

Having Mid Day Meal



Tasting of Meal

MID DAY MEAL SCHEME



मध्याह्न भोजन योजना
Mid Day Meal Scheme

MEGHALAYA



Cooking Ingredients




Kitchen Garden



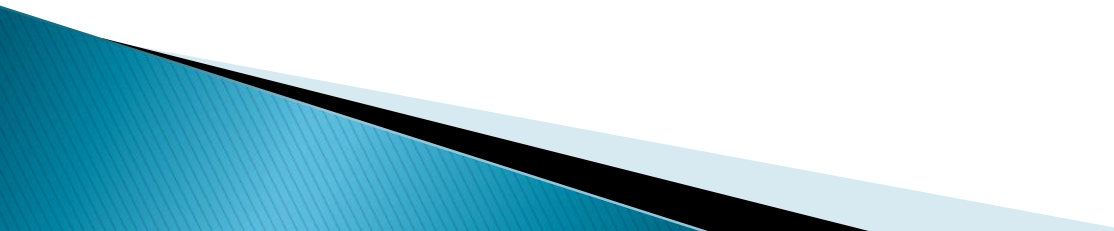
Understanding Mid Day Meal

Video Clip


Historical Background

- The National Programme on Nutritional Support to Primary Education (NP-NSPE) commonly known as Midday Meal Programme was launched as a centrally sponsored Scheme on the 15th August 1995 by providing dry ration @ 100 grams per child per day.
 - In September 2004, the scheme was revised to provide cooked Mid Day Meal with 300 calories and 8-12 grams of protein to all children studying in Class 1-V (Govt. and Aided Primary) including Special Training centres. In addition to free supply of food grains, the revised scheme also provides cooking cost @ 1/- per child per day.
 - In the year 2007-08, the Mid Day Meal was extended to Upper Primary Schools all over the country.
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Main Objectives of Mid Day Meal

- Boost Universalisation of Elementary Education
– increasing enrolment, attendance, retention and bring down the dropout rate.
 - Improving the nutritional status of children
 - Encourage poor children to attend school regularly and help them to concentrate on classroom activities– stop classroom hunger.
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Components of MDM and Sharing Pattern

- Foodgrain (100% Central)
 - Cost of Foodgrain (100% Central)
 - Cooking Cost/Conversion Cost (90% Central, 10% State)
 - Honorarium to Cooks–Cum–Helpers (90% Central, 10% State)
 - Transportation Cost of Foodgrain (100% Central)
 - Kitchen Sheds. (90% Central, 10% State)
 - Kitchen Devices (100% Central)
 - Toilet/Drinking water facilities (PHE/SSA)
 - School Health Programme (DHS)
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Norms entitlement

- ▶ No of School Working days 200 for LPS and 220 for UPS
- ▶ Foodgrain entitlement per child per day is 100 grams for LPS and 150 grams for UPS
- ▶ Cost of foodgrain is @ Rs.3000/- per Metric ton.
- ▶ Transportation cost is @ Rs.980/- per Metric ton.
- ▶ Cooking cost is Rs.4.13 for LPS and Rs.6.18 for UPS from July 2016 onwards for procurement of cooking ingredients.
- ▶ Honorarium to cook-cum-helpers is @ Rs.1000/- per month per cook for 10 months. (1-50 children one cook, 50-100 children two cooks, and every additional of 100 children one cook extra).
- ▶ Kitchen sheds is at plinth area norms based on enrolment strength.
For E.g. 100 enrolment is 20 sq.m, 200 enrolment is 24 sq.m etc, and the rate is Rs.13,372/- per sq.m.
- ▶ Kitchen devices is @ Rs.5000/- per schools for procurement of kitchen devices.

