

COMMUNITY FOOD AND NUTRITION EXTENSION UNITS

(CFNEUs)



PROVIDE NUTRITION EDUCATION
AND
TRAINING IN HOMESCALE PRESERVATION OF FRUITS &
VEGETABLES

FOOD AND NUTRITION BOARD

DEPARTMENT OF WOMEN AND
CHILD DEVELOPMENT
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
GOVERNMENT OF INDIA
NEW DELHI

COMMUNITY FOOD AND NUTRITION EXTENSION UNITS (CFNEUs)

INTRODUCTION

Mobile Food and Nutrition Extension service of the Food and Nutrition Board was set up in 1964 with 4 Mobile Extension Units at Delhi, Mumbai, Kolkata and Chennai. Today there are 43 CFNEUs located in 29 States/UTs in the country. The addresses and telephone numbers of these units are given in this folder.

The services offered by the CFNEUs are :

NUTRITION EDUCATION TO THE COMMUNITY

Nutrition education of the people is the only long-term solution for eradicating the problem of malnutrition and achieving optimum nutrition for the people. The CFNEUs organise about 25 nutrition demonstration programmes in rural, urban and tribal areas in a month in collaboration with the concerned Departments of the State Governments, educational institutions and social organisations. Nutrition information and skills are imparted on various aspects of food, nutrition and health with a view to equip the community to improve nutrition of the vulnerable groups comprising of infants, pre-school children, adolescent girls, expectant and nursing mothers within their available means. The educational package includes awareness about various forms of malnutrition, nutritional needs of different age groups, promotion of breastfeeding, complementary feeding at six months of age, preparation of instant infant foods at home to enable frequent and adequate feeding of the young child, care during diarrhoea, importance of immunisation, hygiene and sanitation and conservation of nutrients during food preparation. Information about existing nutrition, health and welfare services is also imparted with a view to facilitate effective utilisation of these services.

TRAINING IN HOMESCALE PRESERVATION OF FRUITS AND VEGETABLES, AND NUTRITION

Fruits and vegetables are the most important sources of vitamins and minerals commonly known as micronutrients which help to improve the vitality and provide protection against diseases. In addition to vitamins and minerals they contain a number of antioxidant substances which help to protect the cells of the body and thus prevent various degenerative chronic diseases like diabetes-mellitus, hypertension, cardio-vascular diseases and even cancer. Fibre present in fruits and vegetables is an important constituent of diet and provide protection against diet related chronic diseases.

Fruits and vegetables being perishable food stuffs need to be preserved when available in glut season so as to promote their consumption during lean periods.

The CFNEUs organise about two training courses of 2-week duration in a month in Homescale Preservation of Fruits and Vegetables including nutrition mainly for adolescent girls and housewives at a nominal fee of Rs.5.00 per trainee with a view to impart necessary skills which could be useful for income generation also besides providing much needed micronutrients.

Preparation of preserved products like jam, jellies, marmalades, preserves, candies, fruit syrups, squashes, chutneys, pickles, ketchup and sauces; and instant food mixes from cereals, pulses and nuts and other nutritious preparations from locally available foods are taught during the training course through practical demonstrations supported by lecture-cum-discussions and film and slide shows. A certificate is also issued at the end of the training course.

Processing facilities are also provided to the community at nominal cost at these units for their domestic consumption.

The training courses are also organised for special groups like tribal girls, SC/ST community, students of 10+2 for vocational training, industrial establishments etc. on request.

One can contact the unit for getting enrolled for training, processing facility, or for getting a special training programme organised for an organised group.

INTEGRATED NUTRITION EDUCATION CAMPS (INEC)

Five-day Integrated Nutrition Education Camp for about 75 grassroot level functionaries of the Departments of Women and Child Development, Health and Family Welfare, Rural Development, Agriculture and Education is organised at block



level with a view to equip them with simple knowledge on food, nutrition and health which they could communicate to the community during the course of their respective duties. The forenoon sessions include lecture-cum-discussions, film and slide shows and exhibitions while the afternoon sessions are utilised for imparting training through practical demonstrations of various nutritious preparations.

