

TAKE HOME RATION (THR):

Name of the Product: -WeRA (Women Empowerment in Action) – Shishu Aahar

Normal Children (6months to 1year) – Roasted fortified premix

Ingredients	Quantity (g)	Energy (Kcal)	Protein (g)	Fat(g)	Carbohydrates (g)
Whole Wheat Flour	53.34	176	6.54	1.03	37.4
Hari Moong Dal	7.58	25	1.81	0.10	3.98
Desi khand	13.42	54	0	0	13.15
Skimmed Milk Powder	10	36	3.8	0.01	5.10
Soya flour	7.28	30	3.82	3.82	2.63
Edible Oil	7.58	68	0.00	7.58	0.00
Vitamin & Mineral Premix***	0.8	0	0	0	0
TOTAL	100	389	16.79	12.59	64.06
DAILY SERVE SIZE	130	505	21.87	16.37	82.27
Total(for 26days)	3380.0				

***0.8 g Vitamin Mineral premix in 100g of Premix for the levels equal to 50% RDA of age group 6months - 1 years as per ICMR RDA 2020.

The roasted premix will have the rate of addition of vitamins and mineral premix at 1.04 % with 14 micro nutrients namely Vitamin A, Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cobalamin, Vitamin C, Iron, Calcium, Magnesium, Zinc, Iodine and Vitamin D in the levels equal to 50% RDA of age group 1-3 years as per ICMR-NIN RDA 2020.

Severely Malnourished Children (6months to 1year) – Roasted fortified premix

Ingredients	Quantity (g)	Energy (Kcal)	Protein (g)	Fat(g)	Carbohydrates (g)
Whole Wheat Flour	53.34	176	6.54	1.03	37.4
Hari Moong Dal	7.58	25	1.81	0.10	3.98
Desi khand	13.42	54	0	0	13.15
Skimmed Milk Powder	10	36	3.8	0.01	5.10
Soya flour	7.28	30	3.82	3.82	2.63
Edible Oil	7.58	68	0.00	7.58	0.00
Vitamin & Mineral	0.8	0	0	0	0

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Premix***					
TOTAL	100	389	16.79	12.59	64.06
DAILY SERVE SIZE	210	817	35.25	26.44	134.53
Total (for 26days)	5460				

The roasted premix will have the rate of addition of vitamins and mineral premix at 1.68% with 14 micro nutrients namely Vitamin A, Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cobalamin, Vitamin C, Iron, Calcium, Magnesium, Zinc, Iodine and Vitamin D in the levels equal to 50% RDA of age group 1-3 years as per ICMR-NIN RDA 2020.

Children (1 year to 3 years)

1. First fortnight - **Roasted fortified premix** (Same as for children 6months to 1 years)
2. Second fortnight - **Khichri mixture**

For Normal Children : Khichdri mixture (Second fortnight)

Ingredients	Quantity (g)	Energy (KCal)	Protein (g)	Fat (g)	Carbohydrates (g)
Fortified rice	90.32	321	7.16	0.46	70.65
Moong dal chilka	13.5	44	3.3	0.19	7.10
Groundnut	20.65	104	4.83	8.19	3.57
Soya granules	9.45	36	3.36	1.88	1.20
Vitamin mineral premix	1.08	0	0.00	0.00	0.00
Daily serve size	135	505	18.65	10.72	82.52
Total (13days)	1755				

***0.8 g Vitamin Mineral premix in 100g of Premix for the levels equal to 50% RDA of age group 1-3 years as per ICMR RDA 2020.

The khichri mixture will have the rate of addition of vitamins and mineral premix at 1.08% with 14 micro nutrients namely Vitamin A, Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cobalamin, Vitamin C, Iron, Calcium, Magnesium, Zinc, Iodine and Vitamin D in the levels equal to 50% RDA of age group 1-3 years as per ICMR-NIN RDA 2020.

For Severely Malnourished Children: Khichdri mixture (Second fortnight)

Ingredients	Quantity (g)	Energy (KCal)	Protein (g)	Fat (g)	Carbohydrates (g)
Fortified rice	133.35	475	10.58	0.67	104.33
Moong dal chilka	21	68	5.02	0.29	11.05
Groundnut	39.9	208	9.43	15.81	6.89
Soya granules	14.7	56	5.23	2.92	1.87

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Vitamin mineral premix	1.08	0	0.00	0.00	0.00
Daily serve size	210	806	30.26	19.68	124.13
Total (13days)	2730				

***0.5 g Vitamin Mineral premix in 100g of Premix for the levels equal to 50% RDA of age group 1-3 years as per ICMR RDA 2020.

