

From

The Director General,  
Women & Child Development Deptt.,  
Haryana, Panchkuala.

To

All District Programme Officers  
Women & Child Development, in the State.

No. 50333-53 /CD-II/WCD/2013  
Panchkula, dated the 11-2-2013

**Subject:- Introduction of new recipes under Supplementary Nutrition Programme.**

\*\*\*\*\*

In continuation of this department's letter no12120-39/CD-II/WCD/2010 dated 9-7-2010 on the subject cited above.

Due to hike in prices of food commodities the following revised recipes are hereby introduced under Supplementary Nutrition Programme of ICDS scheme with immediate effect:-

1. Panjiri (for children in the age group of 6 months to 18 months)
2. Poshtik Panjiri with milk for severely mal-nourished children.
3. Matar (As morning snack for 3 to 6 years children)
4. Nutritious Mixture. ( -do- )
5. Stuffed Parantha. (As hot cook meal)
6. Puri with allu sabzi. ( -do- )
7. Sweet Rice/Khichari ( -do- )
8. Meetha Dalia ( -do- )
9. Gulgule/Sevian ( -do- )

Stuffed Prantha, Puri with allu sabzi, Sweet rice, Khichri, Meetha Dalia, and Gulgule/Sevaian will also be served as **Take Home Ration (THR)** for mothers, adolescent girls and children below 3 years.

All the recipes are formulated on the basis of 100gm wheat flour/ rice to be given to each beneficiary per day. **In addition, Re. 1/- per day per beneficiary will be paid to the SHGs. and transport charges would be extra.** Composition, Nutritive Value and cost of each recipe are as under:-

**CHILDREN IN THE AGE GROUP OF 6 MONTHS TO 18 MONTHS**

**Panjiri**

Name of Ingredients	Quantity(g)	Protein	Calorie	Estimated Cost (in Rs.)
Wheat flour	100	12.1	341.0	0.45
Ghee	15	-	135	1.35
Sugar	35	-	140	1.12
<b>Total</b>	<b>150</b>	<b>12.1</b>	<b>616</b>	<b>2.92</b>

**Note:- Mothers may be advised that Panjiri may be given in the semi-solid form by mixing in hot water/milk as per liking of the Child.**



**FOR SEVERELY MAL NOURISHED CHILDREN****Poshtik Panjiri**

Name of Ingredients	Quantity	Protein	Calorie	Estimated Cost (in Rs.)
Wheat flour	100	12.10	341.0	0.45
Basen	20	4.16	74.40	0.68
Peanut	15	3.93	85.50	0.83
Ghee	15	-	135	1.35
Sugar	50	-	200	1.60
<b>Total</b>	<b>200</b>	<b>20.19</b>	<b>835.9</b>	<b>4.91</b>

**Note:-** Mothers may be advised that Panjiri may be given in the semi-solid form by mixing in hot water/milk as per liking of the Child.

**CHILDREN IN THE AGE GROUP OF 18 MONTHS TO 3 YEARS****Bharwa Parantha**

Name of Item	Quantity (g)	Protein(g)	Calorie	Estimated Cost per beneficiary (in Rs. )
Wheat	100	12.1	341	0.45
Ghee	20	-	180	1.80
Seasonal vegetable	60	-	35	0.60
Spices	-	-	-	0.10
<b>Total</b>	<b>180</b>	<b>12.1</b>	<b>556</b>	<b>2.95</b>

**Aloo Poori**

Name of Item	Quantity (g)	Protein	Calorie	Estimated Cost per beneficiary
Wheat	100	12.1	341	0.45
Ghee	25	-	225	2.25
Aloo	50	-	43	0.50
Spices	-	-	-	0.10
<b>Total</b>	<b>175</b>	<b>12.1</b>	<b>609</b>	<b>3.30</b>

**Meetha Chawal**

Name of Ingredients	Quantity(g)	Protein	Calorie	Estimated Cost (in Rs.)
Rice	100	6.8	345	0.60
Soya-Chura	20	8.64	86.4	0.80
Gur/Sugar	45	-	180	1.44
<b>Total</b>	<b>165</b>	<b>15.44</b>	<b>611.4</b>	<b>2.84</b>