ORIENTATION TRAINING COURSES (OTC)

Five-day Orientation Training Course on nutrition is organised at state or district level training institutions for training the trainers/supervisors of grass root level functionaries. The supervisory level officials of concerned Departments are included as participants of the OTC. 30 participants are included in one OTC.

Orientation of supervisors and grass root level functionaries towards various aspects of food, nutrition and health is aimed at creating nutritional awareness among the people utilising all available channels.



MASS AWARENESS CAMPAIGNS

The CFNEUs participate in prestigious exhibitions/melas so that the message of nutrition could be disseminated to masses. A nutrition exhibition with live demonstrations is organised in such exhibitions.

National events like National Nutrition Week (1-7 September), World Breastfeeding Week (1-7 August), World Food Day (16 October), Global Iodine Deficiency Disorders Day (21 October), Universal Children's Day (14 November), International Women's Day (8 March) are also celebrated by way of organising special programmes on specific themes enlisting support of like minded organisations and the media.

DISTRIBUTION OF EDUCATIONAL/TRAINING MATERIAL

Posters, folders, guidelines, booklets and calendars carrying messages on vital aspects of nutrition are distributed by CFNEUs to various field agencies and social organisations. The educational/training material printed in regional languages is also shared with the State Governments, national institutions and social organisations by the FNB Headquarters.

MONITORING NUTRITION COMPONENT AT ANGANWADIES

The CFNEUs inspect anganwadies in the area of their operation with regard to the type of food received, its storage at anganwadies, food preparations made and given to beneficiaries alongwith amount and acceptability of the supplementary food. Hygienic conditions and provision for safe drinking water are also noted. Suggestions for improvement are provided to the field officers as well as State Governments with a view to improve the quality of supplementary feeding in Integrated Child Development Services (ICDS).



LOCATIONS AND TELEPHONE NUMBERS OF COMMUNITY FOOD AND NUTRITION EXTENSION UNITS (CFNEUs) IN THE COUNTRY

Sl.No.	Address	Tele. No.
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F.N.B. HEADQUARTERS

Smt. Shashi Prabha Gupta,
Technical Adviser (Food & Nutrition Board),
Department of Women & Child Development
Ministry of Human Resource Development,
Government of India, Shastri Bhavan,
New Delhi -110001.

3383823
6863063 (R)

REGIONAL OFFICES OF F.N.B.

1. **NORTHERN REGION**
Mr. Raghuvir Singh, Deputy Technical Adviser, Food & Nutrition Board, Department of Women & Child Development, GOI, Jamnagar House, New Delhi -110011. 3387778
3236004 (R)
2. **EASTERN REGION**
Shri Dhara Singh, Deputy Technical Adviser, Food & Nutrition Board, Department of Women & Child Development, GOI, 8, Esplanade East, Kolkata - 700 069. 2489472
2488159
3. **SOUTHERN REGION**
Dr. Jai Singh Deputy Technical Adviser, Food & Nutrition Board, Department of Women & Child Development, GOI, Shastri Bhavan, 26, Haddows Road, Chennai - 600 006. 8278202
8270402
4. **WESTERN REGION**
Mr. P. Kumar, Deputy Technical Adviser, Food & Nutrition Board, Department of Women & Child Development, GOI, Dinshaw Wacha Road, Churchgate, Mumbai - 400 020. 2027132
Fax 2822021
4145974 (R)

