

Modification to the Guideline issued
on 28.6.2013.

Government of Odisha
Women & Child Development Department

E mail

Speed Post

No.WCD-ICDS(NTN/SNP)-MISC-0002-2013-

768

/SWCD, Dt. 27/7/2013

From

Arti Ahuja, IAS,
Commissioner-cum-Secretary to Government

To

All Collectors

Sub: Revised Guidelines for Hot Cooked Meal and Take Home Ration- Modifications.

Ref.:- This Department letter No.590/SWCD dt.28.06.2013.

Madam/ Sir,

With reference to the subject cited above, I am directed to say that the revised guidelines for preparation and supply of Take Home Ration and Hot Cooked Meal to the beneficiaries under SNP issued in this Department letter under reference is modified to the extent as mentioned below:

A. Take Home Ration :

• Existing Revised Guideline

1.(IV) Implementation procedure

Sl. No.	Category of beneficiary	Provision of eggs
1	Normal Children (6 months to 3 years)	one boiled egg to be consumed on every Wednesday at the AWC. Those who can not come to AWC on the above day due to unforeseen situation, they may be provided one raw egg per week as THR for consumption at their home.
2	Severely Malnourished Children (6 months to 3 years)	Two boiled eggs, i.e. one each to be consumed on every Wednesday & Saturday at the AWC. Those who can not come to AWC on the above days due to unforeseen situation, they may be provided two raw eggs per week as THR for consumption at their home.
3	Pregnant Women and Lactating Mothers	Two boiled eggs to be consumed on every week, i.e. one on Wednesday & one on Saturday at the AWC. Those who can not come to AWC on the above days due to unforeseen situation, they may be provided two raw eggs per week as THR for consumption at their home.

Modification to Revised Guideline

1.(IV) Implementation procedure

Sl. No.	Category of beneficiary	Provision of eggs
1	Normal Children (6 months to 3 years)	Two boiled eggs , i.e. one each to be consumed on every Wednesday & Saturday at the AWC.
2	Severely Malnourished Children (6 months to 3 years)	Two boiled eggs, i.e. one each to be consumed on every Wednesday & Saturday at the AWC along with one packet of Rasi laddoo of 100 gms. weight per month.
3	Pregnant Women and Lactating Mothers	Two boiled eggs to be consumed on every week, i.e. one on Wednesday & one on Saturday at the AWC.

- Existing Revised Guideline

2.(I) Ration entitlement

Type	Eggs / Rasi Ladoo	Entitlement of ingredients per day (gms)	Total quantity of ingredients to be used in preparation of Chhatua (Amount in 15 days (color coded packet)	Net quantity of Chhatua per packet (after allowing 15% processing loss)	Calorie (K.cal)	Protein (gms)	Cost (In ₹)
6 months to 3 Years	One boiled egg per week	160	2 Kg	1.7 Kg	617	20	6
Pregnant Women and lactating mother	Two boiled eggs per week.	200	2.5 Kg	2.125 Kg	781	27	7
Severely Malnourished children (6 months – 3 yrs.)	Two boiled eggs per week.	240	3 Kg	2.550 Kg	931.68	30.9	9
Severely Malnourished Children (3-6 years)	One packet of Rasi Ladoo of 100 gms weight once in a month.	80	(2 Kg) Once a month	1.7 Kg	329	10.3	3

N.B:- Calorie and Protein value of THR are calculated taking the Calorie and Protein value of weekly eggs / Rasi Ladoo into consideration.

Modification to Revised Guideline

2. (I) Ration entitlement

Table 1

Type	Eggs / Rasi Ladoo	Entitlement of ingredients per day (gms)	Total quantity of ingredients to be used in preparation of Chhatua (Amount in 15 days (color coded packet)	Net quantity of Chhatua per packet (after allowing 15% processing loss)	Calorie (K.cal)	Protein (gms)	Cost (In ₹)
6 months to 3 Years	Two boiled eggs per week	160	2 Kg	1.7 Kg	631	21	6
Pregnant Women and lactating mother	Two boiled eggs per week.	200	2.5 Kg	2.125 Kg	781	27	7
Severely Malnourished children (6 months – 3 yrs.)	Two boiled eggs per week and one packet of Rasi Ladoo of 100 gms weight once in a month.	240	3 Kg	2.550 Kg	950.60	31.3	9
Severely Malnourished Children (3-6 years)	One packet of Rasi Ladoo of 100 gms weight once in a month.	80	(2 Kg) Once a month	1.7 Kg	329	10.3	3

N.B:- Calorie and Protein value of THR are calculated taking the Calorie and Protein value of weekly eggs / Rasi Ladoo into consideration.

