

Empowering Mothers through Food Processing

Mothers have always been the catalysts of social change, and their strength is reflected in the well-being of their families today. The Sanskar Food Processing unit in the Unbound-CFCA Delhi project is one such example of strength and transformation. In 2009, the Mothers group from the PRJ sub-project attended a government training workshop on food and fruit preservation.

Despite being a part of a reserved society and having restrictions on movement, they got inspired to work together. With assistance from CFCA-Unbound, 30 mothers completed a 90-day pickle, jam, jelly, and squash training program. Eight mothers in this group decided to start their own business. They start making pickles at the CFCA community center, each contributing Rs. 500. They promoted their products at group meetings and also provided training to others. To extend their reach, they eventually showed their work at different exhibitions and established the Sanskar Food Processing Unit.

In 2017, the group received a 5-year government license from FSSAI, which was later renewed in 2023. The FPU purchased the machinery with the loan from SHG and assistance from CFCA-Unbound, which helped them to further scale to over 1800 twice a year. During the 2025 Maha Kumbh fair, they sold approximately 8 quintals of pickles to visitors from India and abroad across two stalls.

These IGP have been a source of employment and income for mothers, increasing skills and confidence, inspiring them to inspire others. And enable their financial contribution to families. The impact of this FPU is not limited to money only. Many of the children from these families now work in different professions in reputable institutions, such as locomotive pilots, teachers, and advocates. The resilience and success of their mothers inspire them to pursue higher education.

The journey of Sanskar Food Processing showcases how empowering a woman can transform entire communities. These mothers left a legacy of dignity, self-reliance, and hope as a result of their skills, unity, and CFCA-Unbound assistance.