NORTHERN REGION

1. Smt. Anju Dhall, Demonstration Officer, CFNEU, D-II/183, Kidwai Nagar (West), New Delhi - 110 023. 4106960
2. Smt. R. Grewal, Demonstration Officer, CFNEU E-34/D, MIG Flats, Mayapuri, New Delhi -110064 5143867
- 2(a) Demonstration Officer, CFNEU, CRPF Camp, Jharoda Kalan, New Delhi - 110 072. 5016472
3. Smt. Sneh Lata Jain, Demonstration Officer, CFNEU, 1655, Type IV Flats, Gulabi Bagh, Delhi -110 007. 3651025
4. Shri N.P. Jain, Assistant Technical Adviser, CFNEU, Community Centre Building, Sector 23-C, Chandigarh -160 023. 703879
5. Demonstration Officer, CFNEU, 216, Sardarpura, Udaipur - 313 001. 26149
6. Assistant Technical Adviser, CFNEU, 80/174 & 80/175, SECTOR-8, Maharishi Dayanand Marg, Mansarovar, JAIPUR - 302 020. 781117
7. Demonstration Officer, CFNEU, 13/2, Rishi Nagar, Near Dabra Chowk, Hissar-125 005. 47089
8. Shri Niranjana Singh, Demonstration Officer, CFNEU, S-4&5, Over Main Shopping Centre, Sector NH-IV, Faridabad -121 001. 5417882
9. Demonstration Officer, CFNEU, B.XXXIV/2339, Joshi Nagar, Habbowal Kalan, Civil Lines, Ludhiana - 141 001. 470452
10. Demonstration Officer, CFNEU, Mohalla Mangwain, Ram Nagar, Mandi-I (H.P.) - 175 001 24206
11. Assistant Technical Adviser, CFNEU, CGO Complex, Himadri Wing, H-Block, Ground Floor, Betslay, Longwood, Shimla - 171 001 (H.P.) 253067
12. Assistant Technical Adviser, CFNEU, Shop No. 174-177, Central Market, Exhibition Grounds, Jammu -180 001. 542883
- 12(a) Shri M.H. Ahmed, Chemist, Quality Control Laboratory Department of Women & Child Development, Food & Nutrition Board, 5th Floor, Krishi Bhavan, New Delhi-110 001 3383911/
Ext. 4229
13. Shri G.N. Pandey, Assistant Technical Adviser, CFNEU, HIG/4520, Vikas Nagar, Kursi Road, Lucknow - 226 020. 767079

WESTERN REGION

14. Miss. D. H. Shah, Demonstration Officer, CFNEU, 1/46-47, Gr. Floor, Maharashtra Housing Board Colony, Abhyudaya Nagar, Near Cotton Green Station, Mumbai - 400033. 4702716
- 14(a). Shri R.L. Phadke, Sr.Tech. Asstt., Quality Control Laboratory, 192, Kitab Mahal, 2nd Floor, D.N.Road, Mumbai-400 012. 2075243
15. Shri S.T. Ramanujam, Demonstration Officer, CFNEU, Plot No. E-5, Market Road Gultekdi, Pune - 411 037. 4267856
16. Smt. Garima Verma, Demonstration Officer, CFNEU, 99, Malviya Nagar, Bhopal - 462 003. 551673
17. Shri J.H. Parwal, Assistant Technical Adviser, CFNEU, 125, Anand Nagar, Raipur - 492 001. 427087
18. Assistant Technical Adviser, CFNEU, 1120, 1st Floor, Housing Board Colony (Old) Alto Betim Parvorim, Goa-403521. 414713
19. Assistant Technical Adviser, CFNEU, 1st Floor, South Wing, New Secretariat Building, (Opp. Vidharbha Cricket Association Stadium), Civil Line, Nagpur - 440 001. 522306
20. Shri. R. N. Panda, Demonstration Officer, CFNEU, 3, Lajpat Kunj, Napier Tower (Opp. Methodist Centre), Jabalpur - 482 001. 627966
21. Demonstration Officer, Jer Phiroz Complex, 1st Floor, Opp. Mango Market, Valsad - 396 001. 42965
22. Sh. M. V. Parmar Demonstration Officer, CFNEU, Tailoring School Building, Lamba Chowk, Silvassa - 386 236 Dadra & Nagar Haveli. 42627
23. Assistant Technical Adviser, CFNEU, 15, Bank of Baroda Staff Society, 1st Floor, Near P.J. College, Paldi, Ahmedabad - 380 007. 6642337