- Existing Revised Guideline

Annexure I
THR PREPARATION GUIDILINE
THR 6 month to 3 years

Particulars	Ration size (In Grams)	Calorie	Protein
Wheat	100	346	11.80
Bengal Gram (Whole Roasted)	20	72	3.42
Groundnut	15	85	3.80
Sugar	25	100	0.00
Total		603	19.02
One boiled egg to be consumed at AWC on every Wednesday	1 egg	86.5	6.65

N.B Average calorie & protein of 4 eggs in a month per day is 13.84 & 1.06 respectively. The total average calorie is 617 & protein is 20.

Modification to Revised Guideline

Annexure I
THR PREPARATION GUIDILINE
THR for 6 months to 3 years

Particulars	Ration size (In Grams)	Calorie	Protein
Wheat	100	346	11.80
Bengal Gram (Whole Roasted)	20	72	3.42
Groundnut	15	85	3.80
Sugar	25	100	0.00
Total		603	19.02
Two boiled eggs, i.e. one each to be consumed on every Wednesday & Saturday	2 eggs	173.00	13.30

N.B Average calorie & protein of 8 eggs in a month per day is 27.64 & 2.12 respectively. The total average calorie is 617 & protein is 20.

- Existing Revised Guideline

7. Distribution

- (ix) It is to be ensured that one boiled egg is to be consumed by each beneficiary i.e., normal children from 6 months to 3 years on every Wednesday and two boiled eggs to be consumed by both severely malnourished children and P&L mothers one each on every Wednesday & Saturday at the AWC. Those children and P&L mothers who can not come to AWC on the above days due to unforeseen situation, they may be provided two raw eggs per week as THR for consumption at their home.

Modification to Revised Guideline

7. Distribution

- (ix) It is to be ensured that two boiled eggs, i.e., one each on every Wednesday & Saturday is to be consumed by each beneficiary i.e., both normal children & severely malnourished children from 6 months to 3 years and P&L mothers. Besides, Severely malnourished children from 6 months to 3 years will be provided one packet of Rasi Ladoo of 100gms. weight as THR once in a month.

- Existing Revised Guideline

10. Mode of Consumption by Beneficiaries

- iii. Normal children between 6 months to 3 years - a total of 160 grams of Chhatua per day to be taken minimum 2 /3 times in a day. In addition to that one boiled egg will be consumed at the AWC on every Wednesday.
- v. Severely malnourished children (6 months to 3 years) should be given 240 grams of Chhatua for consumption in 3-4 times per day. In addition to that two boiled eggs are to be given to them in a week one each on every Wednesday and Saturday to be consumed at the AWC.

Modification to Revised Guideline

10. Mode of Consumption by Beneficiaries

- iii. Normal children between 6 months to 3 years: - A total of 160 grams of Chhatua per day is to be taken minimum 2 /3 times in a day. In addition to that **two boiled eggs will be consumed at the AWC, i.e. one each on every Wednesday & Saturday.**
- v. Severely malnourished children (6 months to 3 years) should be given 240 grams of Chhatua for consumption in 3-4 times per day. In addition to that two boiled eggs are to be given to them in a week, one each on every Wednesday and Saturday to be consumed at the AWC **alongwith one packet of Rasi Ladoo of 100gms. weight as THR once in a month.**

B. Hot Cooked Meal

- The word "MDM" appeared in para 4.1, 4.1 (a) of the revised Hot Cooked Meal guideline is deleted.
- The words "or cooking MDM" appeared in para 4.3 (a) of the revised Hot Cooked Meal guideline is deleted.
- The Entitlement Chart of Hot Cooked Meal under SNP is replaced with a revised one which is enclosed herewith.

The rest of the revised guidelines for preparation and supply of Take Home Ration and Hot Cooked Meal remain unchanged.

Besides, the cost of daily morning snacks has been fixed at ₹1.00 per beneficiary per day.

Yours faithfully,

o/c

Commissioner-cum-Secretary to Govt.

Cont.

Memo No. 769 S/WCD, Dt. 27/7/13

Copy forwarded to the P.S to Hon'ble Minister, W&CD, Odisha / P.S to Commissioner-cum-Secretary / P.S to Director, Social Welfare, W&CD Department for kind information of Hon'ble Minister, W&CD / Commissioner-cum-Secretary / Director, Social Welfare, W&CD Department.


Under Secretary to Govt.

Memo No. 770 S/WCD, Dt. 27/7/13

Copy forwarded to all DSWOs / all CDPOs for information and necessary action.


Under Secretary to Govt.

Memo No. 771 S/WCD, Dt. 27/7/13

Copy forwarded to A.D (Stat) for information and necessary action.







He is requested to webhost the same in the Department Website.


Under Secretary to Govt.

