

Svasth Health Food

“Feel good Gastronomical solution”

*“Thy food shall be thy medicine &
Thy Medicine shall be Thy Food.”*

...Hippocrates (400 BC)



Inference from Hippocrates verses

- Medicine alone will not heal
- Food is equally important as medicine
- Appropriate Food / Food habits, reduce dependence on or help avoid medicine
- Hence healthy food habits can help avoid or delay dependence on medicine
- Hence Right food at Right time in Right quantity & frequency can be our Medicine



Issues with Appropriate food

- Individual specific Right Food tough to get
- Getting Hygienic Right Food at desired place
- Commercial taste & quality of available sources
- Ease of getting at desired place
- Knowing the Nutritional value of the food
- Real time Expert advice
- Cost



A Customer centric Integrated Solution

SVASTH HEALTH FOODS

“Feel good Gastronomical Solution”

An Integrated Decentralised global food Aggregation model

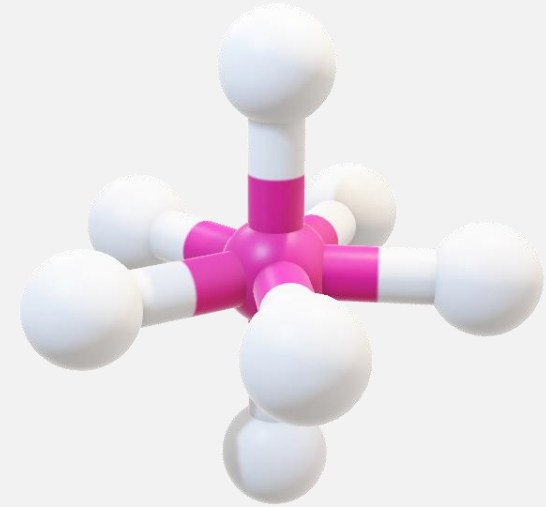
- Provides Right Food at Right Time at Right Place
- Professional Dietitian Planned customer specific food course
- Choice of personal preference in food presentation
- Caters to varying health needs as per personal requirement
- Caters to individuals & institutions (Hosp/Offices/Institutions)



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Elements of the integrated model

- Professional Dietitian for consultation
- Food buyer
- Svasth Hygienic Kitchen Entrepreneur (SHKE)
- Vendors for materials supply to SHKE
- Backend logistics for seamless operation
- All integrated for seamless operation on online platform



Dietitian/ Nutritionist

- Professional Qualified Dietitian & Nutritionist
- Experienced in Medical Nutrition & Lifestyle Nutrition
- Available online on Svasth Health Food platform
- Chat with your chosen Dietitian/ Nutritionist on Svasth Health Platform
- Get professional Health Tips

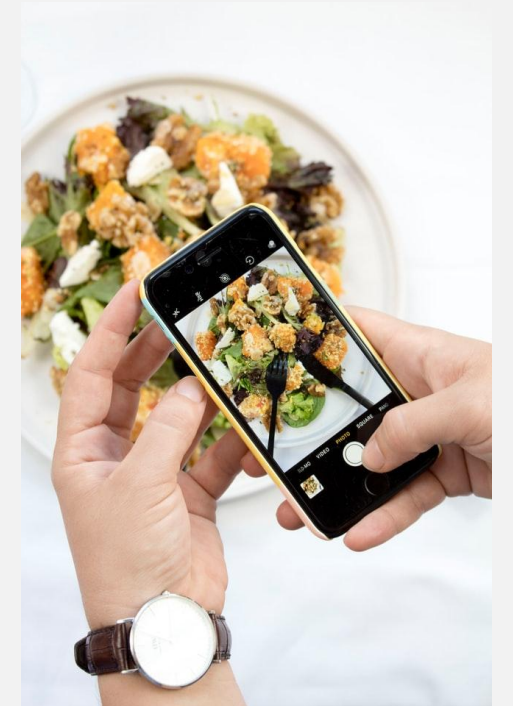


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Svasth Hygienic Kitchens

- Home Kitchens only
- Dedicated Kitchen for catering to Health Food Plans
- Kitchen planned as per Food Safety Management System (FSMS)
- Meets the Food Safety & Standard Authority of India (FSSAI) regulation
- All ingredients sourced meet FSMS guidelines
- Packaging undertaken keeping hygiene as top priority
- Variable options of ordering & payment



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Vendor Supplying Material to Svasth Hygienic Kitchens

- Need to register as Vendor with Svasth Health Foods
- Online ordering by Purchase on Svasth Health Foods App
- Delivery as per specified time & at agreed cost
- Packaged quality specified materials only to be sold
- Payment net of returns/ delivery pilferage/ Quality issues based on TOT
- Performance assessment based on SHK Feedback & regular audit



