



Mid Day Meal Scheme



**Ministry of Human Resource Development
Govt. of India**

**Workshop - Bhubaneswar 13th -14th November 2017
Kitchen Garden**



Need of Kitchen Garden

- Fresh vegetables for MDM
- Exercise for children
- Education for Children
- Improves Landscape
- Nurtures soil & Air
- Conserves water
- Wildlife habitat



Importance of Kitchen Gardens

- ❑ The vegetables grown in these kitchen gardens can be used in the preparation of MDM.
- ❑ Provides an opportunity to children to eat freshly grown vegetables containing vitamins and minerals which are essential for their physical and mental growth and development.



Beneficial for children

- ❑ Students learn focus and patience, cooperation, teamwork and social skills. Further, they gain self-confidence and a sense of "capableness" along with new skills and knowledge in food growing.
- ❑ Achievement scores may improve because learning is more relevant and hands-on.
- ❑ Students may become more fit and healthy as they spend more time active in the outdoors and start choosing healthy foods over junk food.

- ❑ Kitchen garden may supply most of the non-staple foods that a school needs every day of the year, including roots and tubers, vegetables and fruits, legumes, herbs and spices.
- ❑ **Roots and tubers** are rich in energy and legumes are important sources of protein, fat, iron and vitamins.
- ❑ **Green leafy vegetables and yellow- or orange-colored** fruits provide essential vitamins and minerals; particularly folate, and vitamins A, E and C.
- ❑ **Vegetables and fruits** are a vital component of a healthy diet and should be eaten as part of every meal. Especially important for small children's diets to ensure normal growth and intellectual development.

Things to Consider...

- Location
- Soil types
- Types of crops
- Garden Layout
- Rotation of crops
- Planting Methods
- Weed Control
- Pest Control



Strategy for Kitchen Garden

- **Preparation of Booklet**
- **Preparation of Audio/Video spots**
- **Convergence with KVKs**
- **Display of plants on school notice board**
- **Community support**
- **Inclusion of data of Kitchen gardens in AWP&B**

Resources to be tapped

- ❑ There are 655 Krishi Vigyan Kendras working under ICAR (Indian Council of Agricultural Research)
[\(\[https://kvk.icar.gov.in/dashboard_KVK_selection.aspx\]\(https://kvk.icar.gov.in/dashboard_KVK_selection.aspx\)\)](https://kvk.icar.gov.in/dashboard_KVK_selection.aspx)
- ❑ *State Agriculture Universities*
- ❑ State/UTs may have a convergence with KVKs for the availability of seeds/seedlings, manures/compost etc on a reasonable cost based on the different agro climatic zones.
- ❑ Support of community may also be utilized

Pest Control/Prevention/Precautions

- Dispose of crop residue (leftovers)
- Rotate Crops
- Use “treated” seeds
- Use “resistant” varieties
- School garden may be grown preferably organically, with no toxic pesticides or synthetic fertilizers



Excellent source of fiber, vitamin A, C, K, Manganese, B6, riboflavin, magnesium, potassium, iron, calcium & Vit- E



Kitchen Garden

States	No of Schools
Arunachal Pradesh	350
Assam	33892
Karnataka	27289
Manipur	600
Haryana	600
Tripura	446
Uttarakhand	848
West Bengal	1994

A meal to a Child is an offering to the Divinity.



Thank you

Karnataka



किचेन गार्डन में हरी सब्जियों की उपज करते हुए छात्राएँ



राजकीय मध्य विद्यालय जगन्नाथपुर, धुर्वा, राँची

SIKKIM



**[Organic Vegetation]
School Tr. growing vegetables at schools**

SIKKIM



[Team Work]
Parents are involve in preparing field for kitchen garden in school.

Broccoli

SIKKIM

Raddish



Growing variety of organic vegetables at school's kitchen garden.

SIKKIM



**Students watering tomatoes in poly house
[north]**

MIZORAM

