



Shri Mallikarjun Vidyavardhak Sangh's
Smt. Rajeshwari Karpurmath Memorial (RKM)
Ayurveda Medical College, Hospital &
P.G. Research Centre, Vijayapur.

MID DAY MEAL PROGRAMME AND MID DAY MEAL SCHEME



Presented by,
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: MID DAY MEAL PROGRAMME :

- MDMP is also known as School Lunch Programme.
- In operation since 1961- throughout the country.
- **Objective** : is to **attract more children** for admission to schools and retain them so that **literacy improvement** of children could be brought about.
- **Goals** :
 1. Reorientation of eating habits.
 2. Incorporating nutrition education into the curriculum.
 3. Encouraging the use of local commodities.
 4. Improving school attendance as well as educational performance.



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- **Principles** : to be followed while formulating mid day meals for school children;
 1. Meal should be supplement and not a substitute to the home diet.
 2. Meal should supply at least 1/3rd of the total energy requirement and half of the protein need.
 3. Cost of the meal should be reasonably low.
 4. Easy to cook, devoid of complicated cooking processes.
 5. Use locally available food to reduce the cost of the meal.
 6. Menu should be frequently changed to avoid monotony.



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- National Institute of Nutrition Hyderabad – has prepared model recipes suitable for North and South Indians.
- Minimum number of feeding days in a year should be 250 to have desired impact on the children.



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: MID DAY MEAL SCHEME :

- Also known as **National Programme of Nutritional Support to Primary Education.**
- Centrally sponsored programme launched on **15th august 1995** and revised in 2004.
- **Objectives :**
 1. Universalization of primary education by increasing enrolment, retention and attendance.
 2. Impacting on nutrition of students in primary classes.



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- Mid day meal scheme covered whole country in phased manner started with 2408 blocks initially.
- Scheme covered children of primary stage (class 1 to 5) in government, local body and government aided schools. Now it is extended further.
- **Facilities are :**
 1. Free supply of food grain from nearest Food Corporation of India godown at the rate of 100gm / student / day.
 2. Subsidy for transport of food grain.
 3. Each meal provides minimum 300 calories and 8 – 12 gms of protein.



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- **Suggestions for preparation of nutritious and economical mid day meals are ;**
1. Proper **storage** of food grains in air tight containers to avoid infestations and store should be away from moisture.
 2. Use whole wheat or broken wheat.
 3. Use of **Iodized Salt** and **Unpolished rice**.
 4. Prefer **single dish meals** like Pulao, Kichadi and Upma etc.
 5. **Cereal Pulse Ratio** should be **3:1 to 5:1**.
 6. **Wash** vegetables before using.



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7. Processes like **washing, soaking and cooking** reduces cooking time.
8. **Rice / dal water left** after cooking should not be thrown.
9. **Fermentation** improves nutritive value. So, Dosa etc should be encouraged.
10. **Use of lid** to avoid loss of nutrients,
11. **Avoid overcooking and reheating** of previously used oil.
12. **Leafy tops** of carrots etc should be used in preparation of foods.



मध्याह्न भोजन योजना
Mid Day Meal Scheme

Thank You

