



**National Programme
of
Mid Day Meal in Schools
(MDMS)**

**Annual Work Plan & Budget
2018-19**

Name of the State/UT : MIZORAM

MidDayMeal Programme AnnualWorkPlanand Budget2018-19

1. Introduction:

Mid-Day Meal Programme exerts a positive influence on Enrolment and regularity of attendance amongst elementary students in the State of Mizoram. With a view to enhancing enrolment retention, attendance and simultaneously improving nutritional levels among children, this Programme was started in Mizoram from 15th August, 1995.

Mizoram's achievements through Mid-Day Meal Programme have been highly commendable. Attendance rates have increased significantly in both Primary Schools and Upper Primary Schools. The scheme also shows a positive impact on hygienic and health condition of children by providing cooked Mid-Day Meal and implementation of WIFS and De-Worming and also Health Check up of children. District Education Committees and School Management Committees play vital roles in Mid-Day Meal Programme.

1.1 Briefhistory

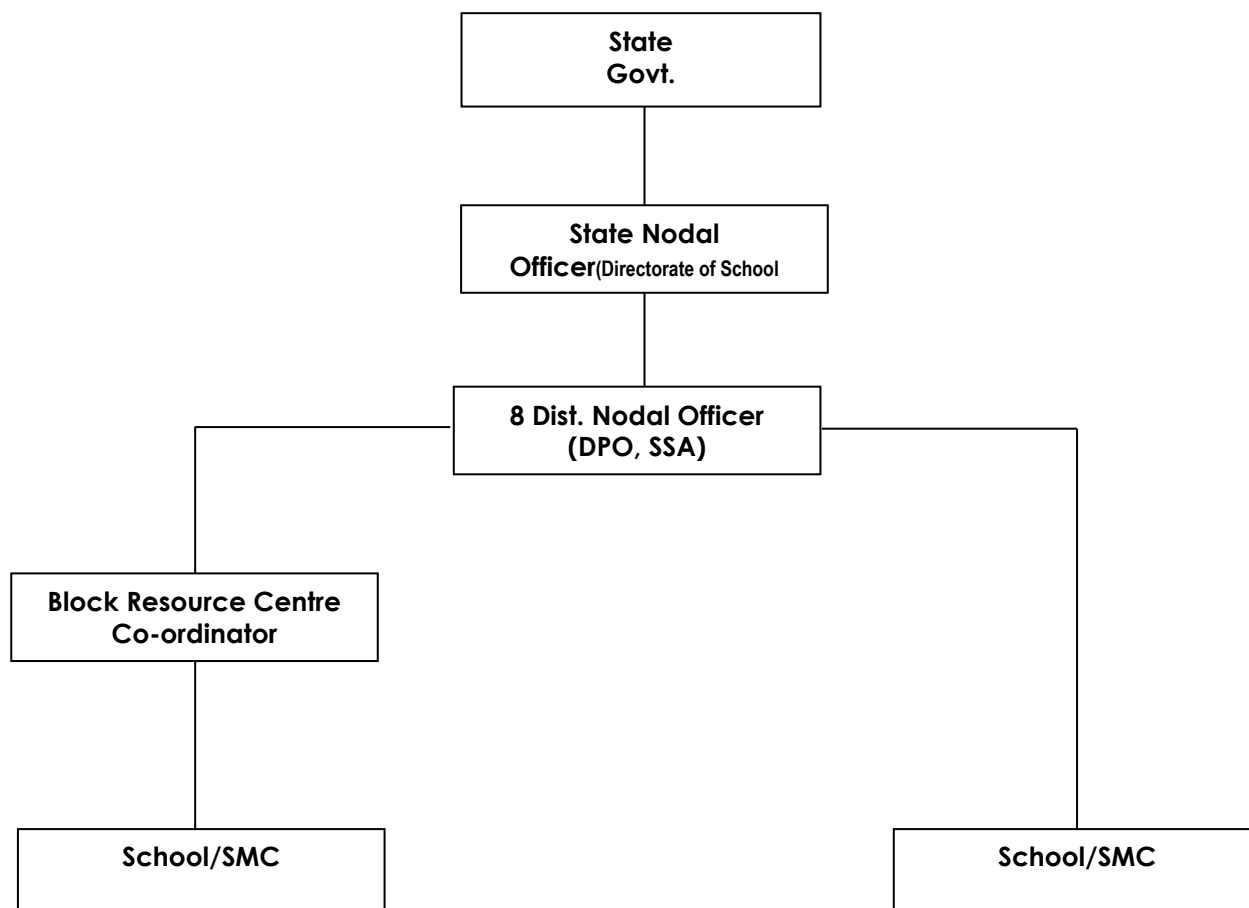
Mid-Day Meal Programme was started in Mizoram from 15th August, 1995 by distributing raw rice to students. Although orders were issued to serve cooked meals to the students from the year 2002, the Programme could not be implemented on full scale since, the VECs and school authorities had to take up the Programme without cooks, kitchen shed and with inadequate kitchen devices in the schools.

On 1st March 2005, under the Chairmanship of Principal Secretary to the Govt. of Mizoram, School Education Department, State Level Co-Ordination Committee on Mid-Day Meal had decided to implement the scheme throughout the state by serving cooked meals to Primary students despite numerable shortcomings. As a result, cooked meals were served to primary students in the entire state since 15th Feb. 2006. Unlike some other states in the country, the Primary students comprises of Class I to Class IV. From 1st August 2009 the scheme was extended to cover all Upper Primary Schools as well, and has been continued without interruption till date. The State Government started to cover Class-VIII from the academic session of 2011-2012.

This Scheme has significant and positive impact on regularity, attendance, retention, and discipline and health condition of the students.

1.2 Management structure :-

Management structure of implementation of Mid-Day Meal Scheme may be depicted as under



1.3 Process of Plan Formulation at State and District level.

The data used in the Annual Work Plan & Budget 2018-19 is collected from each and every Schools by District Project Co-Ordinator SSA with the help of CRCCs and the same is submitted to State Office for calculation of requirement of Conversion Cost and Honorarium of Cook-cum-Helper and also other components

2. Description and assessment of the programme implemented in the current year (2016-17) and proposal for next year (2017-18) with reference to:

2.1 Regularity and wholesomeness of mid - day meals served to children; interruptions if any and the reasons there for problem areas for regular serving of meals and action taken to avoid Interruptions in future.

During the year 2017-18, the Mid Day Meal Programme was successfully implemented in all eligible Elementary Schools of the state without interruption. This, however, does not mean that the School Education Department was not facing difficulties. During this year, there has been slight delayed in release of fund from the state Government, resulting in delayed release of fund to schools. The strong efforts, commitment and enterprise of the teachers, parents and NGOs, have been crucial in the smooth implementation of the Programme in spite of the difficulties. Items for the menu to be served were taken on loan from local shops, teachers and parents contribute from their own source, and members of the communities come forward to donate certain items like firewood and vegetables. In this way, the programme has been sustained and implemented successfully without interruption till date.

2.2 System for cooking, serving and supervising mid-day meals in the schools

In schools, meal is prepared and served by Cook-cum-Helper, who is engaged on a temporary basis for a period of 1(one) year which can be extended according to his/her performance. Supervision of Mid-Day Meal is done by school teachers. Community members and Local leaders also help in the supervision.

2.3 Details about weekly Menu.

2.3.1 Weekly Menu - Day wise

Day-wise weekly Menu same as Yearly Calendar prepared by Nutritionist in respect of Primary & Upper Primary have been circulated to schools through District office. The same may be depicted as under:



UPPER PRIMARY SCHOOL WEEKLY MENU CALENDAR UNDER MID-DAY MEAL SCHEME

MONDAY

RICE WITH POTATO CURRY

FOOD GROUP (Per child)

Buhfai	: 150 g
Dāl	: 30 g
Alu	: 75 g
Têl	: 7.5 g
Chi etc.	: 3 g

ENERGY (Kcal)

518.00
103.00
73.00
68.00
-

PROTEIN (g)

10.20
8.00
1.20
-
-

- Buhfai chu uluk taka sil a, chhum tur a ni. Chhum hnuah a tui thlit tur a ni lo.
- Dāl chu fai taka sil a, siam a nih hmam minute 20 vel tal tuah chiah tur a ni.
- Alu chu vawi eng emaw zat fai taka sil tur a ni a, a kawr vel lova chan tur a ni.
- Têl sã ah Alu leh Dāl chiah hnip sa chu tui nena chhum/kan pawlh mai tur a ni.
- Iodine chi chauh hmam tur a ni a, Ajinomoto hmam leh hram tur a ni.