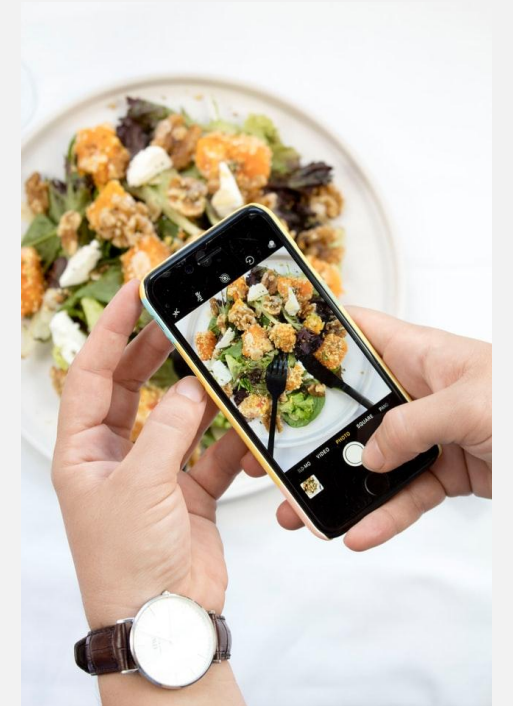
How it works ? –Food ordering

Customized Food plan as per your Health Records

- Download the Svasth Health Foods App from Google Play or iOS App store
- Register on Svasth Health Foods with your details
- Upload your Health Report
- Check for your choice of Registered Dietitians/ Nutritionist on App
- Connect to the Dietitian/ Nutrition on App for Health Food Plan
- Check the choice of Registered Svasth Hygienic kitchen (SHK) on App
- Place your order as per Health Food Plan to the SHK
- Opt. for the mode of payment & Pay
- Receive the ordered Health Food from the selected SHK

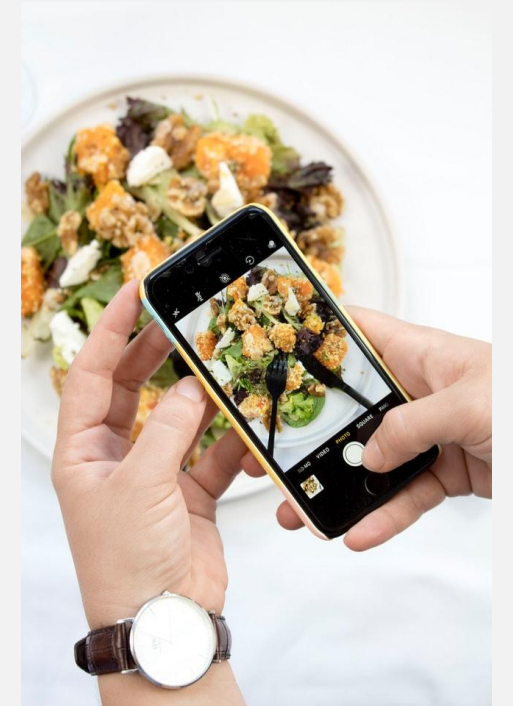
Dietitian/ Nutritionist

- If you are a qualified Dietitian or Nutritionist-Register on Svasth Food App
- Upload your resume & Certificates & other Credentials
- Registered Health Food Members will be mapped to your created ID
- Interact with them on Phone or online (Chat)
- Plan Health diet plan as per their Medical/ Health records
- Monetise your professional charges through online payment



Dietitian/ Nutritionist

- Plan Diet plan for the patients as per Medical records & requirement
- Plan Healthy Food plan for Healthy Lifestyle planners
- Tabulate the Nutritional value of the planned Health Food
- Plan Health specific Recipes
- Tweak Standard Recipes to meet required health food standards
- Plan Standard Bill Of Materials for Recipes
- Contribute towards online Health Tips & Health Articles



How to be part of the health mission ?

Svasth Hygienic Kitchen Entrepreneur (SHKE)

- Do you enjoy cooking & like working on various recipes ?
- Do you want to be Entrepreneur on your own ?
- Join Svasth Healthy Foods as Svasth Hygienic Kitchen Entrepreneur (SHKE)
- Will help you set Kitchen as per FSMS guidelines
- Will help source fund for starting kitchen
- Payments online for your food supplies



