

# ICDS AND NATIONAL FOOD SECURITY ACT, 2013



## **Integrated Child Development Services (ICDS)**

- ✓ Integrated Child Development Services ( ICDS) is a centrally sponsored scheme of the Ministry of Women & Child Development, Govt. Of India.
- ✓ It was launched in 1975 in 33 blocks on an experimental basis. Songsak ICDS Project of East Garo Hills is also one of them.
- ✓ Since then, the Department has come a long way in expanding the ICDS projects in the 39 Community and Rural Development Blocks and 2 Urban ICDS Projects at Shillong and Tura.

## Package of Services

The ICDS scheme provides a package of following services to children below 6 years, pregnant and lactating mothers.

- 1) Supplementary Nutrition,
- 2) Immunization,
- 3) Health Check-up.
- 4) Referral services,
- 5) Non-formal preschool education and
- 6) Nutrition and health education.

These services are provided to children ( 0- 6 yrs. ) and pregnant and nursing mothers through Anganwadi Centres.



## Supplementary Nutrition Programme

Supplementary Nutrition Programme (SNP) is one of the core components of ICDS scheme. The main objective is to bridge the calorie gap between the recommended dietary allowance (RDA) and the average daily intake (ADI) of children aged 6 months to 6 years and pregnant & lactating mothers.

- **Morning snacks & hot cooked meals** : Served daily at the AWC to all children between 3-6 years attending preschool at AWC for 25 days in a month.
- **Monthly Take Home Ration** : For children 6 months to 3 years and pregnant/lactating mothers.

# Supplementary Nutrition



## Types of Foodstuff

(1) Conventional foodstuff : Bengal gram, fortified suji, fortified atta, green peas, kitchidi and

(2) Non-conventional foodstuff : Milk, cereal based weaning food, rice poha, moong dal halwa.

Nutrition is provided for 300 days in a year.



## Nutritional and Financial Norms for SNP per Beneficiary per day. ( *Categories wise* )

Sl.No.	Category	Calories (K Cal.)	Protein ( gm.)	Financial norms
1	6 mths to 6 years children	500	12-15 gms	Rs.6.00
2	Severely underweight children (6 mts to 6 years)	800	20-25	Rs.9.00
3	Preg/Nursing mothers	600	18-20	Rs.7.00

## ICDS PROJECTS IN MEGHALAYA

Projects	AWCs	Mini AWCs	Total
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
41	4630	1266	5896

## ICDS PROJECTS IN GARO HILLS

District	Projects	AWCs	Mini AWCs
1	2	3	4
West Garo Hills	7	828	231
East Garo Hills	3	264	138
South Garo Hills	4	203	130
North Garo Hills	2	256	134
South West Garo Hills	2	297	124
<b>Total</b>	<b>18</b>	<b>1848</b>	<b>757</b>

## SNP COVERAGE IN MEGHALAYA

Beneficiaries	Achievement 2016-17
Children 6 mts – 3 yrs.	2,26,203
Children 3 – 6 yrs	2,49,365
Preg. & Lactating Mothers	82,758

## SNP COVERAGE IN GARO HILLS

District	Achievement 2016-17			Total
	<i>Children 6 mts – 3 yrs.</i>	<i>Children 3 – 6 yrs</i>	<i>Preg. &amp; Lactating Mothers</i>	
West Garo Hills	34117	37064	12941	84122
East Garo Hills	18692	17611	6573	42876
South Garo Hills	11766	11907	4141	27814
North Garo Hills	14344	15054	4826	34224
South West Garo Hills	12122	12298	4225	28645
Total	91041	93934	32706	217681

## Nutritional Status of Children

Moderately Malnourished	Severely Malnourished Children (SMC)	Total
1	2	3
45300	204	45504

## Nutritional Status of Children in Garo Hills

District			
	<i>Moderately Malnourished</i>	<i>Severely Malnourished Children (SMC)</i>	<i>Total</i>
<b><i>West Garo Hills</i></b>	10096	30	10126
<b><i>East Garo Hills</i></b>	5571	0	5571
<b><i>South Garo Hills</i></b>	2712	14	2726
<b><i>North Garo Hills</i></b>	2625	6	2631
<b><i>South West Garo Hills</i></b>	2584	6	2590
<b><i>Total</i></b>	23588	56	23644