ସାମାଜିକ ଅନୁଭୂତି କେନ୍ଦ୍ରରେ ଗୋଟିଏ ପ୍ରକାର ଗରମ ରନ୍ଧା ଖାଦ୍ୟ

ଅନ୍ୟତ୍ରୃଡ଼ି କେନ୍ଦ୍ରରେ ଗରମ ରନ୍ଧା ଖାଦ୍ୟ

୩ ବର୍ଷରୁ ୬ ବର୍ଷ ସାଧାରଣ ପିଲାଙ୍କ ପାଇଁ ଦୈନିକ ଟ.୬.୦୦



<p>ସୋମ ବାର ଓ ଗୁରୁବାର</p>	<p>୮୦ ଗ୍ରାମ ଚାଉଳରେ ପ୍ରସ୍ତୁତଭାତ</p> 	<p>୩୦ ଗ୍ରାମ ଡାଲି, ୩ ଗ୍ରାମ ତେଲ ଓ ୫୦ ଗ୍ରାମ ଆଳୁ, ପନିପରିବାରେ ଓ ୨୦ ଗ୍ରାମ ସଜନା ଶାଗରେ ପ୍ରସ୍ତୁତ ଡାଲମା</p> 
<p>ମଙ୍ଗଳ ବାର</p>	<p>୮୦ ଗ୍ରାମ ଚାଉଳରେ ପ୍ରସ୍ତୁତଭାତ</p> 	<p>୨୫ ଗ୍ରାମ ସୋୟା ବଡ଼ି, ୩ ଗ୍ରାମ ତେଲ ଓ ୫୦ ଗ୍ରାମ ଆଳୁ ଓ ପନିପରିବାରେ ପ୍ରସ୍ତୁତ ଆଳୁ ସୋୟା ବଡ଼ି ଚରକାରୀ</p> 
<p>ବୁଧବାର, ଶୁକ୍ରବାର ଓ ଶନିବାର</p>	<p>୮୦ ଗ୍ରାମ ଚାଉଳରେ ପ୍ରସ୍ତୁତଭାତ</p> 	<p>୧ଟି ଅଣ୍ଡା, ୩ ଗ୍ରାମ ତେଲ ଓ ୫୦ ଗ୍ରାମ ଆଳୁ ଓ ପିଆଜରେ ପ୍ରସ୍ତୁତ ଅଣ୍ଡା ଚରକାରୀ</p> 

ସାରା ରାଜ୍ୟରେ ପ୍ରତି ଅନ୍ୟତ୍ରୃଡ଼ି କେନ୍ଦ୍ରରେ ଗରମ ରନ୍ଧା ଖାଦ୍ୟ ଭାବରେ ଉପରୋକ୍ତ ଖାଦ୍ୟ ପ୍ରସ୍ତୁତ ହୋଇ ୩ ରୁ ୬ ବର୍ଷ ବୟସର ପିଲାମାନଙ୍କୁ ଦିଆଯାଉଛି ।

ଜିଲ୍ଲା କଂପ୍ଟୋଲ ଚୁମ୍ବଳ :

ଅଙ୍ଗନୱାଡ଼ି କେନ୍ଦ୍ରରେ ୩ ବର୍ଷରୁ ୬ ବର୍ଷ ବୟସ ପର୍ଯ୍ୟନ୍ତ ସମସ୍ତ ବିଶୁଦ୍ଧର ସକାଳ ଜଳଖିଆ

ବିଭିନ୍ନ ପ୍ରକାରର ସକାଳ ଜଳଖିଆ ମଧ୍ୟରୁ ଯେକୌଣସି ଗୋଟିଏ
ଦୈନିକ ସୁଷପିଛା ଟ. ୧.୦୦

<p>ସୋମ ବାର ଓ ଗୁରୁବାର</p>	 <p>ଗଜା ମୁଗ (୨୦ ଗ୍ରାମ ମୁଗ ଓ ଚିନି ରେ ପ୍ରସ୍ତୁତ)</p>
<p>ମଙ୍ଗଳବାର, ବୁଧବାର, ଶୁକ୍ରବାର ଓ ଶନିବାର</p>	 <p>ଚୁଡ଼ା ଲଢୁ (୪୦ ଗ୍ରାମ ଚୁଡ଼ା, ଗୁଡ଼ କିମ୍ବା ଚିନିରେ ପ୍ରସ୍ତୁତ)</p>

ଏତଦ୍ ବ୍ୟତୀତ ନିଜ ଅଂଶରେ ମିଳୁଥିବା ନିମ୍ନୋକ୍ତ ରତ୍ନକାଳୀନ ଫଳ ମଧ୍ୟ ଅଙ୍ଗନୱାଡ଼ି କେନ୍ଦ୍ରରେ ସକାଳ ଜଳଖିଆ
ଦ୍ୱିଧାରେ ବିଆପାଇପାରିବ ।



ପିଠୁଳି

ପାଚିଲା ଆଳୁ

ପାଚିଲା ଆମୃତ ଭଣ୍ଡା

ପାଚିଲା କଦଳୀ

ପାଚିଲା ଆମ

ଜିଲ୍ଲା କର୍ତ୍ତୃକ ରୂମ୍ ନଂ :