Convergence Department & Their Role

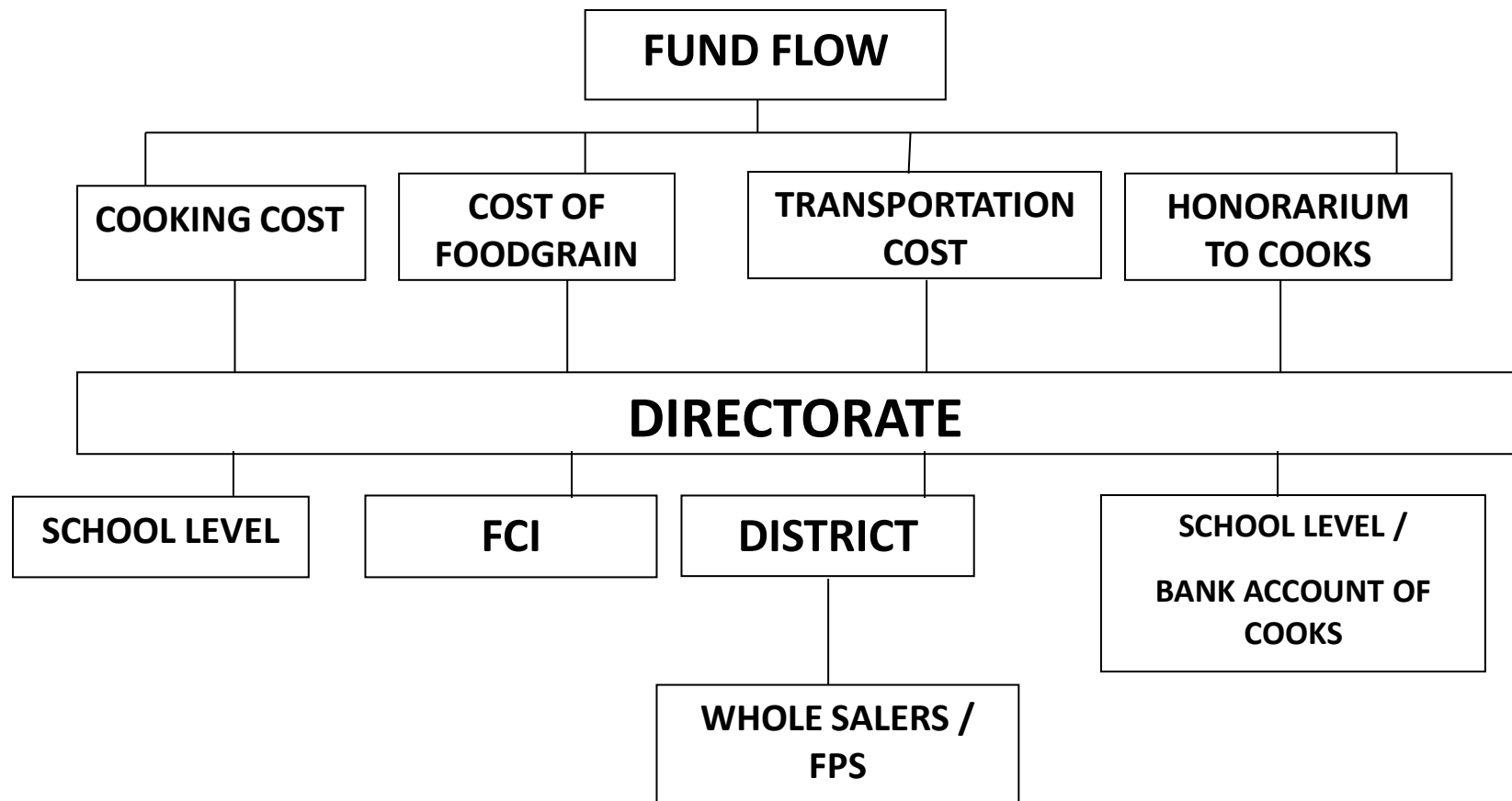
- ▶ **Public Health Engineer (PHE) Department :**
Role: Supply of Drinking Water, Hand washing facilities, Water Tank and Toilets facilities, and toilet facilities is also being provided under SSA.
- ▶ **Health Department:**
Role: Conducting School Health Programme and to provide micro nutrients Vitamin A, De-worming tablets and issue of Health Card, measuring of Height and weight of school children, Eye Check-up and distribution of free spectacles
- ▶ **Food Civil Supplies Department:**
Role: Supervising on smooth supply, lifting & delivery of foodgrain to the Schools.
- ▶ **Social Welfare Department:**
Role: Coverage of Pre-Primary School Children under the scheme as MDM cover only children from class I to VIII .

