

From

The Secretary Social Welfare,  
Women and Child Development,  
Chandigarh Administration.

To

The Superintendent,  
Model Jail, U.T., Chandigarh,  
Sector 51, Chandigarh.

Memo No.ICDS-Cell/2020/  
Dated,Chandigarh, the

**Subject:- Regarding Supply Order for Supplementary Nutrition in 100 Anganwadi Centres under I.C.D.S, U.T., Chandigarh.**

Reference subject cited above.

As per directions issued by Govt. of India, Ministry of Home Affairs, New Delhi vide letter No.40-3/2020-DM-I(A) dated 15.4.2020 for the distribution of food items and nutrition at the door steps of Anganwadi Beneficiaries, it is hereby requested to supply Take Home Ration in form of raw material to the beneficiaries of 100 Anganwadi Centres i.e. 06 month to 06 years Children (Normal @ Rs.8/- and Severely Mal Nourished @ Rs.12/-), Pregnant & Nursing Mothers and Adolescent Girls (@ Rs.9.50/- ) w.e.f.17.8.2020 on monthly basis till further orders.

The raw material for Take Home Ration is to be procured from Govt. Agencies i.e. Hafed/Markfed etc. The detail of Take Home Ration to be distributed to the beneficiaries of Anganwadi Centres is as under:-

**DETAIL OF TAKE HOME RATION**

Sr. No	Beneficiaries	Rice Parmal (Raw)	Black Chana (Raw)	Sugar	Peanut
1.	6m - 6 yrs. Children (Normal)	2 kg per beneficiaries	1 kg Per beneficiaries	1 Kg Per beneficiaries	---
2.	6m-6 yrs Severely Mal Nourished Children	2 kg per beneficiaries	1 kg per beneficiaries	1 Kg Per beneficiaries	1 kg
3.	Pregnant, Nursing Mothers, Adolescent Girls	2 kg per beneficiaries	1 kg per beneficiaries	1 Kg Per beneficiaries	1/2 Kg.

As per above, the day wise Nutritional Value of THR is as under:-

Raw Material	6m - 6 yrs. Children (Normal)	6m-6 yrs Severely Mal Nourished Children	Pregnant, Nursing Mothers, Adolescent Girls
Rice Parmal (Protein in 100 gram= 7) Calories in 100 gram = 365	80 gram P-5.6 C-292	80 gram P-5.6 C-292	80 gram P-5.6 C-292
Black Chana (Protein in 100 gram= 19 ) Calories in 100 gram =364	40 gram P-7.6 C-145.6	40 gram P-7.6 C-145.6	40 gram P-7.6 C-145.6
Sugar (Protein in 100 gram= Nil) Calories in 100 gram =400	40 gram C-160	40 gram C-160	40 gram C-160
Peanut (Protein in 100 gram = 25.8) Calories in 100 gram=567)	Nil	40 gram P-10.32 C-226.8	20 gram P-5.6 C-113.4
<b>Total Protein</b>	13.2	23.92	18.8
<b>Total Calories</b>	597.6	824.4	711
<b>Required Protein</b>	<b>12-15</b>	<b>20-25</b>	<b>18-20</b>
<b>Required Calories</b>	<b>500</b>	<b>800</b>	<b>600</b>

It is also requested to ensure proper distribution of Take Home Ration and maintenance of social distancing norms during the distribution of Supplementary Nutrition to the Anganwadi Beneficiaries in compliance of directions/guidelines issued by the Ministry of Health and Family Welfare, Govt. of India vide letter No Z-21020/14/2020-PH dated 5th March, 2020 regarding Pandemic COVID-19.

for Director Social Welfare,  
Secretary Social Welfare,  
Women and Child Development,  
Chandigarh Administration

Endst.No. ICDS-Cell/2020/ 1285

Dated, Chandigarh, the 07-08-2020

1. The Child Development Project Officer, ICDS Project-I, II & III for information and necessary action.
2. The Programmer, Social Welfare Department for upload the same orders in website of Social Welfare, U.T., Chandigarh.

for Director Social Welfare,  
Secretary Social Welfare,  
Women and Child Development,  
Chandigarh Administration

Endst.No. ICDS-Cell/2020/

A copy is forwarded to PA/DSW for information for Director Social Welfare,  
Chandigarh Administration.

for Director Social Welfare,  
Secretary Social Welfare,  
Women and Child Development,  
Chandigarh Administration