TUESDAY

RICE WITH SOYA CHUNKS

FOOD GROUP (Per child)

Buhfai	: 150 g
Bekangsa	: 30 g
Alu	: 50 g
Mai	: 25 g
Têl	: 7.5 g
Chi etc.	: 3 g

ENERGY (Kcal)

518.00
101.00
49.00
6.30
68.00
-

PROTEIN (g)

10.20
16.30
0.80
0.40
-
-

- Buhfai chu uluk taka sil a, chhum tur a ni. Chhum hnuah a tui thlit tur a ni lo.
- Bekangsa silfai sa chu tui so-ah minute 25 - 30 vel chiah a, a tui chu sawr chhuah leh vek tur a ni. Chumui hnuah Hmun 2-3 ah phel tur a ni.
- Alu leh Mai chu vawi eng emaw zat fai taka sil tur a ni a, chumi hnuah chan leh tur a ni.
- Têl sã ah Bekangsa, Alu leh Mai chu thlak tur a ni a, tui thianghlim leiha chhuan hmam tawh tur a ni.



WEDNESDAY

PAUSTIK KHITCHERI

FOOD GROUP (Per child)

Buhfai	: 150 g
Dal	: 30 g
Alu	: 30 g
Mai	: 30 g
Thlai hnah	: 15 g
Têl	: 7.5 g
Chi etc.	: 3 g

ENERGY (Kcal)

518.00
103.00
29.00
7.50
5.10
68.00
-

PROTEIN (g)

10.20
8.00
0.50
0.40
0.60
-
-

- Buhfai chu uluk taka sil a, chhum tur a ni. Chhum hnuah a tui thlit tur a ni lo.
- Dāl chu fai taka sil a, siam a nih hmam minute 20 vel tal tuah chiah tur a ni.
- Alu, Mai leh Thlai hnah chu vawi eng emaw zat fai taka sil tur a ni a, chumi hnuah chan leh tur a ni. Alu hi a kawr kheh lova chan tur a ni.
- Têl sã ah Dal, Alu leh Mai chu thlaka tui leh tur a ni a, a hmam dawnah thlai hnah thlak leh a chhuan hmam tawh tur a ni.



THURSDAY

RICE WITH SOYA CHUNKS AND VEGETABLES

FOOD GROUP (Per child)

Buhfai	: 150 g
Bekangsa	: 30 g
Alu	: 50 g
Thlai hnah	: 15 g
Têl	: 7.5 g
Chi etc.	: 3 g

ENERGY (Kcal)

345.00
67.00
29.00
13.00
56.70
45.00

PROTEIN (g)

6.80
10.80
0.50
1.20
2.58
-

- Buhfai chu uluk taka sil a, chhum tur a ni. Chhum hnuah a tui thlit tur a ni lo.
- Bekangsa silfai sa chu tui so-ah minute 25 - 30 vel chiah a, a tui chu sawr chhuah leh vek tur a ni. Chumui hnuah Hmun 2-3 ah phel tur a ni.
- Alu chu vawi eng emaw zat sil fai hnuah a kawr kheh lova chan tur a ni.
- Thlai hnah chu fai taka sil hnuah tha taka chan sawm leh tur a ni.
- Têl sã ah Bekangsa leh Alu chu thlaka tui leh tur a ni a, a hmam dawnah thlai hnah thlak leh a chhuan hmam tawh tur a ni.



FRIDAY

KHITCHERI

FOOD GROUP (Per child)

Buhfai	: 150 g
Dal	: 30 g
Thlai hnah	: 50 g
Mai	: 15 g
Têl	: 7.5 g
Chi etc.	: 3 g

ENERGY (Kcal)

518.00
105.00
17.00
4.00
68.00
-

PROTEIN (g)

10.20
7.40
2.00
0.20
-
-

- Buhfai chu uluk taka silfai tur a ni.
- Dāl chu fai taka sil a, siam a nih hmam minute 20 vel tal tuah chiah tur a ni.
- Mai chu fai tak silfai hnuah chan leh tur a ni.
- Têl thsot hnuah Buhfai, Dal leh Mai chu thlak tur a ni a, a hmam dawnah thlai hnah thlak leh tur a ni. A hmam hma chu chhuan tawh tur a ni.





PRIMARY SCHOOL WEEKLY MENU CALENDAR UNDER MID-DAY MEAL SCHEME

MONDAY

RICE WITH POTATO CURRY

FOOD GROUP (Per child)

Buhfai	: 100 g
Dāl	: 20 g
Alu	: 50 g
Badam	: 10 g
Chi & Têl	

ENERGY (Kcal)

345.00
68.60
48.50
56.70
45.00

PROTEIN (g)

6.80
5.00
0.80
2.58
-

- Buhfai chu uluk taka sil a, chhum tur a ni. Chhum hnuah a tui thilt tur a ni lo.
- Dāl chu fai taka sil a, siam a nih hmam minute 20 vel tal tuiah chiah tur a ni.
- Alu chu vawi eng emaw zat fai taka sil tur a ni a, a kawr vel lova chan tur a ni.
- Têl sã ah Alu leh Dāl chiah hnip sa chu tui nena chhum/kan pawlh mai tur a ni.
- Iodine chi chauh hman tur a ni a, Ajinomoto hman loh hram tur a ni.



TUESDAY

RICE WITH SOYA CHUNKS

FOOD GROUP (Per child)

Buhfai	: 100 g
Bekangsa	: 20 g
Alu	: 30 g
Mai	: 20 g
Badam	: 10 g
Chi & Têl	

ENERGY (Kcal)

345.00
67.00
29.00
12.00
56.70
45.00

PROTEIN (g)

6.80
10.80
0.50
0.90
2.58
-

- Buhfai chu uluk taka sil a, chhum tur a ni. Chhum hnuah a tui thilt tur a ni lo.
- Bekangsa silfai sa chu tui so-ah minute 25 - 30 vel chiah a, a tui chu sawr chhuah leh vek tur a ni. Chumui hnuah hmum 2-3 ah phel tur a ni.
- Alu leh Mai chu vawi eng emaw zat fai taka sil tur a ni a, chumi hnuah chan leh tur a ni.
- Têl sã ah Bekangsa, Alu leh Mai chu thlak tur a ni a, tui thiinghlim letha chhuan hmin tawh tur a ni.



WEDNESDAY

PAUSTIK KHITCHERI

FOOD GROUP (Per child)

Buhfai	: 100 g
Dal	: 20 g
Alu	: 20 g
Mai	: 10 g
Thlai hnah	: 20 g
Badam	: 10 g
Chi & Têl	

ENERGY (Kcal)

345.00
68.60
19.40
2.50
6.80
56.70
45.00

PROTEIN (g)

6.80
5.00
0.30
0.20
0.80
2.58
-

- Buhfai chu uluk taka sil a, chhum tur a ni. Chhum hnuah a tui thilt tur a ni lo.
- Dāl chu fai taka sil a, siam a nih hmam minute 20 vel tal tuiah chiah tur a ni.
- Alu, Mai leh Thlai hnah chu vawi eng emaw zat fai taka sil tur a ni a, chumi hnuah chan leh tur a ni. Alu hi a kawr kheh lova chan tur a ni.
- Têl sã ah Dal, Alu leh Mai chu thlaka tui leh tur a ni a, a hmin dawnah thlai hnah thlak leh a chhuan hmin tawh tur a ni.



THURSDAY

RICE WITH SOYA CHUNKS AND VEGETABLES

FOOD GROUP (Per child)

Buhfai	: 100 g
Bekangsa	: 20 g
Alu	: 30 g
Thlai hnah	: 20 g
Badam	: 10 g
Chi & Têl	

ENERGY (Kcal)

345.00
67.00
29.00
13.00
56.70
45.00

PROTEIN (g)

6.80
10.80
0.50
1.20
2.58
-

- Buhfai chu uluk taka sil a, chhum tur a ni. Chhum hnuah a tui thilt tur a ni lo.
- Bekangsa silfai sa chu tui so-ah minute 25 - 30 vel chiah a, a tui chu sawr chhuah leh vek tur a ni. Chumui hnuah hmum 2-3 ah phel tur a ni.
- Alu chu vawi eng emaw zat sil fai hnuah a kawr kheh lova chan tur a ni.
- Thlai hnah chu fai taka sil hnuah tha taka chan sawm leh tur a ni.
- Têl sã ah Bekangsa leh Alu chu thlaka tui leh tur a ni a, a hmin dawnah thlai hnah thlak leh a chhuan hmin tawh tur a ni.



FRIDAY

KHITCHERI

FOOD GROUP (Per child)

Buhfai	: 100 g
Dal	: 20 g
Thlai hnah	: 20 g
Mai	: 30 g
Badam	: 10 g
Chi & Têl	

ENERGY (Kcal)

345.00
70.00
6.80
7.50
56.70
45.00

PROTEIN (g)

6.80
5.00
0.80
0.40
2.58
-

- Buhfai chu uluk taka silfai tur a ni.
- Dāl chu fai taka sil a, siam a nih hmam minute 20 vel tal tuiah chiah tur a ni.
- Mai chu fai tak silfai hnuah chan leh tur a ni.
- Têl thsat hnuah Buhfai, Dal leh Mai chu thlak tur a ni a, a hmin dawnah thlai hnah thlak leh tur a ni. A hmin hma chu chhuan tawh tur a ni.



2.3.2 Additional Food items provided (fruits/milk/any other items), if any from State/UT resources. Frequency of their serving along with per unit cost per day.