Number of Schools 2017-18

Approved by GOI				Coverage			
LPS	UPS	OoSC	Total	LPS	UPS	OoSC	Total
2	3	4	5	6	7	8	9
7865	3254	650	11769	7865	3254	650	11769

Number of Children 2017-18

Sl. No	Component	Actual Enrolment	PAB Approval 2016-17	Achievement
1	Children (Pry)	389337	385021	379983
	Children (U.Pry)	165383	142364	141363
	Total Children	554720	527385	521346



Funds being released directly through E-transfer from the State to FCI/ District / SMCs Bank Account

Released of Fund by E-transfer

Sl. No.	SDSEOs	To SMCs Bank Accounts	To Cooks Personal Bank Account
1	Shillong	1699	1251
2	Sohra	284	353
3	Nongpoh	939	690
4	Nongstoin	895	905
5	Mairang	576	529
6	Mawkyrwat	804	502
7	Jowai	844	111
8	Amlarem	188	329
9	Khliehriat	560	549
10	Williamnagar	719	1144
11	Resubelpara	708	710
12	Tura	814	808
13	Dadenggiri	1067	1143
14	Ampati	704	687
15	Baghmara	968	794
		11769	10505

Supply of Foodgrain

- ▶ Foodgrain is supplied free of cost by GOI through FCI.
- ▶ Food grain is lifted by the Dy. Commissioner (Supply), quarterly/monthly through the Government Nominees like Wholesalers/Fair Price Shop Dealers from the FCI Godown.
- ▶ Transportation and distribution of Food grains are being done by the respective Dy. Commissioners (Supply) through the Wholesalers/Govt. Nominees up to the School Level.
- ▶ To ensure lifting of FAQ foodgrains Deputy Commissioner Supply through the inspecting staff along with the officers/inspecting staff of the District Education Officers jointly conduct inspection of food grains. SMCs are also to see that FAQ Food grain is being supplied to the schools.

Procurement and storage of cooking ingredients and condiments

- ▶ Schools are to procure cooking ingredients in a prescribed cost of meal below per child per day as per Nutrition Norms including both Central and State Share from the Cooking Cost released to them.
- ▶ The storage of ingredients and condiments are kept in the kitchen -cum- store room in tight containers.

Sl. No.	Food item	Primary				Upper Primary			
		Quantity (in gms)	Cost of Qty	Calories	Protein content (in gms)	Quantity (in gms)	Cost of Qty	Calories	Protein content (in gms)
			(in Rs.)				(in Rs.)		
1	2	3	4	5	6	3	4	5	6
1	Foodgrains (Wheat/Rice)	100	Supplied free	340	8	150	Supplied free	510	12
2	Pulses	20	1.5	70	5	30	2.07	90	8
3	Vegetables (in leafy)	50	0.5	25		75	1.18	40	-
4	Oil & fat	5	0.7	45		8	0.81	60	-
5	Salt & Condiments		0.43			-	0.74	-	-
6	Fuel		1			-	1.38	-	-
	Total	175	4.13	480	13	263	6.18	700	20

Cooking Ingredients



Weekly Menu

Days	Menu	Other option
Monday	Khichidi (Rice+dal+nutrela/any local and seasonal vegetable) Local and seasonal fruit	Khichidi (Rice+bengal gram) Pickle (Gooseberry/mango or any other pickle made out of local and seasonal fruit)
Tuesday	Rice Dal Fried mixed vegetable (Potato+any local and seasonal green leafy vegetable like mustard leaves/radish leaves/spinach/any other)	Rice Dal Fried mixed vegetable (Potato+any type of beans/plantain flower/ladies finger/any local and seasonal vegetable)
Wednesday	Rice Egg curry (Cauliflower/squash/other gourds/any local and seasonal vegetable+ tomato + boiled egg)	Rice Dal (Cooked along with vegetables like carrot/squash/other gourds/green papaya/cabbage or any local and seasonal vegetable) Boiled egg
Thursday	Rice Vegetable curry (Potato+tomato+kabuli/bengal gram/peas) Local and seasonal fruit	Rice Dal (Cooked along with any local and seasonal green leafy vegetables like radish leaves/mustard leaves/spinach/any other) Papad (Roasted)
Friday	Rice Dal Fried mixed vegetable (Nutrela+pumpkin/tomato/any other local and seasonal vegetable)	

