



Mid Day Meal Scheme



**Department of School Education & Literacy
Ministry of Human Resource Development
Govt. of India**

Objectives of Mid day Meal Scheme

To address two pressing problems viz. hunger and education by:



Improving the **nutritional status of children studying** in classes I – VIII in Government and Government-Aided Schools, Special Training Centers (STC) and Madrasas & Maqtabas supported under Sarva Shiksha Abhiyan (SSA).



Encouraging poor children, belonging to disadvantaged sections, **to attend school more regularly** and help them concentrate on classroom activities.



Providing nutritional support to children of elementary stage in **drought-affected areas during summer vacation.**

Food, Nutritional and Calorific norms

S. No.	Items	Primary (I-V)	Upper Primary (VI-VIII)
A) Nutritional Norms (Per child per day)			
1	Calorie	450	700
2	Protein	12 gms	20 gms
B) Food Norms (Per child per day)			
1	Food - grains	100 gms	150 gms
2	Pulses	20 gms	30 gms
3	Vegetables	50 gms	75 gms
4	Oil & fat	5 gms	7.5 gms
5	Salt & condiments	As per need	As per need



MDM - Rights based approach

- **Section 5 (1) (b) of National Food Security Act (NFSA), 2013 mandates that** *in the case of children, up to class VIII or within the age group of six to fourteen years, whichever is applicable, one mid-day meal, free of charge, everyday, except on school holidays, in all schools run by local bodies, Government and Government aided schools, so as to meet the nutritional standards specified in Schedule II.”*
- *Schedule II mandates provision of Hot Cooked meal providing 450 calorie and 12 gram protein for primary students and 700 calorie and 20 gram protein for upper primary students.*
- The Mid Day Meal Rules, 2015 notified on 30th September, 2015 to comply with the provisions under the National Food Security Act, 2013.

MDMS complements Sustainable Development Goals (SDGs)



Goal 2 – Zero Hunger - End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

9.78 crore children studying in 11.43 lakh schools were provided MDM on all the school days during 2016-17.

MDM was served during summer vacations in drought affected areas.

Provision of Food Security Allowance under MDM Rules, 2015

Goal 3 - Good Health and Well-being - Ensure healthy lives and promote well-being for all at all ages.



MDM guidelines envisages for providing 450 calorie and 12 gram protein for primary and 700 calorie and 20 gram protein for upper primary through hot cooked meal to all the children attending elementary classes in targeted schools.

Goal 4 - Quality Education - Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

As it is tough to concentrate on studies on empty stomach, MDM helps children to attend school more regularly and help them concentrate on school activities.

Kitchen Gardens

- ✓ **Provides an opportunity to develop kitchen gardens in school.**
- ✓ Assam (33892), Kerala (7234), West Bengal (1994), Uttarakhand (848), Arunachal Pradesh (350), Manipur (600), Tripura (446) and Nagaland (315) etc.
- ✓ **Children eat self cultivated freshly grown vegetables loaded with vitamins and mineral which are essential for their physical and mental growth and development.**
- ✓ **Students learn focus, patience, cooperation, teamwork and social skills.**
- ✓ **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 Gardens in Kerala



Best Practices

	Best Practices	Name of the State/Uts
1	Eggs, banana, any other fruit	Andhra Pradesh, Telangana, West Bengal, Odisha, fruit, Puducherry, Tamil Nadu, Jharkhand, Lakshadweep, Rajasthan, A & N Islands, Daman & Diu.
2.	Milk	Puducherry, Uttar Pradesh, Gujarat, Kerala, Karnataka, Madhya Pradesh,
3	Dining halls	Tripura, West Bengal, Uttar Pradesh,
4	Additional share Honorarium CCH & Cooking cost	Bihar, Uttarakhand, Puducherry, Lakshadweep, Haryana, Tamil Nadu, Karnataka, Chandigarh, Punjab, Kerala, Chattisgarh, West Bengal, Jharkhand, Gujarat, Madhya Pradesh, Goa, Karnataka, Mizoram, Kerala, Odhisha, Uttarakhand, Dadra & Nagal Haveli, Daman & Diu.
5	Kitchen Garden	Assam, Kerala, West Bengal, Tripura, Sikkim, Arunachal Pradesh, Nagaland, Lakshadweep
6	Additional food grains	Gujarat, Kerala
7	Tablet Based Monitoring	Bihar
9	MDM to class IX & X	Andhra Pradesh, Karnataka, Tamil Nadu, Telangana
10	Pre fabricated Kitchen	Maharashtra
11	Eating Utensils	Bihar, Gujarat, West Bengal, Uttar Pradesh, Madhya Pradesh

Distribution of eating plates (Bihar)



Kitchen garden at Kerala



Convergence

- ✓ Anganwadis and Schools. (Identification of AWCs adjacent to Schools)
 - ✓ Identification of girl students having anemia.
 - ✓ Identification of undernourished students.
 - ✓ Referrals of the students to nearest health centers
 - ✓ Health & Wellness ambassadors in schools.
- Jointly by MoHFW & MHRD.



Thank you



A meal to a child is an offering to the divinity

*G. Vijaya Bhaskar,
Director Mid – Day Meal
Scheme
Ministry of Human Resource Development,
Govt. of India*