Due to limited fund provision to purchase additional food items, schools are not expected to serve additional food from conversion cost. At the same time, there are many schools having Kitchen Garden, particularly in rural areas, which can serve additional food items from their own harvests. There have also been instances of parents contributing vegetable items like pumpkin, brinjals, green leafy vegetables, etc. and fruit items like like Banana, Palya, Jackfruit, Mango etc. These are either seasonal or occasional, and the frequency of their servings as well as per unit cost per day are difficult to track and document

2.3.3 Usage of Double Fortified Salt and Fortified Edible Oil; their availability and constraints, if any, for procuring these items.

Double Fortified Salt and Fortified Edible Oil is not locally available in the state, and efforts to tie-up with the Food, Civil Supplies & Consumer Affairs Department of the State have also not yielded any positive result. This may be due to the comparatively less demand for the items in the state, which makes it commercially non-viable for any prospective supplier. Schools are therefore using Iodized Salt, which is considered the next best thing and is available in the State

2.3.4 At what level menu is being decided / fixed,

According to entitlement of cooking cost per day per child which is contributed by Central & state, Menu is fixed at 508 kcal with 12.6gms of protein in respect of Primary School and 762 kcal with 20gms of protein in Upper Primary in the state. The details may be mentioned as under:-



NUTRITIONAL NORMS OF MID-DAY MEAL MIZORAM 2015

Introduction:

A diet providing adequate energy and nutrients is essential for School going children. Adequate nutrition of school aged children will ensure they grow to their full potential, and provide the stepping stones to a healthy life.

Prescribed Nutritional Content for Mid-Day Meal

To achieve the objectives of the Scheme, the guidelines prescribe the following nutritional content in the mid day meal:

Table 1: Prescribed nutritional content for Mid-Day Meals

Nutrients	Primary (grade 1-5)	Upper Primary (grade 6-8)
Calories	450	700
Protein (in grams)	12	20

The above nutritional content is ensured through a package consisting of the following ingredients per child per school day

Table 2: Prescribed ingredients per child per school day for Mid-Day Meals

Sl. No.	Item	Primary	Upper Primary
1	Rice / Wheat	100 gms	150 gms
2	Pulses	20 gms	30 gms
3	Vegetables	50 gms	75 gms
4	Oil	5 gms	7.5 gms
5	Micro-nutrients	In the case of micronutrients (vitamin A, iron, and folate) tablets and de-worming medicines, the student is entitled to receive the amount provided for in the school health programme of the National Rural Health Mission.	

Revision of cooking cost @ 5% under National Programme of Mid Day Meal in Schools (NP-MDMS) for the year 2015-2016


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Table 3: Revised cooking cost per child per day (2015-2016)

Stage	Revised cooking cost per child per day	Centre-state sharing			
		Non- NER states (75:25)		NER states (90:10)	
		Centre	State	Centre	State
Primary	3.76	2.82	0.94	3.38	0.38
U.Primary	5.64	4.23	1.41	5.08	0.56

However, the actual state Government cost sharing contribution plays an important role as under:

Table 4: Central government and Mizoram government total cost sharing contribution

Stage	Centre-state sharing		Total cost
	Centre	Mizoram	
Primary	3.38	1.20	4.58
U.Primary	5.08	0.70	5.78

COOKING COST AND NUTRITIONAL VALUE OF FOOD ITEMS PER CHILD PER DAY FOR PRIMARY LEVEL

Table 5: Cooking cost and Nutritional Content of food items per child per day for primary level

Food Item	Entitlement norm per child per day	Nutrients		Cooking cost per child per day (Rs)	Average market	
		Energy (kcal)	Protein (g)		Amount	Price (Rs)
Rice	100g	345	6.8	Re.1 separately reimbursed to FCI		
Pulses	20g	69	5.0	1.82	25kg	2280
Vegetables	50g	49	0.8	1.80	NA*	NA*
Oils	5g	45	-	0.45	1 ltr	90
Salts and condiments	As per needs	-	-	0.08	50kg	850
Fuel	As per needs	-	-	0.43	14kgs	740
Total		508	12.6	4.58		


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COOKING COST AND NUTRITIONAL VALUE OF FOOD ITEMS PER CHILD PER DAY FOR UPPER PRIMARY LEVEL

Table 6: Cooking cost and Nutritional Content of food items per child per day for upper primary level

Food Item	Entitlement norm per child per day	Nutrients		Cooking cost per child per day (Rs)	Average market	
		Energy (kcal)	Protein (g)		Amount	Price (Rs)
Rice	150g	518	10.2	Re.1.5 separately reimbursed to FCI		
Pulses	30g	103	8.0	2.73	25kg	2280
Vegetables	75g	73	1.5	1.87	NA*	NA*
Oils	7.5g	67.5	-	0.67	1 ltr	90
Salts and condiments	As per needs	-	-	0.08	50kg	850
Fuel	As per needs	-	-	0.43	14kgs	740
Total		762	20	5.78		

Note :

1. As for vegetables (NA*) the market rate is not written because different kinds of vegetables has different rates which is not applicable and average cannot be taken due to this fact.

2. Salts and condiments is given as 5g per child per day


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WEEKLY MENU AND COOKING COST PER CHILD FOR PRIMARY LEVEL

MONDAY : Khitcheri

Food item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	100g	345	6.8	(FCI)
Lentil dal	20g	69	5.0	1.82
Pumpkin+chocho marrow	50g	13	0.5	2.0
Oils	5g	45	-	0.45
Salts and condiments	As per needs	-	-	0.08
Total		472	12.3	4.35

TUESDAY: Rice with matar chana and potato curry

Food item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	100g	345	6.8	(FCI)
Matar chana	20g	72	3.42	0.8
Potato+ beans	50g	42	0.8	2.0
Oils	5g	45	-	0.45
Salts and condiments	As per needs	-	-	0.08
Total		504	11.02	3.33

WEDNESDAY: Rice with dal and vegetable

Food item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	100g	345	6.8	(FCI)
Lentil dal	20g	69	5.0	1.82
Chocho marrow	50g	14	0.35	1.5
Oils	5g	45	-	0.45
Salts and condiments	As per needs	-	-	0.08
Total		473	12.15	3.85


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THURSDAY: Rice with soy nuggets and vegetable curry

Food Item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	100g	345	6.8	(FCI)
Soya nuggets	20g	86	8.6	2.0
Potato +Pumpkin leaves	50g	38	1.5	2.1
Oils	5g	45	-	0.45
Salts and condiments	As per needs	-	-	0.08
Total		514	16.9	4.63

FRIDAY: Rice with matar chana and vegetables

Food Item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	100g	345	6.8	(FCI)
Matar chana	20g	72	3.42	0.8
Pumpkin+beans	50g	13	1.0	3.5
Oils	5g	45	-	0.45
Salts and condiments	As per needs	-	-	0.08
Total		475	11.2	4.83

Note:

1. Nutritional value of Salts and condiments are not calculated as it is added in small amount per child.
2. The cost price of each day's menu cannot be same due to variety of contents and also it may vary according to the season as seasonal food items are added. Vegetables can be substituted according to availability and season.
3. The menu is made according to the Mizo cultural food habits.
4. The nutritional value of each Day's Menu varies according to the food items added and it is planned in a manner to provide a well balanced diet.
5. Cost of fuel is not calculated.


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METHOD OF FOOD PREPARATION

1. KHITCHERI

- a) Wash the rice, soak in water and keep aside for about 20 minutes.
- b) Wash dals, soak in water and keep aside for about 15 minutes.
- c) Wash pumpkin and chocho marrow before cutting, and cut them into large pieces.
- d) Heat oil, add onion, turmeric powder and masalas, add vegetables and stir them lightly.
- e) Drain the water of soaked rice and dals, combine them with the vegetables, stir them thoroughly.
- f) Add salts and water for the appropriate consistency required.

2. RICE WITH MATAR CHANA AND POTATO CURRY

- a) Pick and wash matar chana, soak it overnight in water.
- b) Wash rice, soak for awhile and cook it thoroughly, do not drain the water.
- c) Cook matar chana with water add salt in it before heating.
- d) Peel and wash potato and beans, cut into pieces.
- e) Heat oil, add onion and turmeric powder, then add beans and potato, add salt, cook till done.

3. RICE WITH DAL AND VEGETABLE

- a) Wash rice, soak for awhile and cook till soft, do not drain the water.
- b) Wash and soak dals, soak it for 15 minutes and cook till done.
- c) Wash chocho marrow, cut into pieces.
- d) Heat oil, add onion, turmeric and chocho marrow, add salt.

4. RICE WITH SOYA NUGGETS AND VEGETABLE CURRY

- a) Clean and wash rice, soak in water and keep aside for 20 minutes.
- b) Wash soy nuggets with cold water, and keep aside.
- c) Drain the soaked rice and mix with soya nuggets, add water and cook till soft.
- d) Peel and wash potato, cut into large pieces, clean the pumpkin leaves, wash and cut them.
- e) Heat oil, add onion and turmeric, add potato, stir lightly, put on fire for 5-10 minutes till half done, add water and let it boil, then add pumpkin leaves, add salt, cover with lid and cook till done.