Display of Menu



मध्यम भोजन योजना
Mid Day Meal Scheme

Annexure - I

MENU LOWER PRIMARY STAGE

Sl. No.	Food Item	Quantity (in gms)	Cost of Quantity (in Rs.)	Calories	Protein Content (in gms)
(1)	(2)	(3)	(4)	(5)	(6)
1	Foodgrains (Wheat / Rice)	100	Supplied free	340	8
2	Pulses	20	1.10	70	5
3	Vegetables (in leafy)	50	0.55	25	
4	Oil & Fat	5	0.31	45	
5	Salt & Condiments		0.62		
6	Fuel		0.00		
7	Any other items		0.00		
Total		175	2.89	480	13

PRIMARY STAGE

Annexure - III

Menu for Mid Day Meal Programme in Schools

KHICHERI Ingredients

Rice	100 gms
Masur Dal	50 gms
Oil	5 ml
Cumin	2 gms
Salt & Haldi	to taste
Fuel	-
Water	sufficient to cook

Method

- 1) Clean Rice and Dal
- 2) Cook Rice and Dal with salt till grains are soft and the water is absorbed
- 3) A little cumin is fried in oil and added towards the end

Nutritive Value

700 calories
20 gms protein oil

Serve while still hot

Cost	Free
Rice	
Masur Dal	2.00
Oil	0.35
Cumin	0.10
Salt & Haldi	0.10
Fuel	0.34
Water	sufficient to cook
Total	2.89

AUSHTIK KHICHERI Ingredients

Rice	100 gms
Masur Dal	20 gms
Potato	10 gms
Beans	10 gms
Spinach	20 gms
Tomatoes	10 gms
Onion	05 gms
Fat / Oil	08 ml
Salts & Haldi	to taste
Fuel	-
Water	Sufficient to cook

Method

- 1) Wash and chop all vegetables.
- 2) Pick, wash and soak rice for 15 to 20 minutes.
- 3) Heat Fat / Oil and fry onion till golden brown.
- 4) Add all the vegetables and spices
- 5) Add soaked rice and dal.

Nutritive value

700 Calories
20 gms protein oil + Minerals & Vitamins
Serve while still hot

Cost	Free
Rice	
Masur Dal	0.80
Potato	0.06
Beans	0.20
Spinach	0.26
Tomatoes	0.20
Onion	0.10
Fat / Oil	0.52
Salts & Haldi	0.15
Fuel	0.6
Water	Sufficient to cook
Total	2.89

MENU & CONVERSION COST MDM 2015-16

LOWER PRIMARY SECTION				UPPER PRIMARY SECTION			
FOOD ITEMS	Quantity (in gms)	Cost of Quantity (in Rs.)	Calories	Quantity (in gms)	Cost of Quantity (in Rs.)	Calories	Protein (in gms)
FOOD GRAIN (RICE)	100	FREE	350	150	FREE	510	12
PULSES	20	1.16	60	30	1.60	100	4
VEGETABLES	50	0.84	25	75	1.16	30	0
OIL & FAT	5	0.47	35	75	0.64	55	4
SALT & CONDIMENTS	AS REQUIRED	0.59	0	AS REQUIRED	0.82	0	0
FUEL	AS REQUIRED	0.58	0	AS REQUIRED	0.80	0	0
ANY OTHER ITEMS	TWICE A WEEK	0.71	160	TWICE A WEEK	0.98	160	12
		₹4.35	630		₹6.00	855	32

MENU FOR PRIMARY SCHOOL CHILDREN (5+ TO 9+ YEARS) & FOR UPPER PRIMARY STUDENTS (10+ TO 15+ YEARS)

DAY 1 : RICE, DAL (MUSUR, MUG, RAJMA), GREEN VEGETABLES, POTATO.

