



D.O. No. 12-3/2019-Desk(PM POSHAN)

Dated the 7th Sept., 2022

Dear *Mams/Srs,*

As you are aware the concept of School Nutrition (Kitchen) Gardens (SNGs) under PM-POSHAN is a wonderful way of introducing the concept of farming to school students. Nutrition is an essential component in a child's growth which many children are deprived of. Through the introduction of School Nutrition Gardens, where children get the opportunity to grow their own vegetables and fruits, children would get enthusiastic in consuming the fresh fruits and vegetables grown by them as part of their meals or snacks in school. In the process, they would develop a habit of eating healthy at an early age which would continue for a lifetime. Detailed guidelines to set up School Nutrition (Kitchen) Gardens have already been issued to the States vide D.O.No.1-8/2019-Desk (MDM)dated 15th October 2019.

2. As per the latest NFHS 2019-20 Report, at the national level 36% children under age 5 years are stunted (short for their age); 19 percent are wasted (thin for their height), 32% are underweight (thin for their age) and 3 percent are overweight (heavy for their height). Anemia, iron deficiency in children, is also still prevalent at varying levels. While 2% children suffered from severe anemia, almost 65% children fell in the category of mild to moderate anemia in the age group 6-59 months as per NFHS 2019-20. Apart from under nutrition, childhood obesity is also a critical health issue which needs to be addressed. About 3.4% children under 5 years are overweight (weight-for-height). This only highlights the urgency to promote nutrition gardens in schools, which can address the micronutrient requirements of children in their diets as well as promote healthy eating habits.

3. PM POSHAN Scheme provides an opportunity to develop School Nutrition (Kitchen) Gardens in school. Children may be involved in developing SNGs so that they may develop the connect with the vegetables/fruits grown by them.

4. During the current rainy season due to heavy moisture content in the environment, the setting up School Nutrition (Kitchen) Garden is ideal. Special meetings of School Management Committee may be held in each school to develop the action plan for setting up of School Nutrition (Kitchen) Gardens during the season.

5. Teaching students that a Nutrition Garden can be set up anywhere even in a school in crowded urban area is of utmost importance. In schools that do not have enough vacant land space, the KVKs/ Agriculture Extension Officers at village or block or district level, may be involved to help the schools in developing these kitchen gardens on their terraces, corridors, entrance area etc. in earthen/plastic pots, grow bags or even used containers. Locally grown seasonal vegetables/fruits, maybe encouraged for cultivation to minimize crop damage. The States/UTs are requested to ensure district-wise meetings with KVKs to ensure provision of free supply of seeds/seedlings manure etc. for Kitchen gardens.

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6. It is, therefore, requested to issue necessary instructions to promote maximum awareness generation in setting up of School Nutrition (Kitchen) Gardens. It is also requested to provide feedback through Annexure -I and be sent under intimation to this Department by 01.10.2022.

With warm regards

Yours sincerely,



(A.Srija)

Encl: As above

The Principal Secretaries, Secretaries (Education) and Directors/Commissioners of PM POSHAN of all States and UTs.

Annexure-I

SN.	State and UT	Total number of schools	Total number of SNGs set up (including the schools where setting up is in progress also)	Class wise details of children participated in setting up of SNGs		Class wise details of the children participated in planting vegetables & Fruits	
				1 to 5th	6th to 8th	1 to 5th	6th to 8th