

# KCR Nutrition Kit

## Details (KCR Nutrition Kit)

Telangana Government launched yet another pioneering initiative 'KCR Nutrition Kits', which is aimed at reducing Anemia and improving hemoglobin levels in pregnant women. The programme was launched by Health Minister T Harish Rao at Kamareddy on 21st December 2022. ■ Objective: The primary objective of the scheme is to improve the nutritional status of pregnant and lactating women and young children in Telangana. ■ Beneficiaries: The scheme aims to cover all pregnant in Telangana. ■ The scheme is implemented by the Department of Women Development and Child Welfare, Government of Telangana. ■ Overall, the KCR Nutrition Kits Scheme is an important initiative aimed at improving the nutritional status of pregnant in Telangana.

## Objectives (KCR Nutrition Kit)

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- ■ Overall, the KCR Nutrition Kits Scheme is an important initiative aimed at improving the nutritional status of pregnant in Telangana.

## Important Features (KCR Nutrition Kit)

- Telangana Government launched yet another pioneering initiative 'KCR Nutrition Kits', which is aimed at reducing Anemia and improving hemoglobin levels in pregnant women.
- Each kit contains a kg of Nutritional Mix Powder, a kg of Dates (Khajoor), three bottles of Iron Syrup, 500 grams of Ghee, and a Cup.
- The kits were distributed to pregnant women in nine districts of Telangana where the prevalence of anemia was high.
- The programme was launched by Health Minister T Harish Rao at Kamareddy on 21st December 2022.
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## Benefits (KCR Nutrition Kit)

- The KCR Nutrition Kits Scheme in Telangana provides several benefits to the beneficiaries. Here are some of the key benefits of the scheme:
- To provide quality nutrition throughout pregnancy and post delivery.
- To reduce Anaemia and improve hemoglobin levels in pregnant women.
- To reduce Maternal Mortality Rate and Infant Mortality Rate ■ Improved Nutritional Status: The primary objective of the scheme is to improve the nutritional status of pregnant women in Telangana. The nutrition kit provided to the beneficiaries contains essential food items that can help in meeting their daily nutritional requirements. ■ Reduced Malnutrition: Malnutrition is a major problem among pregnant in Telangana. The KCR Nutrition Kits Scheme can help in reducing malnutrition by providing nutritious food to the beneficiaries every month. ■ Improved Health: Good nutrition is essential for good health. The KCR Nutrition Kits Scheme can help in improving the health of pregnant women in Telangana by providing them with essential nutrients. ■ Increased Awareness: The scheme can also help in increasing awareness about the importance of good nutrition among the beneficiaries. The Anganwadi workers can educate the beneficiaries about the importance of good nutrition and how to make the most of the food items provided in the kit. ■ Empowerment of Women: The scheme can also help in empowering women by providing them with the necessary resources to take care of their health and the health of their children. The nutrition kit provided under the scheme can help in reducing the financial burden on women and enable them to make better decisions about their health and nutrition. ■ Overall, the KCR Nutrition Kits Scheme in Telangana has several benefits for the beneficiaries. It can help in

improving their nutritional status, reducing malnutrition, improving health, increasing awareness, and empowering women.

### **Eligibility (KCR Nutrition Kit)**

- **Pregnant Women:** Pregnant women are eligible to receive the nutrition kit under the scheme. The scheme aims to provide support to pregnant women to ensure that they have access to essential nutrients required for a healthy pregnancy. ■ **Age:** Minimum 18 **Gender:** Female **Residence Type:** Both
- **Resident of Telangana:** The scheme is applicable only to the residents of Telangana. Non
- residents of the state are not eligible to receive the nutrition kit. ■ **Economically Weaker Sections:** The scheme is designed to provide support to the economically weaker sections of society. Families with a monthly income of less than Rs. 10,000 are eligible to receive the nutrition kit. ■ **Identification by Anganwadi Worker:** The beneficiaries of the scheme are identified by the Anganwadi workers. The workers conduct surveys and identify the eligible beneficiaries based on the eligibility criteria mentioned above.

### **Application Process (KCR Nutrition Kit)**

- **Identification may be done by Anganwadi Workers:** The beneficiaries of the scheme are identified by the Anganwadi workers.
- The workers conduct surveys and identify the eligible beneficiaries based on the eligibility criteria mentioned.

### **Documents Required (KCR Nutrition Kit)**

- 1. Aadhaar Card

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