



Local Traditional Recipes as Hot Cooked Meals and Millet In Complementary Weaning Food in ICDS, Tamil Nadu

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Summary of the Initiative

The State of Tamil Nadu introduced the revolutionary nutritious meal programme to encourage children to take up education and at the same time compensate the lack of resources caused by poverty. Ragi millet is one of the main composition of its weaning food which is provided to 6 months–2 year children, pregnant women & lactating mothers .

Situation before the Initiative

Initially, standard monotonous food was given in the Supplementary Nutrition Programme of Tamil Nadu. In order to realize the goal of “Malnutrition Free Tamil Nadu” and ensure building on the principle of “Leaving no one behind” as envisaged in Sustainable Development Goals, Tamil Nadu introduced the revolutionary nutritious meal program. In order to avoid monotony, also considering the special digestive capacity of small children below the age of 6 years, after due consultation with nutrition experts, Variety Meal Program was introduced in one block of each district on 20.03.2013 on a pilot basis, and based on the positive feedback, the Scheme was extended to all Anganwadi centres in the State with effect from 15.08.2014.).

Nature of the Initiative

Complementary weaning food is given to the targeted beneficiaries as Take Home Ration under ICDS Program. Complementary Food is provided 300 days in a year, to all eligible beneficiaries. Ragi millet is one of the main compositions of its Complementary Weaning Food. Ragi in the form of roasted powder as well as malted ragi found in the weaning food. The composition of the Complementary weaning food are as follows:

Composition of the Complementary Weaning Food

S.No.	Raw Materials	Percentage
1	Wheat Flour	45.50

2	Malted Ragi Flour	5.00
3	Full Fat soya bean flour	10.50
4	Jaggery	27.00
5	Roasted Ragi Flour	6.00
6	Fortified Palm Oil	5.00
7	Vitamin and Mineral Premix	1.00

'Sathumavu' or Complementary Weaning Food is procured from twenty five weaning food manufacturing Women Industrial Cooperative Societies and two private manufacturers in the ratio of 65:35. At present, there are 1,450 members enrolled in the 25 Co-operative Societies. Most of the women members are widows, deserted or destitute women. These societies are managed by an elected board of members and a government official in the cadre of Industrial Cooperative Officer who is appointed as an Executive Officer to the society.

Impact of the Initiative

Nutritious Complementary Weaning Food is currently provided to around 32,75,607 beneficiaries in Tamil Nadu to help reduce malnutrition in the State.



Sathu Mavu Pakoda



Sathu Maavu Idli

Source : Promoting Millets in Diets - Best Practices across States/UTs of India - A NITI Aayog publication

Source: <https://data.vikaspedia.in/short/lc?k=pr63f73xr9c3Pvm3CJJ8AA>