DAY 2 : KHICHIDI, MANGOOR MIXED PICKLES, POTATORY, GHEE

DAY 3 : VEGETABLE RICE, BOILED EGG, EGG KHICHIDI

DAY 4 : SAMBAR RICE, LEMON RICE, GREEN VEGETABLES+POTATO

DAY 5 : RICE, DAL (URAD, CHANA, CHANA, RAHAR), GREEN VEGETABLES

Guidelines to Ensure Quality, Safety And Hygiene

- ▶ Kitchen Sheds and store rooms should be clean and spacious.
- ▶ Installation of fire extinguisher in schools.
- ▶ Cooking utensils should be properly cleaned before and after cooking.
- ▶ Cooks should maintain hygienic conditions. Headgear and apron should be worn at the time of cooking.
- ▶ Use of AGMARK and sealed cooking oil and condiments.
- ▶ Proper storage of Salt, Oil, and other condiments in clean and air tight containers.
- ▶ Use of packaged double fortified salt.
- ▶ Cooked food should be kept in raised platform to avoid any untoward incidents.
- ▶ Re-usage of cooking oil should not be done.
- ▶ Menu plan for a week basis should be displayed.
- ▶ Have to make sure that water is good for drinking and cooking.
- ▶ Tasting of cooked food by at least 2-3 adults at least one teacher and one parent before serving the meal to the students.
- ▶ Students should stand in queue when meals are being served and all children should wash their hands before and after the meal.







Kitchen-Cum-Store



Kitchen Garden



Kitchen Devices



School Health Programme



Display of Emergency Telephone Numbers

- ▶ All Schools should display all Emergency Telephone Numbers as shown below:



5.	Police	100
6.	Fire Brigade	101
7.	Ambulance	108
8.	Mid-Day Meal Helpline	7308320482
9.	Risk & Disaster Management	9856449062

Training of Cook-cum-helpers



[Click for Videos Clip](#)



**Training how to use a
Fire Extinguisher**

Toilets



Initiatives Taken

- ▶ MDM fund to the school is being done through E-transfer directly from the Directorate to the Districts/Sub-Divisional/Bank Account of the Schools.
- ▶ Corpus fund of Rs.10 crore is maintained and used as and when fund is awaited from Government of India.
- ▶ Training to 715 cook-cum-helpers and 168 head teachers have been trained in 15 sub-divisional.
- ▶ 100% payment to FCI during 2016-17.
- ▶ During 2016-17, fund has been released to the Districts/Schools upto the month of March 2017 .
- ▶ Coverage of 68% of School Health Programme as on February 2017.
- ▶ 9491 schools have been provided with kitchen sheds.
- ▶ 5745 replacement of kitchen devices have been made to schools

Mid Day Meal Rules 2015

Notified

BY

**MINISTRY OF HUMAN RESOURCE DEVELOPMENT
(Department of School Education and Literacy)
New Delhi**



MHRD Notified Rules 2015

- ▶ In exercise of the powers conferred by sub-section (1) read with clause (b) of sub-section (2) of section 39 of the National Food Security Act, 2013 (20 of 2013), the Central Government hereby makes the following rules, namely:–

Rule–1. Short title and commencement.

- (1) These rules may be called the Mid-Day Meal Rules, 2015.
- (2) They shall come into force on the date of their publication in the official Gazette.

MHRD Notified Rules 2015. Contd..

Rule-2. Definitions. – In these rules, unless the context otherwise requires,

- (a) “Act” means the National Food Security Act, 2013 (20 of 2013);
- (b) “foodgrains” means rice, wheat, coarse grains or any combination thereof conforming to such quality norms as may be determined, by order, by the Central Government from time to time;
- (c) “food security allowance” means the food grain and money to be paid by the concerned State/SMC Government to the entitled person under section 8 of the Act;
- (d) “meal” means hot cooked meal;
- (e) “School” includes any school run by Government or aided by the Government including madrasas and maqtabas supported under Sarva Shiksha Abhiyan;
- (f) “section” means the section of the Act; and
- (g) words and expressions used herein and not defined but defined in the Act shall have the meanings respectively assigned to them in the Act.

Rule-3. Entitlement for nutritional meal.

Every child within the age group of six to fourteen years studying in classes I to VIII who enroll and attend the school, shall be provided meal having nutritional standards as specified in Schedule II of the Act, free of charge every day except on school holidays.