The khichri mixture will have the rate of addition of vitamins and mineral premix at 1.08% with 14 micro nutrients namely Vitamin A, Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cobalamin, Vitamin C, Iron, Calcium, Magnesium, Zinc, Iodine and Vitamin D in the levels equal to 50% RDA of age group 1-3 years as per ICMR-NIN RDA 2020.

FOR SEVERELY MALNOURISHED CHILDREN (3-6 YEARS)

In addition to the Hot Cooked meal and morning snacks, the following khichri mixture and roasted premix providing an additional calories 300 KCal and 8-10g proteins shall be provided to severely malnourished children in the age group of 3-6 years every fortnight.

1. First fortnight - Roasted Premix.
2. Second fortnight - Khichri mixture

Roasted Premix (first fortnight)

Ingredients	Quantity (g)	Energy (Kcal)	Protein (g)	Fat (g)	Carbohydrates (g)
Whole Wheat Flour	60.0	192	6.30	0.92	38.49
Bengal Gram Dal Flour	15.0	49	3.23	0.80	7.0
Soya Flour	10.0	38	3.78	1.94	1.01
Desi khand	7.0	28	0	0	7.0
Total	92	307	13.31	3.66	53.5
Total(for 13 days)	1196				

Khichri Mixture (second fortnight)

Ingredients	Quantity (g)	Energy (KCal)	Protein (g)	Fat (g)	Carbohydrate (g)
Fortified rice	62.8	224	4.98	0.32	49.13
Moong dal chilka	10	33	2.39	0.14	5.26
Groundnut	19	99	4.49	7.53	3.28
Soy granules	7	27	2.49	1.39	0.89
Vitamin mineral premix	1.2	0	0.00	0.00	0.00
Total	100	382	14.35	9.38	58.56

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Daily serve size	80	306	11.48	7.5	46.84
Total (13 days)	1040				

The khichri mixture will have the rate of addition of vitamins and mineral premix at 1.2% with 14 micro nutrients namely Vitamin A, Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cobalamin, Vitamin C, Iron, Calcium, Magnesium, Zinc, Iodine and Vitamin D in the levels equal to 50% RDA of age group 1-3 years as per ICMR-NIN RDA 2020.

Name of the Product: WERAMatri-Aahar (For pregnant and lactating mothers)

Ingredients	Quantity (g)	Energy (Kcal)	Protein (g)	Fat (g)	Carbohydrates (g)
Fortified Rice	70	250	5.54	0.35	54.78
Hari Moong dal (Chilka)/ Masoor Dal/ Urad Dal (Chilka)	18	60	4.2	0.25	9.5
Soy Granules	10.5	40	3.73	2.08	1.34
*Vitamin & Mineral Premix	1.50	0.00	0.00	0.00	0.00
Total	100	350	13.47	2.68	65.62
Daily Serve Size	145	508	19.53	3.87	96.89
Total (for 26 days)	3,770				
Sattu (Chana)	8	28	1.50	0.40	3.16
Ragi	3	10	0.23	0.04	2.1
Bajra	2	7	0.15	0.04	1.4
Jowar	2	7	0.2	0.03	1.47
Desi khand	10	40	0	0	9.8
Daily Serve (Sattu & Desi Khand)	25	92	2.08	0.51	17.93
Total (Khichri Premix + Sattu & Desi khand)	170	601	23.02	4.05	114.82

*Hari Moong dal chilka /urad dal chilka/Masoor Dal on the basis of monthly rotation.

A coarse mixture shall be prepared using fortified rice, dal, and soy granules. The mixture will be fortified with vitamin & mineral premix at 50% RDA level per beneficiary per day. Sattu & millet may be given separately. To further improve cost effectiveness SHGs shall prepare Sattu with chana. Suggested Recipes using Premix may include Upma, Khichdi, Namkeen Porridge, Sweet Porridge.