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5. RICE WITH MATAR CHANA AND VEGETABLE

- Pick and wash matar chana, soak it overnight in water.
- Wash rice, soak for awhile and cook it thoroughly, do not drain the water.
- Cook matar chana with water add salt in it before heating.
- Wash and clean pumpkin and beans, cut them into pieces.
- Heat oil, add onion and turmeric powder, then add pumpkin and beans, add salt, cook till done.

WEEKLY MENU AND COOKING COST PER CHILD FOR UPPER PRIMARY LEVEL

MONDAY: Rice with dal and potato curry

Food item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	150g	518	10.2	(FCI)
Lentil dal	30g	103	8	2.73
Potato	75g	73	1.5	2.0
Oils	7.5g	67	-	0.67
Salts and condiments	As per needs	-	-	0.08
Total		707	20	5.48

TUESDAY: Khitcheri

Food item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	150g	518	10.2	(FCI)
Lentil dal	30g	103	8	2.73
Pumpkin + Mustard leaves	75g	28	2	2.3
Oils	7.5g	45	-	0.67
Salts and condiments	As per needs	-	-	0.08
Total		694	20.2	5.78


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★ **WEDNESDAY: Rice with soy nuggets and vegetable curry**

Food item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	150g	518	10.2	(FCI)
Soy nuggets	30g	130	13	2.0
Potato and pumpkin leaves	75g	63	2	2.3
Oils	7.5g	45	-	0.45
Salts and condiments	As per needs	-	-	0.08
Total		473	12.15	4.83

THURSDAY : Rice with matar chana and vegetables

Food item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	150g	518	10.2	(FCI)
Matar chana	30g	108	5.2	1.2
Potato + beans	75g	55	1.5	3.5
Oils	7.5g	45	-	0.67
Salts and condiments	As per needs	-	-	0.08
Total		726	17	5.45

FRIDAY: Rice with dal and vegetables

Food item	Portion size	Energy (kcal)	Protein (g)	Cooking cost per child (Rs)
Rice	150g	518	10.2	(FCI)
Lentil dal	30g	103	8	2.73
Chocho marrow	75g	20	0.5	1.5
Oils	7.5g	45	-	0.67
Salts and condiments	As per needs	-	-	0.08
Total		694	18.7	4.98

Note:

1. Cost of fuel is not calculated in the menu.


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2. Nutritional value of Salis and condiments are not calculated as it is added in small amount per child.
3. The cost price of each day's menu cannot be same due to variety of contents and also it may vary according to the season as seasonal food items are added. Vegetables can be substituted according to availability and season.
4. The menu is made according to the Mizo cultural food habits.
5. The nutritional value of each Day's Menu varies according to the food items added and it is planned in a manner to provide a well balanced diet.

METHOD OF FOOD PREPARATION

1. RICE WITH DAL AND POTATO CURRY

- a) Wash rice, soak for awhile and cook till soft, do not drain the water.
- b) Wash and soak dals, soak it for 15 minutes and cook till done.
- c) Wash potato, cut into pieces.
- d) Heat oil, add onion, turmeric and potato, add salt, cook till done.

2. KHITCHERI

- a) Wash the rice, soak in water and keep aside for about 20 minutes.
- b) Wash dals, soak in water and keep aside for about 15 minutes.
- c) Wash pumpkin before cutting, and cut them into large pieces.
- d) Wash mustard leaves and cut them.
- e) Heat oil, add onion, turmeric powder and masalas, add potato stir them lightly.
- f) Drain the water of soaked rice and dals, combine them with the potatoes, add mustard leaves, stir them thoroughly.
- g) Add salts and water for the appropriate consistency required.

3. RICE WITH SOYA NUGGETS AND VEGETABLE CURRY

- a) Clean and wash rice, soak in water and keep aside for 20 minutes.
- b) Wash soy nuggets with cold water, and keep aside.
- c) Drain the soaked rice and mix with soya nuggets, add water and cook till soft.
- d) Peel and wash potato, cut into large pieces, clean the pumpkin leaves, wash and cut them.


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- e) Heat oil, add onion and turmeric, add potato, stir lightly, put on fire for 5-10 minutes till half done, add water and let it boil, then add pumpkin leaves, add salt, cover with lid and cook till done.

4. RICE WITH MATAR CHANA AND VEGETABLE

- a) Pick and wash matar chana, soak it overnight in water.
 b) Wash rice, soak for awhile and cook it thoroughly, do not drain the water.
 c) Cook matar chana with water add salt in it before heating.
 d) Peel, wash and clean potato and beans, cut them into pieces.
 e) Heat oil, add onion and turmeric powder, then add potato and beans, add salt, cook till done.

5. RICE WITH DAL AND VEGETABLE

- a) Wash rice, soak for awhile and cook till soft, do not drain the water.
 b) Wash and soak dals, soak it for 15 minutes and cook till done.
 c) Wash chocho marrow, cut into pieces.
 d) Heat oil, add onion, turmeric and chocho marrow, add salt.

Quality parameters of Mid Day Meal

1. The mid-day meal should contain adequate nutrients and should be palatable, hygienic, and operationally feasible.
2. The food provided through these kitchens should be nutritious, free from food adulterants, contamination pathogens, artificial non food grade colours, and additives and adhere to food safety and quality norms.
3. Only packed dals, salt, spices, condiments and oil with AGMARK quality symbol should be purchased.
4. Any ingredient being sold loose should never be bought.
5. Only "double fortified salt" should be used for cooking mid day meals.
6. All raw materials should be physically checked & thoroughly cleaned. Packaged raw material must be checked for 'expiry date/' 'best before/' 'use by' date, packaging integrity and storage conditions.


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Points to keep in mind during food preparation:

1. The cereals and pulses should be manually cleaned before cooking to remove any extraneous matter.
2. **'Single Dish Meals'** using rice and some amount of a pulse or soya beans, a seasonal vegetable/green leafy vegetable, and some amount of edible oil will save both time and fuel besides being nutritious. Cereal pulse combination is necessary to have good quality protein. The cereal pulse ratio could range from 3:1 to 5:1.
4. Vegetables should be thoroughly washed before cutting and should not be subjected to washing after cutting.
5. For chopping vegetables a clean chopping board should be used.
6. Cooking must be done with the lid on to avoid loss of nutrients and contamination.

Reference:

1. Gopalan,G., Sastri, R.B.V., and Balasubramanian,S.C., (1989), "Nutritive Value of Indian Foods", National Institute of Nutrition, Indian Council of Medical Research, Hyderabad-500007, India.
2. The Educational Planning Group, Delhi, "Food and Nutrition for Nurses", page 332-376, Arya Publishing House, Karol Bagh, New Delhi-110005.
3. Ministry of human resource development, department of school education and literacy, (mdm division) , guidelines on food safety and hygiene for school level kitchens under mid-day meal (mdm) scheme.
4. Price, Price index and minimum wages for quarter ending June 2015, Price and market intelligence wings, Directorate of Economics and Statistics, Mizoram, Aizawl, 796001.


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2.3.5 Provision of local variation in the menu, Inclusion of locally available ingredients/items in the menu as per the liking/taste of the children

All the schools are supposed to follow Menu Calendar prepared by Mid-Day Meal Cell as far as possible. Further, they are encouraged to prepared locally available vegetables that can easily be obtained in a lower price. There are many alternate vegetables which are not mentioned in the menu and which is encouraged serve for Mid-day Meal.

2.3.6 Time of serving meal.

Due to changing of School timing starting from 8:00 am and ends at 1:00 pm for Primary School and 2:00pm for Upper Primary. Timing for serving of Mid-Day Meal is set to be stated from 10:30, 11:00 and 11:30 am and has to be completed within 45 minutes.

2.4 Fund Flow Mechanism - System for release of funds(Central share and State share).

2.4.1 Existing mechanism for release of funds up to school/ implementing agency levels.

The routine procedure for release of cooking cost in the state of Mizoram is when the fund for Central Assistance is received by the department it was immediately approached the Finance Department for immediate fund allocation in the state budget and when after the fund was allocated in the appropriate head of account, the department then proposed the same to Finance Department to accord sanction. When Finance Department released fund and drawn, the department released to the districts and the districts released to Block level and further to school. These are done through E-Transfer. There is no direct transfer from State Level to school in the state.

2.4.2 Mode of release of funds at different levels,

Funds are transfer from State level to Block Level by means of E-Transfer. In some district like Siaha and Lawngtlai District where only two or three Banks are available. Fund cannot be transferred to all the school through E-Transfer and some schools are paid in cash which is easier and benefitted in respect of stakeholders of MDM.

2.4.3 Dates when the fund were released to State Authority/Directorate/District/Block /Gram Panchayat and finally to the Cooking Agency/School.

