

GUIDELINES FOR FEEDING & DIETARY CHARGES UNDER NRHM

The following guidelines are issued for the expenditure towards feeding & dietary charges of PN/ Post- LSCS mothers delivered at Primary care Institutions. A model diet is also enclosed.

- a) The cost of Rs.80 per day per mother includes all cost including transportation of food.
- b) Freshly cooked food only has to be served to the mothers each time during the stay in the Institution.
- c) Cooked food may be made available through SHGs/ Volunteers.
- d) The hygiene of the cooking premises, utensils, place, ingredients and food handlers should be ensured. The H.I/ Supervisor has to be made responsible to undertake regular periodic visits and monitor the food preparation and timely distribution of diet to mothers.
- e) The PHC-M.O will be responsible for the hygiene and quality of diet as per the suggested menu & distribution in time. No mother when I.P in the Institution goes hungry without a meal, so as to avoid consequences.
- f) The sample of the daily diet has to be kept for 24 hours at the Institution for investigation purpose, in the event of any untoward incidences noticed/ reported in the institution.
- g) The PHC M.O has to ensure regular examination of the food handlers. If any food handler is reporting sick/ found to be sick he/she should not be entrusted in the job, till they are certified free of sickness.
- h) Reporting of JSSK scheme beneficiaries in the prescribed formats has to be ensured and the online reporting viz consolidated at district level has to be sent to this office before 10th of every month.
- i) Cost in lieu of diet should not be given to the beneficiaries directly.
- j) The model diet plan is detailed in the annexure. Any modification in the suggested menu based on prevailing local conditions should be reported to State Health Society.

ANNEXURE

Model diet plan Suggested Menu

BREAKFAST (7AM)

Milk (200 ml) + 1 boiled egg (about 50 gms weight) with any one of the following

- a) Bread (4-5 slices)- 300 gms (whole wheat grain preferred)
or
- b) Pongal with vegetable sambar
or
- c) Veg kitchadi with chutney
or
- d) Idly (4-5 Nos) with sambar

Lunch (11.30 AM – 12 NOON)

- a. Rice
- b. Sambar/ puli kolambu/ more kolambu (any one)
- c. Kootu
- d. Porial
- e. Curd/ butter milk
- f. Boiled egg- 1 No.

If pongal / Idly with sambar is given during breakfast pulikolambu and cooked grams(20 gms uncooked weight for each) to be given during lunch.

3.00 PM ; Milk (200ml)

6.30 PM:

- a. Milk (200 ml) and bread (4-5 Nos) – whole wheat grain preferred.
Or
- b. Milk and Idly (4-5 Nos) with sambar