SOUTHERN REGION

24. Smt. Radha Sundrajan, Assistant Technical Adviser, CFNEU, A-I-A, Rajaji Bhavan, Besant Nagar, Chennai - 600 090. 4916004
- 24(a). Shri V. Eswarayiah, Chemist, Quality Control Laboratory, A-I-A, Rajaji Bhavan, Besant Nagar, Chennai - 600 090. 4916432
25. Shri P. Sundara Rajulu, Assistant Technical Adviser, CFNEU, Block No. I, Gr. Floor, Kendriya Sadan, Sultan Bazar, Hyderabad-500195. 4658085
26. Smt. Rerna Radhakrishnan, Assistant Technical Adviser, CFNEU, Gr. Floor, A-Wing, Kendriya Sadan, 100 Ft. Road, Koramangala, Bangalore - 560 034. 5536270
27. Shri Jayapaul Assistant Technical Adviser, CFNEU, No. 1, Ramamurthy Road, Madurai - 625 002. 530838
28. Demonstration Officer, CFNEU, Andhra University Campus, Waltair, Visakhapatnam - 530 003. 555835
29. Shri V.V. Nair, Assistant Technical Adviser, CFNEU, "Peach Home", T.C. No. 26/930, Panavilla junction, Trivandrum - 695 001. 331239
30. Smt. C.V. Elsi, Demonstration Officer, CFNEU, 28/217-I Tripunithura Road, Manorama junction, Ernakulam - 682 036. 311261



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| 31. | Shri G.U. Rao, Demonstration Officer, CFNEU, 48-12-1, Ring Road, Gunadala, Vijaywada - 520 005. | 451662 |
| 32. | Shri G. Narayanan, Demonstration Officer, CFNEU, 3rd Floor, Manipady Complex, Old Kent Road, Pandeswar, Mangalore - 575 001 | 420692 |
| 33. | Shri T.R. Rajendran, Demonstration Officer, CFNEU, No.30, Suryagandhinagar, II Cross, Near Ambika Theatre, Pondicherry-605 003 | 39007 |

EASTERN REGION

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| 34. | Smt. Krishna Chakraborty, Assistant Technical Adviser, CFNEU, C/W 43, Chitrakoot, Rabindra Nagar, Kolkata - 700 018. | 4919982 |
| 34(a) | Shri Saha, Chemist, Department of Women & Child Development, Food & Nutrition Board, 8, Esplanade East, Kolkata - 700 069. | 2489472 |
| 35. | Shri M. Nuaman, Assistant Technical Adviser, CFNEU, KKB Road (New Colony), Chenikuthi Guwahati - 781 018. | 545949 |
| 36. | Dr. Premidevi, Assistant Technical Adviser, CFNEU, Chingamathek, Imphal - 795 001. | 221523 |
| 37. | Dr. Gurmukh Das, Assistant Technical Adviser, CFNEU, 'ALDOPAMA' near St. Anthony's College, Shillong - 793 001. | 225040 |
| 38. | Smt. S. Saha Mukherjee, Assistant Technical Adviser, CFNEU, Toshilla Apartments, Block-C-1-3, Satya Nagar, Bhubaneswar-751007. | 503302 |
| 39. | Shri TK. Sinha, Demonstration Officer, CFNEU, 3 East Boring Canal Road, Near New St. Xavier's High School, Patna-800001. | 234936 |
| 40. | Dr. PC. J. Reddy, Assistant Technical Adviser, CFNEU, Pawan Colony, Hinu Chowk (in front of Medico-Medical Store), Ranchi - 834 002 | 503327 |
| 41. | Demonstration Officer, CFNEU, Type IV, Qrt. J.G. - 40, Janglihat, Port Blair - 744 001. | 33554 |
| 42. | Shri A. C. Biswas, Demonstration Officer, CFNEU, Opp. Hamro Garage, Anithong Road, Gangtok, Sikkim - 737 101. | 23304 |
| 43. | Shri Balbir Singh, Assistant Technical Adviser, CFNEU, 28, Type III, Vivek Vihar, Itanagar-791 111. (Arunachal Pradesh) | 212790 |