S.No.	Instalment / Component	Amount (Rs. In lakhs)			Date of receiving of funds by the State / UT	Status of Releasing of Funds by the State / UT							
		Gen	SC	ST		Directorate / Authority				District*			
						Amount			Date	Amount			Date
						Gen	SC	ST		Gen	SC	ST	
1	2	3	4	5	6	7	8	9	10	11	12	13	14
(A) Recurring Assistance													
1	Adhoc Grant (25%)	5.56	2.14	502.5	3.5.2017	5.56	2.14	502.5	6.6.2017			317.28	4.7.2017
2	Balance of 1st Instalment	7.49	2.88	676.38	30.6.2017	7.49	2.88	676.38	31.7.2017			630.519	17.8.2017
3	1st 2nd Instalment		1.71	406.29	27.11.2017		1.71	406.29	19.1.2018			202.341	21.2.2018
4	2nd 2nd Instalment		1.71	405.66	3.1.2018		1.71	405.66	23.2.2018			470.232	15.3.2018
(B) Non-Recurring Assistance													
4	Kitchen-cum-store												
5	Kitchen Devices	0.06	0.03	5.91	15.3.2018								

2.4.4 Reasons for delay in release of funds at different levels.

Delay in allocation and sanction in the state Government. In this regard, there are so many procedure to be followed in course of file movement.

2.4.5 In case of delay in release of funds from State/ Districts, how the scheme has been implemented by schools/ implementing agencies.

In case of delay in release of fund from the state Government, resulting in delayed release of fund to schools. The strong efforts, commitment and enterprise of the teachers, parents and NGOs, have been crucial in the smooth implementation of the Programme in spite of the difficulties caused by late release of fund. Items for the menu to be served were taken on loan from local shops, teachers and parents contribute form their own source, and members of the communities come forward to donate certain items like firewood and vegetables.

2.4.6 Initiatives taken by the State for pre-positioning of funds with the implementing agencies in the beginning of the year.

In every release of fund, district office submitted utilization in a prescribed format. At the end of the year, unspent balance which is to be carried over for the next financial year, and which is to be used as opening balance for the district is generated. Apart from this, there can be no initiative for pre-positioning of funds by the State Government due to financial constraints. Foodgrains management,

2.5 Foodgrains Management

2.5.1 Time lines for lifting of foodgrains from FCI Depot- District wise lifting calendar of foodgrains.

The state Government of Mizoram opted lifting of foodgrains in quarterly basis. However, when the Food Corporation of India issued release order to Director, Food, Civil Supplies & Consumer Affairs Department, it is immediately arranged district-wise allocation according to number of enrolment in each and every school and release foodgrains accordingly. This process of lifting takes maximum 2 weeks to reach each and every school in the state. No lifting problem other than natural calamity is happened till date

2.5.2 System for ensuring lifting of FAQ foodgrains (Joint inspections at the time of lifting etc.).

As there is no problems pertaining to lifting of foodgrains, Joint inspection is never conducted for ensuring lifting of FAQ foodgrains in the state, foodgrains for Mid-Day Meal is found good, no complaint is received against it.

2.5.3. Is there any incident when FAQ food grain was not provided by FCI. If so, the action taken .by the State/District to get such foodgrain replaced with FAQ food grain. How the food grain of FAQ was provided to implementing agencies till replacement of inferior quality of food grain from FCI was arranged.

There is no food grain of inferior quality is supplied by FCI during the year.

2.5.4 System for transportation and distribution of food grains

Transportation and distribution of foodgrains under Mid-Day Meal Scheme is entrusted to Food, Civil Supplies & Consumer Affairs Department in the state. The said department stored foodgrains to Fair Price Shop nearest to schools @ Rs 3970/- per Mts in the whole state. There is no problems in this regard.

2.5.5 Whether unspent balance of foodgrains with the schools is adjusted from the allocation of the respective implementing agencies (Schools/SHGs/Centralised Kitchens). Number of implementing agencies receiving foodgrains at doorstep level.

The unspent balance of foodgrains in the schools is adjusted from the allocation of the 1st quarter of new school session. The same is reviewed in every quarter

2.5.6 Storage facility at different levels in the State/District/Blocks/Implementing agencies after lifting of food grains from FCI depot.

In state and districts as well as in sub-district or block, storage facility of foodgrains is found good, meanwhile, some schools do not have a good and proper storage facility of foodgrains and put them in some corner of Kitchen-cum-Store which is need to be developed.

2.5.7 Challenges faced and plan to overcome them.

The present system of foodgrains management is satisfactory, and if the practice is remain same, the state would not face a problem against foodgrains.

2.6 Payment of cost of foodgrains to FCI.

2.6.1 System for payment of cost of foodgrains to FCI; whether payments made at district level or State level

Payment of cost of foodgrains is done by means of Cheque and forwarded to Director, Food, Civil Supplies & Consumer Affairs Department as a Nodal Department for lifting in the state for further submission to FCI.

2.6.2 Status of pending bills of FCI of the previous year(s) and the reasons for pendency.

There is no pending bills of cost of foodgrains as on date. As soon as the bill is received payment is made accordingly.

2.6.3 Timelines for liquidating the pending bills of previous year(s).

There is no pending bill of Cost of foodgrains in the previous year. All bills are paid as soon as the bill is received.

2.6.3 Whether meetings are held regularly in the last week of the month by the District Nodal Officers with FCI as per guidelines dated 10.02.2010 to resolve the issues relating to lifting, quality of food grains and payment of bills.

It was never conducted monthly meeting with the FCI even quarterly meeting and so on. There is a good co-operation between the departments and if there is some mis-information, it may be discussed and settled over Telephone. Further, both the departments are the members of State Level Co-Ordination Committee on Mid-Day Meal Scheme, it may discussed when the meeting was held.

2.6.5 Whether the District Nodal Officers are submitting the report of such meeting to State Head quarter by 7th of next month

Does not arise

2.6.6 The process of reconciliation of payment with the concerned offices of FCI.

No reconciliation meeting on payment of cost of foodgrains was held during the year and also in the previous year as mis-information was never happened.

2.6.7 Relevant issues regarding payment to FCI.

No Comment

2.6.8 Whether there is any delay in payment of cost of food grains to FCI. If so, the steps taken to overcome the delay.

No comment

2.7 Cook-cum-helpers

2.7.1 Whether the State follows the norms prescribed by MHRD for the engagement of cook-cum-helpers or it has its own norms.

The State Government follows the norms prescribed by MHRD for the engagement of Cook-cum-Helper.

2.7.2 In case, the State follows different norms, the details of norms followed may be indicated.

Does not arise

2.7.3 Is there any difference in the number of cook-cum-helpers eligible for engagement as per norms and the CCH actually engaged.

There are 212 less in numbers of Cook-cum-Helper eligible for engagement as per approval of PAB 2017-18 and the Cook-cum-Helper engaged during the said period.

2.7.4 System and mode of payment, of honorarium to cook-cum-helpers and implementing agencies viz. NGOs/SHGs/Trust/Centralizedkitchensetc.

Payment of Honorarium of Cook-cum-Helper is done through Village Education Committee in terms of cash. It is to mention that, due to irregular sanction of fund, payment is almost delayed. Implementing agencies like NGOs / SHGs / Trust / Centralized Kitchens are not engaged in the state

2.7.5 Whether the CCH were paid on monthly basis.

Payment of honorarium of Cook-cum-Helper could not be done on monthly basis due to delay in receipt of fund from state government. It is usually done in quarterly basis.

2.7.6 Whether there was any instance regarding irregular payment of honorarium to cook-cum-helpers and reason thereof. Measures taken to rectify the problem.

As mentioned above, Cook-cum-Helpers cannot be paid on monthly basis due to delay in release of fund. As the issue is beyond the control of the Department, and is also attributable to the financial situation prevailing in the State, not much can be done at the Department level to resolve the problem.

2.7.7 Rate of honorarium to cook-cum-helpers,

In addition to Central share of Rs 900/- the state Government contributed Rs 600/- per Cook per monthly, hence, Rs 1500/- is being paid to Cook-cum-Helper in the state. The state government will be appreciated if the Central Government raise honorarium of Cook-cum-Helper.

2.7.8 Number of cook-cum-helpers having bank accounts,

As on today as many as 3714 Cook-cum-Helper engaged under Mid-Day Meal Scheme are having Bank Account which is 74.31% out of existing Cook-cum-Helper engaged.

2.7.9 Number of cook-cum-helpers receiving honorarium through their bank accounts,

As on today as many as 1793 Cook-cum-Helper engaged under Mid-Day Meal Scheme are receiving their Honorarium through Bank Account which is 35.87% out of existing Cook-cum-Helper engaged.

2.7.10 Provisions for health check-ups of Cook-cum-Helpers,

There is no provision for health check-ups of Cook-cum-Helper till date. They can be covered when health checkup is conducted at school under school health programmes.

2.7.11 Whether cook-cum-helpers are wearing head gears and gloves at the time of cooking of meals.

All cook-cum-Helper engaged were instructed to wear their head and bring Aprons while preparing Mid-day Meal from their own cost. Gloves are not still introduced.

