

GOVERNMENT OF INDIA
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

LOK SABHA
STARRED QUESTION NO. *481
TO BE ANSWERED ON 04.04.2025

SERVING OF EGGS UNDER POSHAN ABHIYAN AND ICDS

*481. MS SAYANI GHOSH:

Will the Minister of Women and Child Development be pleased to state:

- (a) whether the Government has formulated/issued any guidelines in terms of calorific composition and per-beneficiary expenditure for the States implementing Poshan Abhiyan and Integrated Child Development Service (ICDS) and if so, the details thereof;
- (b) whether the Union Government has suggested the serving of eggs to the States as part of Poshan Abhiyan, ICDS, Mid-Day Meals etc., if so, the details of the guidelines thereof;
- (c) whether some States want to serve eggs as part of the programmes but are unable to do so because of insufficient funds as lentils, chana or soybean etc. are cheaper than eggs and if so, the details thereof;
- (d) whether the States which are serving eggs under the said schemes are providing these to every malnourished women/children or to every beneficiary; and
- (e) if so, the details thereof?

ANSWER

MINISTER OF WOMEN AND CHILD DEVELOPMENT
(SHRIMATI ANNPURNA DEVI)

(a) to (e) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO PARTS (A) TO (E) OF LOK SABHA
STARRED QUESTION NO. 481 TO BE ANSWERED ON 04.04.2025 REGARDING
“SERVING OF EGGS UNDER POSHAN ABHIYAN AND ICDS” ASKED BY MS
SAYANI GHOSH**

(a) to (e): Under the 15th Finance Commission, various components like Anganwadi services, Poshan Abhiyaan and Scheme for Adolescent girls (of 14-18 years in Aspirational Districts and North-Eastern region) have been subsumed under the umbrella Mission Saksham Anganwadi and Poshan 2.0 (Mission Poshan 2.0) to address the challenge of malnutrition. It is a Centrally Sponsored scheme, where the responsibility for implementation of various activities lies with the States and UTs.

Under Mission Poshan 2.0, Supplementary Nutrition is provided to Children (6 months to 6 years), Pregnant Women, Lactating Mothers and Adolescent Girls to beat the intergenerational cycle of malnutrition by adopting a life cycle approach. It is primarily designed to bridge the gap between the Recommended Dietary Allowance (RDA) and the Average Daily Intake (ADI). Supplementary nutrition is provided in accordance with the nutritional norms contained in Schedule-II of the National Food Security Act (NFSA). These norms have been revised in January 2023. The old norms were largely calorie-specific; however, the revised norms are more comprehensive and balanced in terms of both quantity and quality of supplementary nutrition based on the principles of diet diversity that provides for quality protein, healthy fats and 7 essential micronutrients. States/UTs are encouraged to decide menu suitable to the local conditions and availability. The Schedule-II of NFSA, 2013 revised on 25th January, 2023 is placed at **Annexure**.

The cost norms for supplementary nutrition under Mission Poshan 2.0 for different categories of beneficiaries is as under:

S. No.	Categories	Rates (per day per beneficiary) (in Rupees)
1.	Children (6-72 months)	8.00
2.	Severely malnourished children (6-72 months)	12.00
3.	Pregnant women and Nursing mothers	9.50
4.	Adolescent Girls (14-18 years)	9.50

Supplementary Nutrition under the Scheme is served for a minimum of 300 days in a calendar year, i.e., on an average 25 days in a month in the form of Hot Cooked Meals (HCM) and Take Home Ration (THR –Not Raw Ration).

Local dietary inputs and fresh produce (green vegetables, fruits, medicinal plants and herbs), fortified rice and millets, nuts and oilseeds like groundnut and sesame seeds are actively incorporated in meals which is served to different categories of beneficiaries under the Scheme to promote health, wellness and immunity and to manage anemia. The food items for Take Home Ration (not raw ration) and Hot Cooked Meals (HCM) are specific to the States and include locally grown/available wholesome fruits and vegetables.

States/UTs are responsible to clearly delineate the THR products delivered to target beneficiaries based on their nutritional requirements such as children who are Severely Acute Malnourished (SAM), adolescent girls in the age group of 14-18 years, pregnant women and lactating mothers, besides children aged 6 months to 3 years.

Fortified rice is being supplied to Anganwadi centres (AWCs) to meet the requirement of micro-nutrients and to control anaemia among women and children. Greater emphasis is being laid on the use of millets at least once a week for preparation of Hot Cooked Meal and in Take Home ration at Anganwadi centres.

During the budget speech 2025-26, it has been announced to appropriately enhance the cost norms for nutritional support.

Annexure

STATEMENT REFERRED TO IN REPLY TO PARTS (A) TO (E) OF LOK SABHA STARRED QUESTION NO. 481 TO BE ANSWERED ON 04.04.2025 REGARDING “SERVING OF EGGS UNDER POSHAN ABHIYAN AND ICDS” BY MS.SAYANI GHOSH

Age/ Physiological Group	Type of Meal	Energy (kcal)	Protein (g)	Protein Quality (Protein Digestibility Corrected Amino Acid Score)	Total Fat (g)	Carbohydrate (g)	Cereal Pulse Ratio	Calcium (mg)	Zinc (mg)	Iron (mg)	Dietary Folate (µg)	Vitamin A (µg)	Vitamin B6 (mg)	Vitamin B12 (µg)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
above six months upto twelve months	Take Home Ration	200	8-10	0.8-1.0	10-12	20	2:1	100	0.7	0.7	24	57	0.17	0.33
above one year upto three years	Take Home Ration	400	15-20	0.8-1.0	15-20	40	2:1	135	1.0	2.0	35	60	0.27	0.33
above three years upto six years	Morning Snack and Hot Cooked Meal	400	15-20	0.8-1.0	15-20	55	2:1	150	1.5	3.0	40	80	0.33	0.67

Undernourished children above six months up to twelve months	Take Home Ration	400	15-20	0.8-1.0	15-18	35	2:1	200	1.5	1.5	50	115	0.35	0.66
Undernourished children above one year up to three years	Take Home Ration	700	25-30	0.8-1.0	25-30	70	2:1	270	2.0	4.0	70	120	0.55	0.66
Undernourished children above three years up to six years	Morning Snack, Hot Cooked Meal and Take Home Ration	800	25-30	0.8-1.0	25-30	70	2:1	300	3.0	6.0	80	160	0.66	1.24
Pregnant Women and Lactating Mothers	Hot Cooked Meal and Take Home Ration	600	22-25	0.8-1.0	22-25	80	3:1	335	4.0	7.0	160	240	0.63	0.73
Lower primary classes	Hot Cooked Meal	450	15-20	0.8-1.0	18-21	70	3:1	170	2.0	3.5	50	100	0.43	0.66
Upper primary classes	Hot Cooked Meal	700	22-25	0.8-1.0	22-25	100	3:1	270	4.0	5.5	75	145	0.66	0.66