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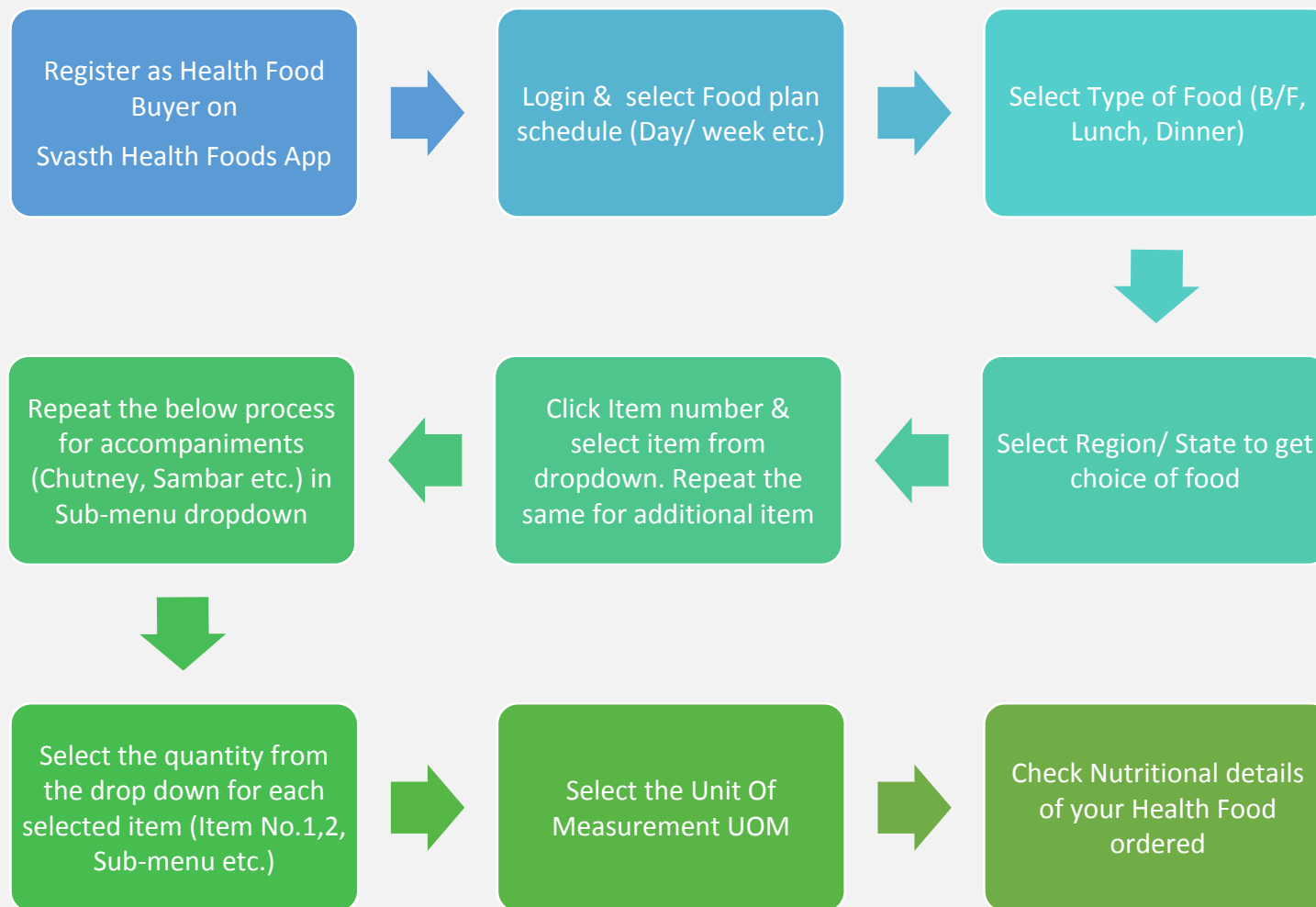
How to be part of the health mission ?

Svasth Hygienic Kitchen Entrepreneur (SHKE)

- Once Registered as SHKE on Svasth Health Foods App
- Will be mapped to the Dietitian or Health Food buyer by the App
- Prepare food as per the specified method, Ingredients on the App order
- Prepared food should be packed as per the specification
- Ingredients will supplied as per software calculation
- Payment will be made online net of Ingredients cost
- Will be incentivised basis Food Satisfaction Index (FSI) as rated by customer
- Regular Food-Safety/Quality, Hygiene & Storage quality will audited



How Svasth Health Food works-Process Flow



Value proposition of Svasth Health Foods

- Operates 'Healthy' Food delivery for increased quality of life
- Use of Organic & Contamination free ingredients
- Food plan backed by Dietitian/Nutritional experts
- Decentralised Hygienic & certified **Home** kitchens
- Nutritional details of food supplied for real time health plan
- Kitchens mapped for timely delivery & convenience
- Plastic-free & Hand touch-free delivery
- Continuous generation of Food Satisfaction Index (FSI) for improvement





**Partner with Svasth Health Foods
in
Creating a Wealthy nation
As
'Health is Wealth'**

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