**Meetha Dalia**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Broken Wheat/Dalia	100	12.1	341	0.45
Sugar/Gur	45	-	180	1.44
<b>Total</b>	<b>145</b>	<b>12.1</b>	<b>521</b>	<b>1.89</b>



**Khichari**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Rice	100	6.8	345.0	0.60
Channa Dal	35	7.28	130.2	1.33
Oil	5	-	45.0	0.45
Salt	to taste	-	-	0.10
<b>Total</b>	<b>140</b>	<b>14.08</b>	<b>520.2</b>	<b>2.48</b>

**Gulgule/Sevaian**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Wheat flour	100	12.1	341	0.45
Oil	15	-	135	1.35
Sugar	40	-	160	1.28
<b>Total</b>	<b>155</b>	<b>12.1</b>	<b>636</b>	<b>3.08</b>

**CHILDREN IN THE AGE GROUP OF 3-6 YEARS.**

Following recipes may be given as Morning Snacks:-

**Channa Murmura and Mungfali Mixture**

Name of Item	Quantity (g)	Protein(g)	Calorie	Estimated Cost per beneficiary (in Rs.)
Roasted Channa	10	2.25	36.9	0.45
Murmura	10	0.75	32.5	0.40
Mungfali	5	1.31	28.5	0.27
<b>Total</b>	<b>25</b>	<b>4.31</b>	<b>97.9</b>	<b>1.12</b>

**Matar**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Wheat flour	30	3.63	102.3	0.14
Oil	10	-	90.0	0.90
Salt	To taste	-	-	0.05
<b>Total</b>	<b>40</b>	<b>3.63</b>	<b>192.3</b>	<b>1.09</b>

Following recipes will be given as Hot Cooked Meal:-

**Bharva Parantha**

Name of Item	Quantity (g)	Protein(g)	Calorie	Estimated Cost per beneficiary (in Rs.)
Wheat	70	8.47	238.70	0.32
Ghee	10	-	90.0	0.90
Seasonal vegetable	40	0.64	38.80	0.40
Spices		-	-	0.10
<b>Total</b>	<b>120</b>	<b>9.11</b>	<b>367.5</b>	<b>1.72</b>



**Aloo Poori**

Name of Item	Quantity (g)	Protein	Calorie	Estimated Cost per beneficiary (in Rs.)
Wheat	70.	8.47	238.7	0.32
Ghee	15	-	135	1.35
Aloo	40	0.64	38.80	0.40
Salt/ Ajwain	-	-	-	0.10
<b>Total</b>	<b>125</b>	<b>9.11</b>	<b>412.5</b>	<b>2.17</b>

**Meetha Chawal**

Name of Ingredients	Quantity(g)	Protein	Calorie	Estimated Cost (in Rs.)
Rice	70	4.76	241.50	0.42
Soya-Chura	10	4.32	43.2	0.40
Sugar	35	-	140	1.12
<b>Total</b>	<b>115</b>	<b>9.08</b>	<b>424.7</b>	<b>1.94</b>

**Khichari**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Rice	70	4.76	241.5	0.42
Channa Dal	20	4.16	74.4	0.76
Oil	3.5	-	31.5	0.31
Salt	To taste	-	-	0.07
<b>Total</b>	<b>93.5</b>	<b>8.92</b>	<b>347.4</b>	<b>1.56</b>

**Meetha Dalia**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Broken Wheat/Dalia	70	8.47	238.7	0.32
Sugar/Gur	30	-	120.0	0.96
<b>Total</b>	<b>100</b>	<b>8.47</b>	<b>358.7</b>	<b>1.28</b>

**Gulgule/Sevaian**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Wheat flour	70	8.47	238.7	0.32
Oil	10	-	90.0	0.90
Sugar	30	-	120.0	0.96
<b>Total</b>	<b>110</b>	<b>8.47</b>	<b>448.7</b>	<b>2.18</b>

Note: For pre-school children two meals will be provided as **morning snack and hot meals**. Chana-murmura mixture and Matar will be provided on alternate days as morning snack whereas parantha, puri-alloo, sweet-rice, Khichri, Meetha Dalia and Gulgule/Sevaian will be provided as hot cooked meal.