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Hot Cooked Meals:

A. Day-Wise Bal- Aahar Menu for Children (3-6years):

Menu	Minimum Cooked Quantity to Be Served to meet Energy & Protein Requirements (500Kcal &12-15 grams protein)
Monday • Vegetable dalia- Raw Ingredients: 1. Broken wheat Dalia -50g 2. Soyabean chunks- 10g 3. Potato - 20gm 4. Carrot/Peas/beans-10 gm 5. Fortified Edible Oil-5mL 6. Jeera-1g Double Fortified Salt + spices to taste	Approx. 270 gm+Snacks
Tuesday • Veg Soybean Pulao Raw Ingredients: 1. Fortified Rice -50g 2. Soyabean chunks- 10g 3. Tomato-10 g 4. Carrot/Peas/beans-10 gm 5. Fortified Edible Oil-5mL 6. Jeera-1g Double Fortified Salt +spices to taste. *No potato • Kala Chana with thick Gravy Raw Ingredients: 1. KalaChana-20g 2. Onion +Tomato -20 g 3. Fortified Edible Oil-5mL 4. Jeera-1g 5. Double Fortified Salt and spices- to taste 6. Mashed potato - 10g	Approx.150gm ↓ Approx.270gm + Snacks → ↑ Approx.120gm
Wednesday • Sweet Dalia porridge with Peanuts Raw Ingredients 1. Broken wheat dalia - 40 g 2. Chana Dal- 20g 3. Grated Carrot/Pumpkin- 50g 4. Groundnut-5g 5. Fortified Edible Oil-5 mL 6. Desi khand- 20g	Approx.270gm+Snacks

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Thursday • Veg Soybean Pulao Raw Ingredients: 1. Fortified Rice -50g 2. Soyabean chunks- 10g 3. Tomato-10 g 4. Carrot/ Peas/beans-10 gm 5. Fortified Edible Oil-5mL 6. Jeera-1g 7. Double Fortified Salt + spices-to taste. *No potato • Rajma with thick Gravy Raw Ingredients: 1. Rajma- 20 g 2. Onion + Tomato-20g 3. Fortified Edible Oil-5mL 4. Jeera-1g 5. Double Fortified Salt + spices to taste. 6. Mashed potato- 10g	Approx.150gm ↓ Approx.270gm + Snacks → ↑ Approx.120gm
Friday • Veg Khichri Raw Ingredients: 1. Fortified Rice -40g 2. Moong Dal Chilka- 20g 3. Soyabean-10 g 4. Onion +Tomato-15 gm 5. Carrot/Peas/beans-25 gm 6. Potato-30g 7. Jeera + Hing Tadka-1 g 8. Fortified Edible Oil-10ml Double Fortified Salt + Spices - to taste	Approx 270gm +Snacks

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Saturday • Atta Besan Poori with Choley Gravy Raw Ingredients 1. Whole Wheat Atta-50g 2. Besan-10g 3. Fortified Edible Oil- 10mL 4. Double Fortified Salt + Ajwain-to taste. • White choley with thick Gravy Raw Ingredients 5. White choley-20g 6. Potatoes-30g 7. Onion + Tomato-40g 8. Fortified Edible Oil- 5mL 9. Double Fortified Salt + spices-to taste.	Approx.100gm ↓ Approx.270gm + Snacks → ↑ Approx.120gm
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B. Morning Snacks Menu:

S. No.	Food Item	Ingredients & Quantity	Serving Size	Days
1.	Kala Channa-Peanut Chaat	Boiled Kala Channa- 40 gm Boiled Peanuts- 10 gm Oil- 2.5 ml Curry Leaves+ Jeera + Double Fortified salt + Spices- to taste	50 gm per child per day	Monday
2.	Ragi and Besan Ladoo	Ragi- 50g Besan-55g Jaggery/DesiKhand-55g Oil-20ml Groundnut-20g (Ingredients for 5 ladoos)	One Ladoo (40 gm) per child per day	Tuesday
3.	Peanut poha	Poha-30gm Peanut- 10gm Oil- 2.5 ml Curry Leaves+ Mustard Seeds + cumin seeds+ Double Fortified salt + Spices- to taste	40 g per child per day	Wednesday
4.	Ragi and Besan Ladoo	Ragi- 50g Besan-55g Jaggery/DesiKhand-55g Oil-20mL Groundnut-20g (Ingredients for 5 ladoos)	One Ladoo (40 gm) per child per day	Thursday

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5.	Lobia- Peanut Chaat	Boiled Lobia-30 gm Boiled Peanuts- 10 gm Oil- 2.5 ml Curry Leaves+ Jeera + Double Fortified salt + Spices- to taste	40 gm per child per day	Friday
6.	Roasted Chivda Namkeen	Chivda-30gm Roasted Channa- 10gm Oil- 2.5 ml Curry Leaves+ Mustard Seeds + Double Fortified salt + Spices to taste	40g per child per day	Saturday

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