# National Food Security Act 2013

## Nutritional Support to Pregnant Women And Lactating Mothers.

4. Subject to such schemes as may be framed by the Central Government, every pregnant woman and lactating mother shall be entitled to :-

(a) meal, free of charge, during pregnancy and six months after the child birth, through the local anganwadi , so as to meet the nutritional standards specified in Schedule II; and

(b)maternity benefit of not less than rupees six thousand, in such instalments as may be prescribed by the Central Government:

Provided that all pregnant women and lactating mothers in regular employment with the Central Government or State Governments or Public Sector Undertakings or those who are in receipt of similar benefits under any law for the time being in force shall not be entitled to benefits specified in clause (b).

## **National Food Security Act, 2013**

### **Nutritional Support To Children**

5. (1) Subject to the provisions contained in clause (b)

every child up to the age of fourteen years shall have the following entitlements for his nutritional needs, namely :-

(a) in the case of children in the age group of six months to six years, age appropriate meal, free of charge, through the local anganwadi so as to meet the nutritional standards specified in Schedule II:

Provided that for children below the age of six months, exclusive breast feeding shall be promoted;

(2) Every school, referred to in clause (b) of sub-section (1), and anganwadi shall have facilities for cooking meals, drinking water and sanitation :

Provided that in urban areas facilities of centralised kitchens for cooking meals may be used, wherever required, as per the guidelines issued by the Central Government.

**SCHEDULE II**  
**[See sections 4(a), 5(1) and 6]**  
**NUTRITIONAL STANDARDS**

*Nutritional standards:* The nutritional standards for children in the age group of 6 months to 3 years, age group of 3 to 6 years and pregnant women and lactating mothers required to be met by providing “Take Home Rations” or nutritious hot cooked meal in accordance with the Integrated Child Development Services Scheme and nutritional standards for children in lower and upper primary classes under the Mid Day Meal Scheme are as follows:

Sl.No	Category	Type of meal	Calories (Kcal)	Protein (g)
1	2	3	4	5
1	Children (6 months to 3 years)	Take Home Ration	500	12-15
2	Children (3 to 6 years)	Morning Snack and Hot Cooked Meal	500	12-15
3	Children (6 months to 6 years) who are malnourished	Take Home Ration	800	20-25
4	Lower primary classes	Hot Cooked Meal	450	12
5	Upper primary classes	Hot Cooked Meal	700	20
6	Pregnant women and Lactating mothers	Take Home Ration	600	18-20

## **Prevention and Management of Child Malnutrition**

6. The State Government shall, through the local anganwadi, identify and provide meals, free of charge, to children who suffer from malnutrition, so as to meet the nutritional standards specified in Schedule II.

- Every AWC - weighing machine & growth charts.
- Identify children who are suffering from malnutrition.
- Provide free nutrition.
- Refers to PHC, CHC and DNRC

## **Implementation of Schemes for Realisation of Entitlements**

7. The State Governments shall implement schemes covering entitlements under sections 4, 5 and section 6 in accordance with the guidelines, including cost sharing, between the Central Government and the State Governments in such manner as may be prescribed by the Central Government.

**Financial Sharing Pattern : 90/10**



## **RIGHT TO FOOD SECURITY ALLOWANCE**

8. In case of non-supply of the entitled quantities of foodgrains or meals to entitled persons under Chapter II, such persons shall be entitled to receive such food security allowance from the concerned State Government to be paid to each person, within such time and manner as may be prescribed by the Central Government.


## District Grievance Redressal Officer

15 (1) The State Government shall appoint or designate, for each district, an officer to be the District Grievance Redressal Officer for expeditious and effective redressal of grievances of the aggrieved persons in matters relating to distribution of entitled foodgrains or meals under Chapter II, and to enforce the entitlements under this Act.

(5) The officer referred to in sub-section (1) shall hear complaints regarding non distribution of entitled foodgrains or meals, and matters relating thereto, and take necessary action for their redressal in such manner and within such time as may be prescribed by the State Government.

(6) Any complainant or the officer or authority against whom any order has been passed by officer referred to in sub-section (1), who is not satisfied with the redressal of grievance may file an appeal against such order before the State Commission.

(7) Every appeal under sub-section (6) shall be filed in such manner and within such time as may be prescribed by the State Government.



# THANK YOU

