilasini, Harini, Harshan, Radhika, Kutty Harini, Sumangala, Avanthika, Gargi, Sarvesh, Anita, Ametha & Sugitha!

4

SMILES

They are still smiling, we've lost count.



Cookie Assortment

Tropical Fruit Biscotti: unbleached all-purpose flour, granulated sugar, fine cornmeal, baking powder, kosher salt, ground allspice, unsalted butter, apple sauce (egg substitute), pistachios, dried papaya, crystallized ginger

Noel Nut Ball Cookies: unbleached all-purpose flour, pecans, confectioners' sugar, kosher salt, unsalted butter, honey, bourbon flavoring

Iced Chocolate Wafer Cookies: unsweetened chocolate, unsalted butter, applesauce (egg substitute), vanilla extract, granulated sugar, salt, ground cinnamon, unsweetened cocoa powder, all-purpose flour, vegetable oil cooking spray, confectioners' sugar, milk

Lammington Trumb Print Cookies: unsalted butter, condensed milk, vanilla extract, kosher salt, baking powder, unbleached all-purpose flour, unsweetened finely shredded coconut, semi-sweet baking chocolate, orange marmalade, raspberry jam

Tahini Cookies: unbleached all-purpose flour, baking soda, kosher salt, unsalted butter, sugar, flax seed, vanilla extract, tahini, white sesame seeds, or a combination of black and white

Cocoa Cookies: unbleached all-purpose flour, cocoa powder, kosher salt, ground cinnamon, ground cardamom, freshly grated nutmeg, ground cocoa, unsalted butter, granulated sugar, light brown sugar, vanilla extract, confectioners' sugar, unsweetened coconut milk, unsweetened shredded coconut, toasted

Snowman Shortbread Cookies: unbleached all-purpose flour, kosher salt, blanched almonds, unsalted butter, confectioners' sugar, almond extract

Gingerbread Espresso Cookies: unbleached all-purpose flour, instant espresso powder, ginger, cinnamon, cloves, nutmeg, baking powder, kosher salt, unsalted butter, ginger, dark brown sugar, unsaturated molasses, applesauce (egg substitute), sugar and confectioners' sugar

Crushed Peppermint Chocolate Cookies: all-purpose flour, unsweetened Dutch-process cocoa powder, baking soda, salt, milk chocolate, unsalted butter, sugar, vanilla extract, peppermint extract, applesauce (egg substitute), peppermint candies

Fruit Shortbread: all-purpose flour, salt, unsalted butter, confectioners' sugar, dried apricots, dried cranberries, dried currants, brandy flavoring, lemon zest

Ginger snap Palmiers: light brown sugar, dark unsaturated molasses, fresh ginger, granulated sugar, salt, ground cinnamon, nutmeg, ground allspice, ground pepper, puff pastry

Peppermint Spritz Cookies: confectioners' sugar, milk, vanilla extract, unsalted butter, granulated sugar, unbleached all-purpose flour, kosher salt, peppermint extract, Red pop-paste food coloring

Pean Linear Cookies: all-purpose flour, baking powder, pecans, confectioners' sugar, salt, ground cinnamon, unsalted butter, granulated sugar, vanilla extract, raspberry jam

Chocolate Covered Peanuts: dry roasted peanuts salted, milk chocolate chips, semi-sweet chocolate chips

Peppermint Bark: semi-sweet chocolate chips, peppermint extract, crushed candy canes

Snickerdoodle Cookies: all-purpose flour, baking powder, salt, baking soda, granulated sugar, unsalted butter, milk, vanilla extract, cinnamon

Triple Chocolate Chip Cookies: butter, sugar, brown sugar, applesauce (egg substitute), vanilla, flour, baking soda, salt, walnuts and pecans, Ghirardelli bittersweet chocolate, milk chocolate and semi-sweet chocolate chips

Walnut and Pecan Pedges: sweetened condensed milk, chocolate chips, vanilla extract, walnuts and pecans

cookie allergens | 585-479-3646 | support@bhoja.org | Rush, NY 14543 | www.bhoja.org | bhoja_inc | bhoja

“It was such a fun filled family moment baking cookies for the event at home and also when helping bake different cookie recipes in the Bhoja kitchen. While enjoying each of these rich and tastefully decorated cookies, we truly felt the spirit of seasonal joy and sharing! The presentation of the menu items prepared at the linner was excellent. It was very wholesome and flavorful!” - Sumangala H.

“The cookie swap and linner was a fun way for the Bhoja community to come together and enjoy yummy treats and each other's company! It was a wonderful opportunity to make cookies and share them with the many people of the Rochester community!” - Sripada K.

“Thank you for such a lovely evening and it was such a thoughtful way to end the 2023. The food and the cookies were not only delicious but also beautifully presented. It was wonderful to taste all the flavors of the Bhoja meals. Thank you for your hospitality!” - Sugitha S.

“I don't have words to describe my reactions when I tasted the cookies. It was simply DELICIOUS!” - Vilasini S.

“I was thrilled to taste all yummy cookies!” - Harshan S.

COOKIE RECIPES



Tropical Fruit
Biscotti



Noel Nut
Balls



Iced Chocolate
Waffles



Lamington
Thumbprints



Tahini



Cocoa



Snowmen
Shortbread



Gingerbread
Espresso



Crushed
Peppermint



Fruit
Shortbread



Gingersnap
Palmiers



Peppermint
Spritz



Pecan Linzer



Chocolate
Covered Peanuts



Peppermint
Bark



Snicker-
doodles



Triple
Chocolate Chip



Walnut and
Pecan Fudge

“Discover the magic behind our delectable cookies, baked with love by our dedicated volunteers. Over 1800 cookies disappeared within minutes, and now you can recreate these sweet moments with our curated cookie recipes page – a delightful collection born from community spirit and culinary passion.”

- Saru Haran