

Poshan Aahaar- Madhya Pradesh

Details (Poshan Aahaar- Madhya Pradesh)

The "Poshan Aahaar" scheme was implemented by the Women and Child Development Department, Government of Madhya Pradesh. Under this scheme, children from 6 months to 6 years, pregnant women, and malnourished children are given nutritious food through Anganwadis.

Objectives (Poshan Aahaar- Madhya Pradesh)

- The "Poshan Aahaar" scheme was implemented by the Women and Child Development Department, Government of Madhya Pradesh.
- Under this scheme, children from 6 months to 6 years, pregnant women, and malnourished children are given nutritious food through Anganwadis.
- About 80 lakh beneficiaries are being benefitted from supplementary nutrition in the sanctioned Anganwadis.
- 50% of the amount spent on the provision of supplementary nutrition in Anganwadi centers is provided by the Government of India.
- As per the new norms laid down by the Government of India, the State Government has made provisions to provide supplementary nutrition to children in the age group of 6 months to 6 years in Anganwadi centers, as well as to pregnant and lactating mothers and malnourished children, per beneficiary per day as follows.

Important Features (Poshan Aahaar- Madhya Pradesh)

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Benefits (Poshan Aahaar- Madhya Pradesh)

- Through Aanganwadis children from 6 months to 6 Years, Pregnant Women, and Malnourished Children will be given nutrition as under: Children from 6 months to 3 years, Pregnant and Lactating Mothers: Food items are being provided through MP Agro, State Rural Livelihood Mission, and other suppliers division
- wise for 5 days a week on different days as per the following:
- Sl. No. Name of Food Items Beneficiary Quantity of Daily Food Items 1 Wheat Soya Burfi (Premix) Pregnant/lactating mothers 150 grams 2 Atta Besan Laddu (Premix) Pregnant/lactating mothers 150 grams 3 Halwa (premix) Children from 06 months to 03 years 120 grams 4 Child Food (Premix) Children from 06 months to 03 years 120 grams 5 A dish in South Asian cuisine made of rice and lentils Children from 06 months to 03 years/ pregnant/ lactating mothers 125 grams/150 grams Children between 3 to 6 years: In the child development projects in rural areas, there is a provision for providing supplementary nutrition to children between 3 to 6 years of age in the form of breakfast and lunch separately through a common kitchen as per the following menu:
- Day Breakfast Lunch Monday Sweet Lapsi Roti
- vegetable
- lentil Tuesday Nutritious Khichdi Kheer
- Pudi
- Mungvadi
- Potato Tomato Vegetable Wednesday Sweet Lapsi Roti

- vegetable
- lentil Thursday Salted porridge Veg Pulao
- Pakora Kadhi Friday Upma Roti
- vegetable
- lentil Saturday Sweet Lapsi Roti
- vegetable
- lentil/rice sambhar Note: In the child development projects of urban areas, there is a provision of providing nutritious food to children between 3 to 6 years of age as per the menu of the Common Chulha Programme through the local self
- help groups. Third meal for underweight children aged 6 months to 6 years: Third meal will be provided to underweight children aged 6 months to 6 years registered in the Aanganwadi Centre as per the lunch menu on Monday, Wednesday, and Friday and as per the breakfast menu on Tuesday, Thursday and Saturday.

Eligibility (Poshan Aahaar- Madhya Pradesh)

- The applicant should be a native of Madhya Pradesh.
- All children and mothers registered in the Anganwadi can take benefit of the scheme.
- Children aged 6 months to 6 years, pregnant women, lactating mothers, and malnourished children are eligible under the scheme.

Application Process (Poshan Aahaar- Madhya Pradesh)

- Step 1: Identify the nearest Anganwadi Centre in your area.
- You can find this information through local government offices.
- Step 2: Visit the nearest Anganwadi Centre during its working hours.
- Ensure you bring necessary identification and documentation (e.g., ID proof, proof of address, and any relevant certificates).
- Step 3: Request the application form for the relevant scheme or service from the Anganwadi worker.
- Step 4: Carefully fill out the application form with all required details, including personal information, eligibility criteria, and any other requested information.
- Step 5: Submit the completed application form and attached documents to the Anganwadi worker.
- Ensure you receive an acknowledgment receipt for your submission.

Documents Required (Poshan Aahaar- Madhya Pradesh)

- Aadhaar Card Samagra ID Birth certificate Domicile certificate of Madhya Pradesh Anganwadi enrolment number Other necessary documents if asked by Anganwadi

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