

Evaluation Study No. 21



SPECIAL NUTRITION PROGRAMME

**An
Evaluation Study**

**ISSUED BY
BUREAU OF STATISTICS & EVALUATION
GOVERNMENT OF PONDICHERRY**

SPECIAL NUTRITION PROGRAMME
(Under Social Welfare)

The Evaluation Report on Special Nutrition Programme is the twenty-first issue in the Evaluation series of the Bureau of Statistics and Evaluation, Pondicherry.

This report critically deals with the implementation of Special Nutrition Programme (under Social Welfare) by the Directorate of Harijan and Social Welfare highlighting the achievements as well as the shortcomings on the basis of the guide-lines issued by the Government of India.

The willing co-operation extended by the Directorate of Public Instruction who is implementing agencies of this programme is gratefully acknowledged. It is hoped that this publication will be a useful addition to the evaluation series of this Bureau.

Pondicherry,
26-7-1973.

S. MUTHUBASAVAN,
Director.

10. Finally, it is pointed out that the, nature of the scheme is such that continuous vigilance is indispensable to see that the food supplied reaches the beneficiaries properly and regularly. Moreover, the articles of supply are such that there is wide scope for adulteration and pilferage en-route. Hence, a whole-time officer should be appointed for overall supervision and physical verification so as to avoid pilferage, adulteration and wastage under the scheme.

APPENDIX I

Location and Distribution Centres 1970-71 and 1971-72

Sl. No.	Name of centre	Number of beneficiaries			
		1970-71		1971-72	
		Children	Mothers	Children	Mothers
(1)	(2)	(3)	(4)	(5)	(6)
1.	Community Hall, Orleanpet ..			300	75
2.	Dubrayapet Boys Hostel ..			200	16
3.	Balwadi, Govindasalai ..			200	50
4.	Municipal School, Davidpet..	1,000	Nil	200	50
5.	Balwadi, T.V. Nagar ..			250	50
6.	V.T.C. Muthialpet.			200	50
7.	Balwadi, Kurichikuppam ..			200	100
8.	Solainagar, East (from 8.5.71)
9.	Solainagar, West	200	25
10.	Mathar Sangam, Muthialpet	200	50
11.	Night School, T.V. Nagar	250	50
12.	Kovil, Govindasalai	200	50
13.	Ambedkar Nagar	200	50
14.	Balwadi, Dubrayapet	200	50
15.	Marapalam (Dhobikhana)	200	50

APPENDIX I—contd.

Location and Distribution Centres 1970-71 and 1971-72—contd.

Sl. No.	Name of centre	Number of beneficiaries			
		1970-71		1971-72	
		Children	Mothers	Children	Mothers
(1)	(2)	(3)	(4)	(5)	(6)
16.	Vaithikuppam (Temple)	200	50
17.	Balwadi, Uppalam.	200	100
18.	Volontariat, Oupalam	200	50
19.	Pillaihattam Orphanage	200	50
20.	Vivekananda Nagar.	200	50
21.	Kosapalayam Temple	200	50
22.	Gandhi Nagar	300	50
23.	Thattanchavadi B. Circle	200	50
24.	Balwadi, Lawspet	200	50
25.	Subramanian Temple, Lawspet	200	50
26.	Marie, Mudaliarpet.	200	..
27.	Temple, Mudaliarpet	200	50
28.	Manram, Keeralapalayam	200	50
29.	Pethuchettipet School	200	50
30.	Puthupet	200	50
31.	Saram	200	50
32.	Thilaspeth, Temple.	200	50
33.	Vambakeeralapalayam.	200	50

APPENDIX II

Nutritional guide-lines

As children in the age-group of 0—3 years require different types of foods as well as different levels of nutrition, it is proposed to provide the following :—

- (a) 0—1 year Milk and food of semi-solid consistency.
- (b) 1—6 years Giving 200 calories and 12 grams of protein.
Processed/prepared food giving 300 calories and 12 grams of protein.*
- (c) Expectant Mothers. Processed/prepared food giving 500 calories and 20—25 grams of protein and in additional folic acid and iron daily and multi-vitamin tablets on alternate days.
- (d) Nursing Mothers .. Processed/prepared food giving 500 calories and 20—25 grams of protein and multi-vitamin tablets on alternate days.

(*Note.—All preparations must have protein quality at least PER value 2).

The recipe can broadly be categorised as between the tribal areas and the urban areas. In tribal areas, suitable combinations of locally available cereals and pulses may be encouraged. Processed foods may be considered preferably only in the urban areas.