Rule-4. Place of serving meal.

The meal shall be served to children at school only.



Rule-5.Preparation of meals and maintenance of standards and quality.

(1) The meal shall be prepared in accordance with the Mid Day Meal guidelines issued by the Central Government from time to time and in accordance with the provisions of Schedule II of the Act.

(2) Every school shall have the facility for cooking meal in hygienic manner. Schools in urban area may use the facility of centralised kitchens for cooking meals wherever required in accordance with the guidelines issued by the Central Government and the meal shall be served to children at respective school only.

MHRD Notified Rules 2015. Contd..

Rule-6. State Steering-cum-Monitoring Committee for Mid-Day Meal Scheme.

The State Steering-cum- Monitoring Committee (SSMC) shall oversee the implementation of the scheme with a view to ensure implementation of the Act including establishment of a mechanism for maintenance of nutritional standards and quality of meals.

MHRD Notified Rules 2015. Contd..

Rule-7. Role of School Management Committee (SMC) for monitoring Mid-day meals scheme.

- (1) The School Management Committee mandated under Right to Free and Compulsory Education Act, 2009 shall also monitor implementation of the Mid-day meal Scheme and shall oversee quality of meals provided to the children, cleanliness of the place of cooking and maintenance of hygiene in implementation of mid day meal scheme.
- (2) The Headmaster or Headmistress of the school shall be empowered to utilise any fund available in school for the purpose of continuation of Mid Day Meal Scheme in the school in case of temporary unavailability of food grains, cooking cost etc. in the school. The utilised fund shall be reimbursed to the school account immediately after receipt of mid day meal funds.

MHRD Notified Rules 2015. Contd..

Rule-8. Testing of Meals by accredited Laboratories

- (1) Hot cooked meal provided to children shall be evaluated and certified by the Government Food Research Laboratory or any laboratory accredited or recognized by law, so as to ensure that the meal meets with the nutritional standards and quality specified in Schedule II to the Act. The Food and Drugs Administration Department of the State may collect samples to ensure the nutritive value and quality of the meals.
- (2) The Department referred to in sub-rule (1) shall collect the samples at least once in a month *from randomly selected schools or centralised kitchens* and send such samples for examination to the laboratories referred to in sub-rule (1).

MHRD Notified Rules 2015. Contd..

Rule-9. Food Security Allowance.

- (1) If the Mid-Day Meal is not provided in school on any school day due to non-availability of food grains, cooking cost, fuel or absence of cook-cum-helper or any other reason, the State Government shall pay food security allowance as defined in clause (c) of rule 2 to every child referred to in rule 3 by 15th of the succeeding month in the manner provided herein below:-
 - (a) Quantity of Food grains as per entitlement of the child; and
 - (b) Cooking cost prevailing in the State.

(a) Rate Foodgrain Allowances per child per day.

(i) Rate calculated on the basis of Rs.3,000/- for MTs as per MHRD on Cost of Foodgrain.

Primary	Rs.0.30 (per 100 gm) x No of days not providing cooked meal)
U.Primary	Rs.0.45 (per 150gm) x (No of days not providing cooked meal)

(b) Rate Cooking Cost Allowances per child per day 2016-17

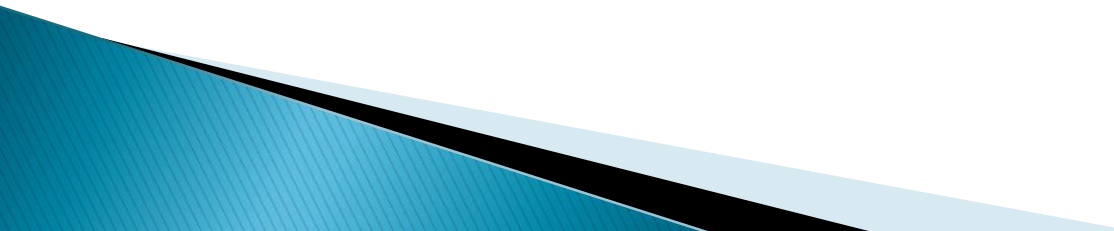
Primary	Rs.4.13 X (No of Days not providing cooked meal)
Up.Primary	Rs.6.18 X (No of Days not providing cooked meal)

Rule-9. Food Security Allowance (Contd..).