2.7.12 Modalities for apportionment of cook-cum-helpers engaged at school level and working at centralized kitchens, in case of schools being served through centralized kitchens,

There is no separate apportionment to appoint cook-cum-helper engaged under Mid-Day Meal Scheme in the state. Village Education Committee are simply entrusted to appoint whether male or female for a period of six months which may be extended up to 12 months. When enrolment of a particular school has become increased and entitled to engaged additional cook-cum-helper, Village Education Committee reported to District Co-Ordinator SSA, and District Co-Ordinator SSA again informed to State Nodal Officer (MDM) to accord appointment of additional cook-cum-helper, then after all the procedure has been done and if State Nodal Officer(MDM) has satisfy and found that the case is genuine, approval is given to Village Education Committee to appoint additional cook-cum-helper.

2.7.13 Mechanisms adopted for the training of cook cum helpers. Total number of trained cook cum helpers engaged in the cooking of MDMs. Details of the training modules; Number of Master Trainers available in the State; Number of trainings organized by the Master Trainers for training cook-cum-helpers.

There is no mechanism adopted for the training of Cook-cum-Helpers and none of Cook-cum-Helper are trained in the state.

2.7.14 Whether any steps have been taken to enroll cook-cum-helpers under any social security schemes i.e Pradhan Mantri Jan Dhan Yojana, Pradhan Mantri Suraksha Bima Yojana, Pradhan Mantri Jeevan Jyoti Bima Yojana etc. and number of cooks benefitted through the same.

There is no action specifically for enrolling cook-cum-helpers under any social security schemes in the state. Eligible Cook-cum-Helpers are enrolled by the department concerned.

2.8 Procurement and storage of cooking ingredients and condiments

2.8.1 System for procuring good quality (pulses, vegetables including leafy ones, salt, condiments, oil etc. and other commodities.

There is no systematic procedure adopted for procuring good quality of pulses, vegetables including leafy ones, salt, condiments etc and other commodities. At the same time they were instructed to procure and choose only certified product of competent authority in awareness campaign when conducted.

2.8.2 Whether 'First-in:First-out'(FIFO) method has been adopted for using MDM ingredients such as pulses, oil/fats. Condiments salt etc. or not.

FIFO method was instructed for usage of pulses and condiments etc in the aforesaid awareness campaign etc.

2.8.3 Arrangements for safe storage of ingredients and condiments in kitchens.

Safe storage of ingredients and condiments is in build in the estimate for new construction of Kitchen-cum-Store, therefore all newly constructed Kitchen-cum-Store are supposed to have safe storage of ingredients and condiments.

2.8.4 Steps taken to ensure implementation of guidelines dated 13.02.2015 on food safety and hygiene in school level kitchens under Mid-Day Meal Scheme.

Guidelines for food safety and hygiene in school level Kitchen under Mid-Day Meal Scheme are followed as far as possible. Awareness campaigns have been organized at district levels, and pamphlets or booklets containing the guidelines in vernacular are disseminated to all schools.

2.8.5 Information regarding dissemination of the guidelines up-to school level.

A circular directing all schools to improve the menu so as to increase nutritional contents in Mid-Day Meal has been issued.

2.9 Type of Fuel used for cooking of Mid-Day Meals -LPG, Smokeless Chulha, Fire wood etc.

2.9.1 Number of schools using LPG for cooking MDM

As on today there are as many as 873 schools having Gas based cooking in the state but it is to mention that due to scarcity of Cylinder, it cannot fully depend upon it and further that increase of school based cooking cannot be increased. Rest of the schools using firewood and smokeless chulha

2.9.2 Steps taken by State to provide LPG as fuel in MDM in all schools.

Due to budgetary constraint, and shortage in supply of LPG in the state, no step has been taken to increase use of LPG in MDM.

2.9.3 Expected date by which LPG would be provided in all schools.

No comment

2.10 Kitchen-cum-stores.

2.10.1 Procedure for construction of kitchen-cum-store,

As the state is not having fund for construction of Kitchen sheds, they are constructed only from the funds received from Govt. of India. The construction were done by the Village Education Committee of the concerned villages under the supervision of Engineers of District Project Office, SSA within their jurisdiction.

2.10.2 Whether any standardized model of kitchen cum stores is used for construction.

Standardized model for construction of Kitchen-cum-Stores is developed by an engineers working under School Education department including Engineers from SSA. Plinth area is decided according to enrolment in a particular schools as per state prevailing S.O.R. The amount sanction is found adequate.

2.10.3 Details of the construction agency and role of community in this work.

There is no construction agency engaged for construction of Kitchen-cum-Store in the state. Village Education Committee is entrusted all responsibility for construction of Kitchen-cum-Store within their

jurisdiction. Community play important role, they rendered their service for construction and repair of Kitchen-cum-Store in many villages.

2.10.4 Kitchen cum stores constructed through convergence, if any

During 2004-2005 some Kitchen-cum-Store was constructed under PMGSY and SJRY with an amount of around Rs 20000-Rs 25000 per unit. There is no other Kitchen-cum-Store constructed through convergence during 2017-18.

2.10.5 Progress of construction of kitchen-cum-stores and target for the next year.

During 2017-18, fund for construction 110 number of Kitchen-cum-Store was received and were completed. As per approval of MDM-PAB 2017-18, fund for construction of 42 unit of Kitchen-cum-Store is being awaited.

2.10.6 The reasons for slow pace of construction of kitchen cum stores, if applicable.

There is no slow pace construction of Kitchen-cum-Stores in the state, all the fund received were fully utilized and constructed.

2.10.7 How much interest has been earned on the unutilized central assistance lying in the bank account of the State/implementing agencies.

As funds received from the Central Government are usually released immediately by the State Nodal Agency once it is drawn from the State's Treasury, no significant amount is earned as interest. Whatever amount has been earned is utilized for other purposes such as monitoring and supervision of Mid-Day Meal, immediate repairs and renovation of Kitchen-cum-Store due natural calamities, conduct of capacity buildings, etc.

2.10.8 Details of the kitchen cum stores constructed in convergence. Details of the agency engaged for the construction of these kitchen cum stores.

Does not arise

2.11 Kitchen Devices

2.11.1 Procedure of procurement of kitchen devices from funds released under the Mid-Day Meal Programme

Kitchen Devices are procured from fund which is provided by Govt. of India under Mid-Day Meal Programme @ Rs 5000/- per unit. The amount of Rs 5000/- per unit is released by means of E-Transfer to districts and the

districts further release to Block and the Block again released the same to selected schools to procure Kitchen Devices what they need most.

2.11.2 Status of procurement of kitchen devices

Does not arise.

2.11.3 Procurement of kitchen devices through convergence or community/CSR

There is no Kitchen Devices procured through convergence or community/CSR

2.11.4 Availability of eating plates in the schools. Source of procurement of eating plates.

There are adequate eating plates in each and every school which were procured under central fund only.

2.12 Measures taken to rectify

2.12.1 Inter-district low and uneven utilization of foodgrains and cooking cost

In order to avoid inter-district low and uneven utilization of foodgrains and cooking cost, the department provided existing enrolment in every quarter to foodgrains Nodal department of Food, Civil Supplies & Consumer Affairs to prepare allocation of foodgrains to each and every schools according to their enrolment.

2.12.2 Intra-district mismatch in utilization of food grains and cooking cost.

The department in consultation with Food, Civil Supplies & Consumer Affairs Department, looked into the matter regarding Intra-district mismatch in the utilization of foodgrains and cooking cost. Such kind of mismatch is rare. If happened, it was rectified as soon as possible.

2.12.3 Mismatch of data reported through various sources (QPR, AWP&B, MIS etc)

The data collected to feed for QPR, AWP&B, against MIS are slightly vary from each other, the reason may be mentioned as under:-

- 1) The data in respect of quarterly progress report is vary from quarter to quarter due to fluctuation of enrolment and also cook-cum-Helper engaged.

- 2) The data entry in MIS has done usually in July every year in line with 1st QPR. Unless correction of annual report in MIS is made in order to match with 2nd QPR which is to be used for AWP & B, it could not be matched with each other.

2.13 Quality of food

2.13.1 System of Tasting of food by teachers/community. Maintenance of tasting register at school level.

Cook-cum-Helper engaged in a school and one teacher entrusted to look after Mid-day Meal are supposed to do so and also to maintain tasting register at school.

2.13.2 Maintenance of roster of parents, community for the presence of at least two parents in the school on each day at the time of serving and tasting of mid day meal.

It is to mention that there is a provision of community monitoring at school level i.e Mother roaster, inspection of Mid-Day Meal etc, but it is unfortunate to mention that, such involvement is very few in the state even if they are requested to do so. It will try to improve in the future.

2.13.3 Testing of food sample by any recognized labs for prescribed nutrients and presence of contaminants such as microbe'se-coli. Mechanism to check the temperature of the cooked MDM.

Testing of food sample which are commonly prepare for Mid-Day Meal collected from the schools has been conducted in RIPANS(Regional Institute of Paramedical and Nursing Science) in Aizawl Mizoram. The result are found satisfactory available in the state. Therefore, arrangement will be made so as to have a number of times in the next financial year.

