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**Additional Secretary,**  
**PM POSHAN**  
**Ministry of Education**  
**Tel:- 011-23389247**

**D.No. 4-7/2023-PMP-1-1 (EE.5)**

**Dated 14<sup>th</sup> June, 2023**

*Dear Sir / Ma'am / Colleague,*

PM POSHAN is one of the foremost rights-based Centrally Sponsored Scheme under the National Food Security Act, 2013 (NFSA) covering about 12 crore children studying in 10.84 lakh schools in all Government and Government aided schools, so as to meet specified nutritional standards.

2. As you are aware, the PAB meetings for the financial year 2023-24 are over and minutes have been issued. It has been observed that in some of the States and UTs Menu under PM POSHAN requires special attention at your level, as it has long term impact on the health of school students. I would like to draw your attention to the fact that as per NFHS -V (2019-20), about 32% children are under weight and about 67 percent of children had some degree of anaemia (whose haemoglobin levels are below 11.0 g/dl). The figures are critical for our future generations and require your immediate intervention.

3. Under PM POSHAN one wholesome meal is being provided on daily basis, therefore if the menu contains all the ingredients in prescribed amount, it will be helpful in maintaining their nutritional status, curbing their classroom hunger and safeguarding their immunity. Children will be able to concentrate better in their classroom activities. The menu may contain all the prescribed amount of food items viz., fortified food-grains, pulses, green leafy vegetables, condiments, and oil as per the food and nutrition norms of scheme so that it may provide prescribed calories proteins, and other macro & micronutrients required for the physical and mental growth and development of the students.

4. Serving of 'Meals', using broken wheat, rice or millets and incorporating prescribed amount of a pulses and seasonal green leafy vegetable, and some amount of edible oil and condiments will make the meal nutritious and healthy. Broken wheat pulao, leafy khichri, dal-vegetable bhaat, dal roti/rice and sabji are some examples of meals.

5. Choosing a variety of foods will help to make meals interesting, so that students will not get bored with the served meal. Local cuisine also needs to be taken into consideration. Inclusion of green leafy vegetables in the meal is of utmost importance to reduce the prevalence of anaemia. Inclusion of drumstick, moringa, spinach leaves and other locally available 'saag' may be included in the meal as they are good sources of iron in the diet of the children and will have more nutrients. Inclusion of whole legumes will ensure the availability of good sources of proteins, vitamins & minerals in the diet



of the school children. It may be kept in mind that adding locally grown green leafy vegetables of particular geographical region is an eco-friendly measure as it leads to reduction of carbon foot print.

6. The experts from the field of nutrition from renowned Home Science Colleges of State Agriculture Universities/Central universities/ National Institute of Nutrition are valuable assets with us and may be of great help in developing a wholesome, varied and nutritious menu with dietary diversity

7. There is a direct connect of the importance of School Nutrition (Kitchen) Gardens in this regard. Vegetables freshly grown by involving the school children has multiple impact: children learn to grow their own vegetables which becomes s a part of their skill development; they feel ownership in producing the vegetable and also learn to eat all the edible parts; they also learn collaboration by working and eating with a peer group. The green leafy vegetables contain minerals and vitamins in appropriate amounts required in the diet.

8. Following points are suggested to make the menu more interesting, nutritious and wholesome:

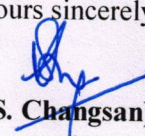
- a. Menu may be designed in consultation with nutritional experts and the students and even parents/mothers' groups.
- b. Preferences of the students may be considered before making the menu by including local cuisine/local food preferences.
- c. The inclusion of vegetables/pulses may be reviewed on a quarterly basis.
- d. The taste and acceptance of the menu by students may be ascertained. The cooking of green leafy vegetables with lid helps to minimize the loss of nutrients during cooking. Training of cook cum helpers is essential.
- e. Training including refresher training of Cook-cum-Helpers is also essential

Even in places where food is prepared in centralised kitchens, such planning and review may be conducted.

Therefore, I would request you to consider the above to ensure a nutritious and tasty hot cooked meal to all students on daily basis.

*With warm regards,*

Yours sincerely

  
(L. S. Changsan)

1. The Additional Chief Secretaries/ Principal Secretaries / Secretaries (Education) of all States and UTs.

2. The Nodal department for implementation of Pradhan Mantri Poshan Shakti Nirman (PM POSHAN) Scheme in all States and UTs.