

# SUSTIRA

## Seasonal & Healthy Pickles and Traditional Vadiyalu Learning Course

*Eco-Friendly Traditional Food Learning Program with Raw Material Support*

### Our Vision

SUSTIRA aims to preserve traditional Indian healthy food practices by empowering learners with seasonal pickle-making and vadiyalu preparation skills using hygienic, eco-friendly, and natural methods. We focus on sustainable food learning with authentic taste and health benefits.

### Course Highlights

- Season-wise healthy pickle preparation techniques
- Traditional Potato Vadiyalu, Saggubiyam Vadiyalu, Rice Vadiyalu and more
- Chemical-free and preservative-free preparation methods
- Hygiene-focused kitchen setup and food handling
- Beginner-friendly practical sessions
- Complete raw material guidance and sourcing support
- Business and packaging awareness for homemade food products
- Monthly introduction of new traditional healthy recipes

### Seasonal Learning Modules

- Summer Specials – Mango Pickles (Avakaya, Magaya, Sweet Mango Pickle), Potato Vadiyalu, Saggubiyam Vadiyalu, Sun-Dried Traditional Snacks
- Monsoon Specials – Healthy Spice Mixes, Gogu Puvvu Pickle, Vellakaya Pickle, Lemon Pickles, Traditional Immunity Recipes
- Winter Specials – Ginger Pickles, Garlic Pickles, Healthy Homemade Powders and Mixes

## Hygiene & Quality Learning

Learners are trained in hygienic preparation methods including ingredient cleaning, sun-drying practices, storage techniques, contamination prevention, and eco-friendly packaging methods.

## Raw Materials & Support

SUSTIRA provides guidance on sourcing authentic raw materials, spice blends, drying sheets, traditional utensils, and eco-friendly packaging solutions for home-based learning and business support.

## Benefits for Learners

- Learn authentic traditional recipes
- Promote healthy homemade food culture
- Gain practical seasonal food preparation skills
- Start small-scale homemade food business opportunities
- Preserve Indian traditional culinary heritage

## **“Preserve Tradition • Promote Health • Build Sustainable Opportunities”**

*Join SUSTIRA and rediscover the beauty of traditional healthy foods with sustainability, creativity, and wellness.*