2.13.4 Engagement of / recognized labs for the testing of Meals.

As there is no NABL/recognized laboratory for testing of food sample in the state Regional Institute of Paramedical and Nursing Science (RIPANS) run under Ministry of Health & Family Welfare, Govt. of India is engaged.

2.13.5 Details of protocol for testing of Meals, frequency of lifting and testing of samples.

Testing of food sample is conducted once in the state level which were collected food sample from the school during 2017-18. It will try to conduct a number of times in the next financial year.

2.13.6 Details of samples taken for testing and the results thereof.

All district in the state have conducted various Food Sample Testing collected from Schools during 2017-18 at RIPANS and the results found are inadequate to compare with Norms under Mid-Day Meal.

2.13.7 Steps taken to ensure implementation of guidelines issued with regard to quality of food.

As mentioned above, the report of food sample testing revealed that the quality of food prepared in sample schools is below the Central norms. A circular directing all schools to improve the menu so as to increase nutritional contents in Mid-Day Meal has been issued.

2.14 Involvement of NGOs/ Trusts.

2.14.1 Modalities for engagement of NGOs/ Trusts for serving of MDM through centralized kitchen.

No Centralized Kitchen is functioning in the state and also no NGOs / Trust is engaged for serving of Mid-Day Meal.

2.14.2 Whether NGOs/ Trusts are serving meal in rural areas

Nil

2.14.3 Maximum distance and time taken for delivery of food from centralized kitchen to schools

Not applicable.

2.14.4 Measures taken to ensure delivery of hot cooked meals to schools

Not applicable.

2.14.5 Responsibility of receiving cooked meals at the schools from the centralized kitchen,

Not applicable

2.14.6 Whether sealed/insulated containers are used for supply of meals to schools,

Not applicable

2.14.7 Tentative time of delivery of meals at schools from centralized kitchen.

Not applicable

2.14.8 Availability of weighing machines for weighing the cooked MDM at school level prepared at centralized kitchen.

Not applicable

2.14.9 Testing of food samples at centralized kitchens.

Not applicable

2.14.10 Whether NGO is receiving grant from other organizations for the mid day meal. If so, the details thereof.

Not applicable.

2.15 Systems to ensure transparency and accountability in all aspects of programme implementation,

2.15.1 Display of logo, entitlement of children and other information at a prominent visible place in school

Logo of Mid-Day Meal Scheme and other information relating to the Scheme are displayed in schools and Kitchen-cum-Stores. The Department has also frequently published the services offered and the entitlement children under the Scheme through media.

2.15.2 Dissemination of information through MDM website

MDM website is not still created for dissemination of information about MDM till date. But Directorate of School Education is having a website in which MDM is also covered sufficiently. In addition, a facebook page of the Department has also been created, and important information on Mid-Day Meal are also disseminated through this medium.

2.15.3 Provisions for community monitoring at school level i.e. Mother Roaster, Inspection register,

Though there is a provision of community monitoring at school level i.e. Mother roster, inspection of Mid-Day Meal, etc., the level of participation by the community in these aspects have been relatively low. Inspection registers are maintained in schools.

2.15.4 Tasting of meals by community members,

As mentioned above, community participation in tasting of meals is still low. In fact, it is absent in most schools despite numerous appeals to the community members.

2.15.5 Conducting Social Audit

Social Audits is conducted in Kolasib and Mamit District by State Institute of Rural Development & Panchyati Raj during January 2018. They visited 20 schools in both the district. Detailed report is enclosed for reference.

2.16 Capacity building and training for different stakeholders

2.16.1 Details of the training programme conducted for State level officials, SMC members, school teachers and others stakeholders

During the current financial year State level training for State level officials, SMC members, school teachers and others stakeholders is not conducted. At the same time District level and Block level training under Mid-Day Meal concerned is conducted by some district authority.

2.16.2 Details about Modules used for training, Master Trainers, Venues etc.

No comment

2.16.3 Targets for the next year.

No comment

2.17 Management Information System at School, Block, District and State level and its details

2.17.1 Procedure followed for data entry into MDM-MIS Web portal

Due to weak backbone/lack of Internet service in some districts, monthly data entry could not be maintained properly and regularly. Districts are requested to enter data in their headquarters from this current session. Some districts have to come to Aizawl to enter data during 2016-17 due to connectivity problem in their districts.

2.17.2 Level (State/ District/ Block/ School) at which data entry is made

As mentioned above, the state Government of Mizoram could not achieve data entry per month satisfactorily due to internet connectivity problem. Data entry is mostly made at district and state level.

2.17.3 Availability of manpower for web based MIS

There are only 2 (two) employees to look after MIS-MDM at the state level. All district offices utilize the service of one existing staff each appointed under SSA.

2.17.4 Mechanism for ensuring timely data entry and quality of data

All the District level functionaries are instructed to collect and submit the data pertaining to their respective districts on time. Data are collected through field level functionaries like CRCCs and BRCCs, and there is no separate mechanism to cross-check or verify the quality of the data so collected.

2.17.5 Whether MIS data is being used for monitoring purpose and details thereof.

MIS data is not being used for monitoring purpose due to insufficient manpower as well as internet connectivity issue.

2.18 Automated Monitoring System (AMS) at School, Block, District and State level and its details.

2.18.1 Status of implementation of AMS

Implementation of Automated Management System has been started from 15th September 2016 in the State. There are many villages which do not have proper mobile phone signal. As such, out of 2532 total number of schools, only 2152 schools could be mapped till date. Around 30% to 35% of schools reported daily through the system.

2.18.2 Mode of collection of data under AMS (SMS/IVRS/Mobile App/Web enabled)

Most of the schools submitted their daily report by means of SMS. A few teachers working in urban areas used Mobile App/Web for daily reports.

2.18.3 Tentative unit cost for collection of data.

Though the actual rate of SMS may not be mentioned for daily MDM school report the bill for a period of 01.06.2017 to 31.03.2018 amounting to Rs. 18753/- is received and payment is made.

2.18.4 Mechanism for ensuring timely submission of information by schools

No separate mechanism has been put in place till date.

2.18.5 Whether the information under AMS is got validated.

Yes

2.18.6 Whether AMS data is being used for monitoring purpose and details thereof.

ARMS data is not used for monitoring purposes as on date.

2.18.7 In case, AMS has not been rolled out, the reasons there for may be indicated along with the time lines by which it would be rolled out.

Does not arise.

2.19 Details of Evaluation studies conducted by State/UT and summary of its findings.

During 2017-18, M/S Sigma Research and Consulting Pvt. Limited New Delhi is assign to undertake evaluation study of implementation of Mid-day Meal Scheme in Aizawl and Kolasib district commencing from 12.07.2017. No report is received till date.

2.20 Write up on best/ innovative practices followed in the State along with some high resolution photographs of these best/ innovative practices.

1. Participation of Cent per Cent children in MDM

All the children who come to school take Mid-Day Meal and never refuse the items served for Mid-Day Meal.

2. No discrimination in serving MDM

There is no discrimination on the basis of gender, caste or community in cooking, serving or seating arrangements in eating of MDM.

3. Teachers' participation in MDM

Teachers are actively involved in Mid-Day Meal. When fund for MDM is not available due to late release of fund, teachers will go out of their way to contribute from their own pockets to ensure that there is no interruption in serving of MDM in school.

4. Kitchen gardens in schools

Most of the schools in rural areas are having school garden within the school compound where different varieties of fruits are planted, and different vegetables are grown to supplement the normal menus under MDM. The harvests from these are good source of supply for fresh fruits and vegetables.

5. High attendance Rate

Attendance rate is high due to serving of MDM in rural areas. Average 95% may be achieved in rural areas.

6. Enhancement of cooking cost

The state Government of Mizoram enhanced cooking cost in respect of Upper Primary School @ Rs 1.00/- per day per child with effect from 01.04.2018.

2.21 Untoward incidents

2.21.1 Instances of unhygienic food served, children falling ill

No incident of children falling ill due to consumption of unhygienic food served has been reported during 2017-18.

2.21.2 Sub-standard supplies,

No report is received on sub-standard supplies

2.21.3 Diversion/ misuse of resources,

No report of diversion/misuse of resources for Mid-Day Meal is received during 2017-18.

2.21.4 Social discrimination

There is no discrimination on the ground of caste, sex, races, language etc. among the children.

2.21.5 Action taken and safety measures adopted to avoid recurrence of such incidents. Whether Emergency Plan exists to tackle any untoward incident.

It is to mention that Emergency Medical Plan at state level as well as district level has been developed. Almost the school have now displayed important contact numbers on the wall of school building like, Police station, Hospital, Ambulance and Fire station etc. Further, safety measures has been taken by means of awareness campaign.

2.22 Status of Rastriya Bal Swasthya Karyakram.

2.22.1 Provision of micro- nutrients, de-worming medicine, Iron and Folic acid (WIFS).

All elementary schools are provided de-worming medicine in every cycle of six months and Iron and Folic Acid in every Monday during schooling days.