In both the cases, nevertheless, care should be taken to ensure that :

1. The food is commonly acceptable.
2. The recipes are simple and easy to cook.
3. Variations in the diet schedule are available.

Tribal Areas :

0—1 year—Reconstituted skimmed milk (from 1 oz. of dry powder) supplying 8 grams of good quantity protein and about 90 calories.

In addition to milk, each child should also get a soft cereal—pulse preparation like 'Kichiri', supplying 100 calories and 3 grams of protein.

In addition, each child may be given one Vitamin A and D capsule daily.

1—6 years—There are various types of cooked preparations based on locally available foods (please see Appendix II). The recipe should be acceptable and nutritionally adequate.

It will be advisable to give each child one multi-vitamin tablet every alternate day.

For mothers, the quantities may be suitably increased.

Urban Areas :

0—1 year—8 oz. of double toned milk from metropolitan dairies.

OR

8 Oz. of reconstituted milk from 1 oz. of skimmed milk powder.

In addition one slice of bread or 2/3 of sweetened bun could be given.

1—3 years—4 oz. of double toned or skimmed milk and one sweetened bun. It would be advisable to give each child one multi-vitamin tablet on alternate days.

This will not, however, be necessary if the buns are fortified.

For mothers, the quantities may be suitably increased.

Preparations based on Balahar :

As already pointed out, processed food can be considered for distribution in the urban areas.

The Food Ministry and the Education Ministry have recommended balahar in this connection.

On an average 75 grams of balahar will provide 350 calories and 15 grams of protein of good quality and also minerals and vitamins.

In its simplest form balahar can be taken as gruel which can be sweetened to make it more palatable. It can also be converted into several palatable preparations like Uppma, Halwa, etc.

Balahar can also be combined with other palatable processed food like biscuits, etc. The advantage of having balahar is that it will supply most of the needs of minerals and vitamins and no supplement will be necessary.

**SPECIMEN RECIPES FOR THE CHILDREN IN THE AGE-GROUP
OF 1—6 YEARS IN TRIBAL AREAS**

'Kichiri' (Salty)

<i>Ingredients</i>	<i>Quantity G.</i>	<i>Cost P.</i>	<i>Calories</i>	<i>Protein G.</i>
Rice	60	5	198	4.1
Redgram Dal	30-	5	95	6.7
Salt and condiments	1
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	90	11	293	10.8
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Method :

1. Pick and wash rice and dal. Soak them in little water for one hour or so.

2. Put it on fire. Add salt, haldi etc. Add double the quantity of water in it.

3. When cooked, take off from the fire.

Jra 'Kichtri'

<i>Ingredients</i>	<i>Quantity G.</i>	<i>Cost P.</i>	<i>Calories</i>	<i>Protein G.</i>
Bajra	60	4	204	7.0
Greengram dal	20	5	95	7.2
Salt and condiments	1
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	80	10	299	14.2
	<hr/>	<hr/>	<hr/>	<hr/>

Method :

1. Remove the husk of bajra.

2. Soak it overnight.

3. Soak dal for an hour after washing.
4. Put bajra and dal on fire. Add salt and water.
5. Cook for 20 minutes or so.

<i>Ingredients</i>	<i>Quantity G.</i>	<i>Cost P.</i>	<i>Calories</i>	<i>Protein G.</i>
Bengalgram flour	30	5	106	6.8
Wheat flour	30	3	100	3.6
Jaggery	20	4	80	..
Fat	3	1	27	..
	<u>83</u>	<u>13</u>	<u>313</u>	<u>10.4</u>

Method :

1. Roast Bengalgram flour and wheat flour in fat.
2. When properly roasted, put the powdered jaggery in it.
3. Mix properly and form into balls.

Groundnut Candy Sweet

<i>Ingredients</i>	<i>Quantity G.</i>	<i>Cost P.</i>	<i>Calories</i>	<i>Protein G.</i>
Wheat flour	20	2	71	2.4
Bengalgram flour	20	3	74	4.5
Groundnut nuts	20	4	112	6.3
Jaggery	20	4	80	..
Fat	3	1	27	..
	<u>83</u>	<u>14</u>	<u>364</u>	<u>13.2</u>

Method :

1. Roast wheat flour and bengalgram flour in little fat separately.
2. Roast groundnuts on a grindle, remove the skin and then break them into smaller pieces.
3. Make syrup out of jaggery.
4. Put syrup in the roasted mixture.
5. Put the groundnuts in the above mixture.
6. Put on a greased plate for setting.
7. Cut into desired shape.

More recipes can be evolved on the same pattern.

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