



World Food  
Programme



NITI Aayog

# TAKE HOME RATION

GOOD PRACTICES-ACROSS THE STATES/UTs







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**TAKE HOME RATION: GOOD PRACTICES  
ACROSS THE STATES/UTs**

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**Disclaimer:**

The document for Take Home Ration Good Practices across the State/UTs is based on secondary data sources and information received from the Department of Women and Child Development of various States/UTs. NITI Aayog does not guarantee the accuracy of data or accept responsibility for the consequences of using this data, as this document is based purely on information received from secondary sources.

# Foreword

**Vice Chairman, NITI Aayog**

Good nutrition is an essential requirement for leading a healthy life and achieving one's full growth potential. Malnutrition is responsible for disease, morbidity, and unequal opportunity. India has been implementing the Integrated Child Development Services Scheme for addressing malnutrition. Under this, the Take-Home Rations (THR) programme provides fortified rations for home use for children aged between 6 and 36 months, and pregnant and lactating women. Malnutrition numbers in the country point to the fact that there is a lot to achieve.

To give further impetus to nutrition efforts the Government of India launched the National Nutrition Mission, or POSHAN Abhiyan, with a target to reduce undernutrition by 2 percent per year.

The current THR programme has been found to be very resilient in the face of the COVID-19 disruption and has helped communities to manage the negative impact of the pandemic on child and maternal nutrition. This programme has catered to the needs of the most vulnerable sections of the society. There is a need to further strengthen it to achieve the nutritional targets in a time-bound manner.

This document on good practices compiles and collates innovations in THR programmes in various States and Union Territories. Aspects related to production, distribution, hygiene, labelling, packaging, monitoring, and quality assurance have been reviewed to generate a catalogue of good practices.

I would like to commend this collaborative effort between NITI Aayog and the UN World Food Programme in developing this document. I trust this will help State Governments/Union Territories to adopt good practices in their THR programmes.



**Vice Chairman  
NITI Aayog**







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### Message

POSHAN Abhiyaan is the Government of India's flagship programme to improve nutritional outcomes for children, pregnant women and lactating mothers, and adolescents. It is a multi-ministerial convergence mission with the vision to accelerate India's progress on malnutrition. POSHAN Abhiyaan aims to ensure that every child under 6 years of age, every pregnant and lactating woman, and adolescent girl has access to quality services to address malnutrition across the continuum of care.

Distribution of Take-Home Ration (THR) through Anganwadi Centres under this programme is key to ensure nutritional security of young children, pregnant women and lactating mothers, and adolescents. The THR is a critical part of the diets of these vulnerable groups, and this has played an important role in safeguarding food security during the COVID-19 lockdowns.

There is a need to develop and maintain highest standards for ensuring quality in THR, where the entire THR value chain must ensure quality, transparency, and efficiency. In this review, various good practices at the State level have been identified and are presented, with regard to production, nutritional composition, quality control, monitoring, packaging, and communication.

This review will serve as a guidebook to policymakers and administrators of States/UTs in adopting good practises in various components of the value chain for strengthening their Take-Home Ration system.

(Vinod Paul)



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