2.22.2 Distribution of spectacles to children with refractive error,

Distribution of spectacles to children with refractive error is done under SSA. During 2017-18 as many as 8 children were provided in 6 schools in the state

2.22.3 Recording of height, weight etc.

All the schools are instructed to conduct Monthly monitoring of student's height and weights. In this regard, a prescribed format is circulated to all the schools in the State in order to record month-wise information about the physical progress as well as the health status of the students. These records are kept in schools for ready reference as and when required. It is found that such records immensely helped the medical teams in identifying the student's health problems at the time of their visit to schools.

2.22.4 Number of visits made by the RBSK team for the health check- up of the children.

There are as many as 103210 children were checkup in 1944 elementary schools during 2017-18 in all districts.

2.23 Present monitoring structure at various levels. Strategy for establishment of monitoring cell at various levels viz. Block, District and State level for effective monitoring of the scheme.

A specific monitoring structure of Mid-Day Meal Scheme at various level is yet to be developed. Inspection of MDM Centers is very few from state level office due to inadequate fund for traveling expenses, lack of time, shortage of staff, etc.

Monitoring at district and block level are done effectively to the extent possible. All District Project Co-ordinators of SSA, SDEOs, BRCCs and CRCCs are entrusted to inspect the schools within their respective jurisdictions during 2017-18.

2.24 Meetings of Steering cum Monitoring Committees at the Block, District and State level

District Level Meetings under the chairmanship of MP, Lok Sabha have been held at the districts along with other Centrally Sponsored Schemes. The frequency of such district level meetings is dependent upon the convenience of the chairman, and could be held frequently. State Level Coordination Committee under the Chairmanship of Chief Secretary is convened on 23rd June 2017 have not been convened for some time now.

2.24.1 Number of meetings held at various level and gist of the issues discussed in the meeting,

During 2017-18, most of the district have conducted District Education Committee meetings as well as District Level Vigilance and Monitoring Committee under the chairmanship of MP(Lok Sabha) and State Level Co-Ordination Committee also conducted to review the implementation of the Scheme and also to approve the Annual Work Plan & Budget for Mid-day Meal Scheme 2017-18. Some of the minutes of meeting are enclosed herewith.

2.24.2 Action taken on the decisions taken during these meetings.

Does not arise.

2.25 Frequency of meeting of District Level Committee held under the chairmanship of senior most MP of the District to monitor the scheme. Gist of the issues discussed and action taken thereon.

Meetings of District Level committees under the chairmanship of senior most MP (Lok Sabha) were held in some districts during 2017-18 but frequency of the meeting could not be ascertained.

2.26 Arrangement for official inspections to MDM centers/schools and percentage of schools inspected and summary of findings and remedial measures taken.

All District Project Co-ordinators of SSA, SDEOs, BRCCs and CRCCs are entrusted to inspect the schools within their respective jurisdictions during 2017-18. During this academic year, 2432 schools both Primary and Upper Primary

have been inspected in different districts, which comes to 96% out of 2532 existing schools.

Most of the officials reported that implementation of Mid-Day Meal in schools are found good and supply of foodgrains is regular.

2.27 Details of the Contingency Plan to avoid any untoward incident. Printing of important phone numbers (eg. Primary health center, Hospital, Fire brigade etc) on the walls of school building.

There are 28 district Mobile Health Teams for emergency services in the state. Moreover, 24X7 National Ambulance Service & the District Call Centers in case of emergency services are available. Therefore, all the schools are informed to call them as and when such incident happens. Most of the schools display these important contact number on the wall of school.

2.28 Grievance Redressal Mechanism

2.28.1 Details regarding Grievance Redressal at all levels,

In order to redress public grievances, School Education Department have a dedicated mobile phone which is kept in the custody of the Deputy State Nodal Officer. Any person who intends to know/complaint about MDM can contact this number by means of call or SMS. All the district offices are also having Mobile Phones to receive complaints at all time. State Level complaint No. is 8974245007.

2.28.2 Details of complaints received i.e. Nature of complaints etc.

No written complaint was received during 2017-18. Complaints received through mobile phones mostly relate to late release of cooking cost and cook honorarium from school which are always settled through verbal discussion.

2.28.3 Time schedule for disposal of complaints,

All complaints have to be disposed within one week from the receipt of complaint

2.28.4 Details of action taken on the complaints.

As the complaints received so far pertain to fund flow, there is not much that can be done at the Department level.

2.29 Details regarding Awareness Generation & Information, Education and Communication (IEC) activities and Media campaign, carried out at State/district/block/school level.

Awareness campaigns have been conducted at district level for school teachers and officials involved at the district, sub-division, block and cluster levels. Important information are disseminated through website and facebook page. In addition, the School Education Department has signed Memorandum of Understanding with Doordarshan Kendra, Aizawl, under which a half-hour programme has been slotted at 6:00 pm every Thursday by DDK, Aizawl for telecasting of various programmes and activities of School Education Department. The implementation of MDM Scheme, with all its components including food safety and poisoning, community participation, children's entitlement, etc. feature prominently in these telecasts.

It further to state that Global Hand washing day on 15th October 2017 was observed in all districts with line departments like, Health and Family Welfare Department, Public Health Engineering Department and community members under the guidance of Deputy Commissioner in each district.

2.30 Overall assessment of the manner in which implementation of the programme is contributing to the programme objectives and an analysis of strengths and weaknesses of the programme implementation.

As envisaged in the MDM Guidelines and to ensure regularity and transparency, the following steps were implemented during 2016-2017. 29

- SMCs have been entrusted with the responsibilities of implementation of MDM Schemes in their respective villages.
- SMCs are empowered for engagement of cooks. Further, they are authorized for procurement of materials and services of NGOs for the purpose of MDM Programme.
- Remuneration of cooks and other conversion cost were transferred to SMC accounts to facilitate them in the discharge of their duties.
- The service of Parents-Teachers Association (PTA), local NGOs and other stake holders were utilized for successful implementation and monitoring of MDM.
- Steering-cum-Monitoring Committee are constituted at all levels. At the same time regular meetings could not be held due to inadequate fund for holding the meeting especially in Block and Village level.

2.31 Action Plan for ensuring enrolment of all school children under Aadhaar before the stipulated date.

When School Education Department received a letter from Central Government about 100% Aadhaar enrolment of student who intends to avail Mid-Day Meal

latest by 31st August 2017. It approached State Level Aadhaar Enrolment Committee and requested to take an action for enrolment. Similarly, the Department requested all District Deputy Commissioner to conduct Enrolment Camp in a selected School by grouping certain school. Enrolment Camp was conducted in various places in all District and it can enrolled 88290 students including applied for which is 63% against PAB approved enrolment.

2.32 Contribution by community in the form of Tithi Bhojan or any other similar practices in the State/ UTetc.

Contribution of commodity by the community in the line with Tithi Bhojan is not practiced in the state, but in many villages' parents of children contributed different articles such as vegetables, fire wood etc for Mid-Day Meal

2.33 Availability of kitchen gardens in the schools. Details of the mechanisms adopted for the setting up and maintenance of kitchen gardens.

There are as many as 195 Kitchen Garden are available in the State. Circular is issued to all the school and encourage to utilize vacant land for Kitchen Garden. There is no mechanism for setting up and maintenance of Kitchen Garden.

2.34 Details of action taken to operationalize the MDM Rules, 2015.

Mid-Day Meal Rules 2015 was translated into Mizo language and circulated to all District Nodal Officers for further circulation to all the schools

2.35 Details of payment of Food Security Allowances and its mechanism.

Food Security Act is implemented in the state. As of now, there has been no incident to warrant payment of Food Security Allowance and as such, no payment has been made.

2.36 Any other issues and Suggestions.

Norms per child is insufficient: Considering the remarkably high price index prevailing in the state, the present norms and provision of fund per head is too meagre. Cost of pulses, cooking oil and other items are very high as compared to plain areas. This is the main reason behind the shortfall in nutritional requirement reflected in the laboratory test results. The concept of centralized kitchen to economise conversion cost is not really feasible in the context of Mizoram due to a variety of reasons. Therefore the prevailing rates per child per day needs to be increased.

1. Gas Connection & Firewood : LPG in the urban areas and firewood in the rural areas constitute the main fuels for cooking. With the introduction of Subsidized LPG Cylinders through Aadhar Card and Bank Accounts, there is no provision for obtaining LPG Gas for schools anymore. Hence the Government needs to expedite decision for special provision of LPG refilling for those schools already having LPG Connections. Scarcity of firewood has also become a problem in the rural areas. Due to deforestation and restrictions from the Forest and Environment Department, cost of firewood has risen alarmingly making it almost unaffordable.
2. Dining Halls: Serving Meals in Classrooms and in the open is not the best practice. To overcome this, Dining Hall needs to be provided to schools.
3. Need for a full time Nutritionist: MDM program should have a full time Nutritionist of its own at least at the state level. The nutritionist with constant experiment and trials can develop a more realistic and local specific menu depending on the season and availability.
