



Inclusion of Kodo-Kutki Millets in ICDS, Madhya Pradesh

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Summary of the Initiative

In order to enrich the diet of children and mothers, Madhya Pradesh has taken initiatives to promote millets based recipes in Anganwadi Services and POSHAN Abhiyaan. Two Districts of Dindori and Mandla are serving millets based recipes in Dindori and Mandla to 3-6 year children.

Situation before the Initiative

Kodo (Dutch Millet) and Kutki (little millet) are climate resilient hardy millets adapted to drylands as they can survive drought, need less than 90 days from sowing to harvest, and grow on poor soils. They have traditionally been growing in the semi-arid regions of Madhya Pradesh, by local tribal communities, notably, Baigas and Gonds but over years their productivity and value declined and were thus abandoned. In 2013, the Federation and Women SHG members in Mehandwani Block of Dindori district worked with Tejaswini programme staff to revive the cultivation of Kodo and Kutki as a climate resilient and nutri dense crop.

Summary of the Initiative

- Two districts are Dindori and Mandla are serving millets based recipes (Kodo Namkeen and Cookies) in the breakfast to the children aged 3-6 years in 3714 Anganwadi Centres every Wednesday and Thursday since 2017.
- Tejaswani women SHGs (a State initiative) are engaged in preparing the millet based THR (Kodo Khichdi and Makka Khichdi) to provide children aged 6 months to 3 years, pregnant women and lactating women in selected 2 projects (Karanjiya and Mehandwani) of Dindori District through newly established plant as a pilot.
- Federation of SHGs constituted under the programme was made responsible for technical, financial and marketing support to the farmers, while the identified farmers ensured that at least 0.5 acres of their lands would be used for millet production. Each farmer contributed 20 kg of their produce to the federation post-harvest.
- An agreement was made with the Department of WCD, Government of MP initially in Dindori district for providing nutritious kodo bars for breakfast in Anganwadi Centres. Initially one federation began the production of kodo bars, and it has now scaled up to all 9 federations constituted under the International Fund for Agricultural Development (IFAD).

federations constituted under the International Fund for Agricultural Development (IFAD), assisted Tejaswini programme. Now these kodo bars are supplied to all 1913 Anganwadi Centres for 38,043 children.

- Using the convergence of traditional culture, "Kodo-Kutki" is being promoted and production in nearly 4500 acres of land.
- To revive the traditional diet rich in essential nutrients a compendium encompassing millets based 71 recipes, has been developed by the Department and circulated to the districts and the key stakeholders.
- IEC/BCC activities are also carried out at the AWC level to increase the demand for consumption of millets at the household level.

Impact of the Initiative

- As a result of the initiative, total production has increased from 9117 quintal (911.7MT) in 2019-20 whereas, to 16284 quintals (1628.4MT) in 2020-21 leading to food security and cash incomes for farmers.
The profits of farmers and federation have systematically grown over the years. Net income per farmer increased from Rs.1800 in 2013 to Rs.16277 in 2020-21.
- Starting with 1497 farmers the production has grown to cover 16,289 farmers in all 9 federations of Dindori district. Seeing the advantage not only more farmers took up these millets but they also expanded the area under cultivation per farmer from 0.5 acres to 1 acre or more.
- Improved agriculture practices have helped to reduce the drudgery for Baiga women involved in millet production. This initiative showed that profitability for women can go hand in hand with better nutrition for children and revival of climate resilient crop.
- Involvement of Federation as buying agent has helped in increase in rates of Kodo and Kutki in the local market from Rs.14 to 16 in 2016-17 to Rs. 22 and 34 in 2020-21, respectively. Federation itself has evolved as a major buyer of Kodo and kutki to meet the demand of Kodo bars/cookies/sev in anganwadi centres.
- The children in Anganwadi getting access to healthy nutrition.

Source : [Promoting Millets in Diets Best Practices across States/UTs of India -NITI Aayog](#) 

Source: <https://data.vikaspedia.in/short/lc?k=fAncy96b4FjcbPP68dgTQQ>