**For Pregnant & Lactating Women and Adolescent Girls.**

**Parantha**

Name of Item	Quantity ( g )	Protein(g)	Calorie	Estimated Cost per beneficiary y (in Rs. )
Wheat	100	12.10	341.0	0.45
Basen	30	6.24	111.6	1.02
Ghee	20	-	180.0	1.80
Seasonal vegetable	60	-	35.0	0.60
Spices	As per taste	-	-	0.10
<b>Total</b>	<b>210</b>	<b>18.34</b>	<b>667.6</b>	<b>3.97</b>

**Aloo Poori**

Name of Item	Quantity (g)	Protein	Calorie	Estimated Cost per beneficiary (in Rs.)
Wheat	100	12.10	341.0	0.45
Basen	30	6.24	111.6	1.02
Ghee	25	-	225.0	2.25
Aloo	60	-	35.0	0.60
Spices	As per taste	-	-	0.10
<b>Total</b>	<b>215</b>	<b>18.34</b>	<b>712.6</b>	<b>4.42</b>

**Meetha Chawal**

Name of Ingredients	Quantity(g)	Protein	Calorie	Estimated Cost (in Rs.)
Rice	100	6.8	345	0.60
Sugar	45	-	180	1.44
Soya Chooru	30	12.96	129.6	1.20
<b>Total</b>	<b>175</b>	<b>19.76</b>	<b>654.6</b>	<b>3.24</b>

**Meetha Dalia**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Broken Wheat/Dalia	100	12.1	341	0.45
Soya Chura	20	8.64	86.4	0.80
Sugar/Gur	45	-	180	1.44
<b>Total</b>	<b>165</b>	<b>20.74</b>	<b>607.4</b>	<b>2.69</b>

**Khichari**

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Rice	100	6.8	345.0	0.60
Channa Dal	35	7.28	130.2	1.33
Soyawadi	10	4.32	43.2	0.40
Oil	5	-	45.0	0.45
Salt	to taste	-	-	0.10
<b>Total</b>	<b>150</b>	<b>18.4</b>	<b>563.4</b>	<b>2.88</b>



**Gulgule/Sevaian**

Haryana

Name of Ingredients	Quantity (gm)	Protein (gm)	Calorie (kcal)	Estimated Cost (Rs.)
Wheat flour	100	12.10	341.0	0.45
Soya flour	15	6.48	64.8	0.60
Oil	15	-	135	1.35
Sugar	45	-	180	1.44
<b>Total</b>	<b>175</b>	<b>18.58</b>	<b>720.8</b>	<b>3.84</b>

**Distribution of SNP will be as under:-**

Sr. No.	Days	6 to 18 months children	Severely Mal-nourished Children	18 months to 3 years children	3 years to 6 years children	Pregnant Nursing Mothers and AG Girls
1	<b>Monday</b>	Panjiri	Poshtik Panjiri	Meetha Dalia	Poshtik Mixture and Meetha Dalia	Meetha Dalia
2	<b>Tuesday</b>	-do-	-do-	Alloo Poori	Mattar and Alloo Poori	Alloo Poori
3	<b>Wednesday</b>	-do-	-do-	Sweet Rice	Mattar and Sweet Rice	Sweet Rice
4	<b>Thursday</b>	-do-	-do-	Gulgule	Mattar and Gulgule	Gulgule
5	<b>Friday</b>	-do-	-do-	Parantha Stuffed with seasonal vegetable	Postik Mixture and Parantha Stuffed with seasonal vegetable	Parantha Stuffed with seasonal vegetable
6	<b>Saturday</b>	-do-	-do-	Khichri	Postik Mixture and Khichri	Khichri

Note: If required the above mentioned schedule can be changed but with the permission of concerned Programme Officer only.

You are directed to ensure to implement the above revised recipes with immediate effect and send a compliance report to the Directorate.

  
Joint Director,

for Director General, Women & Child Development Deptt.,  
Haryana, Panchkula.

Endst.No. 50354 /CD-II/WCD/2013, Panchkula, dated the 11-2-2013

A copy of the above is forwarded to the Joint Secretary, Govt. of India, Ministry of Women and Child Development, Shashtri Bhawan, New Delhi-I for information and necessary action.

  
Joint Director,

for Director General, Women & Child Development Deptt.,  
Haryana, Panchkula