(2) In case of non-supply of meal by the Centralised Kitchen, the Food Security Allowance shall be realised from the Centralised Kitchen as per sub-rule (1):

Provided that in case a child has not taken food on offer for whatever reasons, no claim of food security allowance shall lie with the State Government or Centralised Kitchens.

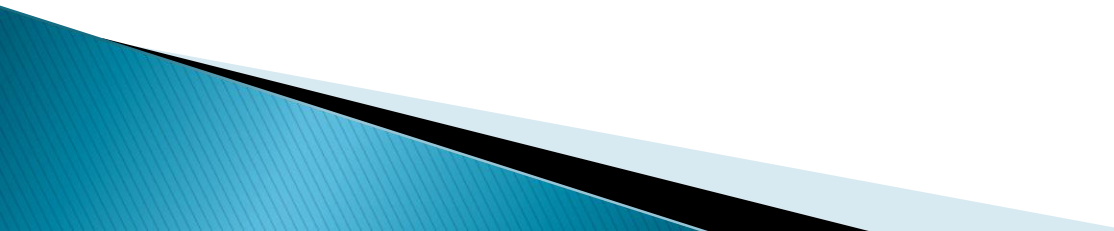
Provided further that no claim shall lie with State Government or Centralised Kitchen for reasons of quality of food grains and meal.



Rule-9. Food Security Allowance (Contd..).

- (3) The State Government shall take action to fix responsibility on the person or agency in accordance with the procedure laid down, **if mid day meal is not provided in school on school days continuously for three days or at least for five days in a month.**
- (4) Wherever an agency of Central Government is involved, the State Government shall take up the matter with Central Government which shall resolve the matter within a month.
- 

Rule-9. Food Security Allowance (Contd..).

- (3) The State Government shall take action to fix responsibility on the person or agency in accordance with the procedure laid down, if mid day meal is not provided in school on school days continuously for three days or at least for five days in a month.
- (4) Wherever an agency of Central Government is involved, the State Government shall take up the matter with Central Government which shall resolve the matter within a month.
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Penalty for non compliance

- ▶ In case of non-delivery of foodgrain, shall be liable to penalty of Rs. 3 per kg for rice for three years from the date of commencement of this Act; and thereafter, at such price, as may be fixed by the Central Government, from time to time.
- ▶ In case if the schools is not providing cooked meal to the school children (age 6-14) in Primary and Upper Primary Government and Government Aided Schools, the SMCs/ Headmasters/Head-Teachers shall be liable to penalty fixed by the District Grievance Redressal Officer (DGRO).

MHRD Notified Rules 2015. Contd..

Rule-10. Saving.

Nothing in these rules shall affect the guidelines issued in this behalf or likely to be issued by the Central Government regarding the activities relating to Mid Day Meal Scheme.

Initiatives Taken

- ▶ Instructions have been sent to all the schools to served cooked meal on all schools working Days.
- ▶ Based on National Food Security Act 2013 MHRD has formulated Mid Day Meal Rules 2015 these rules have circulated to all the Districts/Sub-Divisional offices and to the Schools availing Mid Day Meal to strictly adhered to these Rules.
- ▶ Duty Chart for Officers at different Levels for implementation of National Food Security Act 2013 and Mid Day Meals (MDM) Rules 2015 have been circulated to all the officials involved in the Implementation of Mid Day Meal right from the State Level upto the School Level.
- ▶ A Contingency Plan To avoid any untoward incidents and for better implementation of MDM for SMCs/ Headmasters/ Headmistress /Head Teachers/Cook-Cum-Helpers have been circulated.
- ▶ **Workshop** with all the District Officials on MDM Rules 2015 have been conducted in the State Office on 26th November 2015 .

Where to File a Complain?

- ▶ IF any schools did not provide Mid Day Meal continuously for 3 days to School Children, a complain may be made accordingly to their respective District Grievance Redressal Cell by papers or you can log a call to this **Number 1967** which is a toll free number during office hours.

THANK YOU