

#THRive

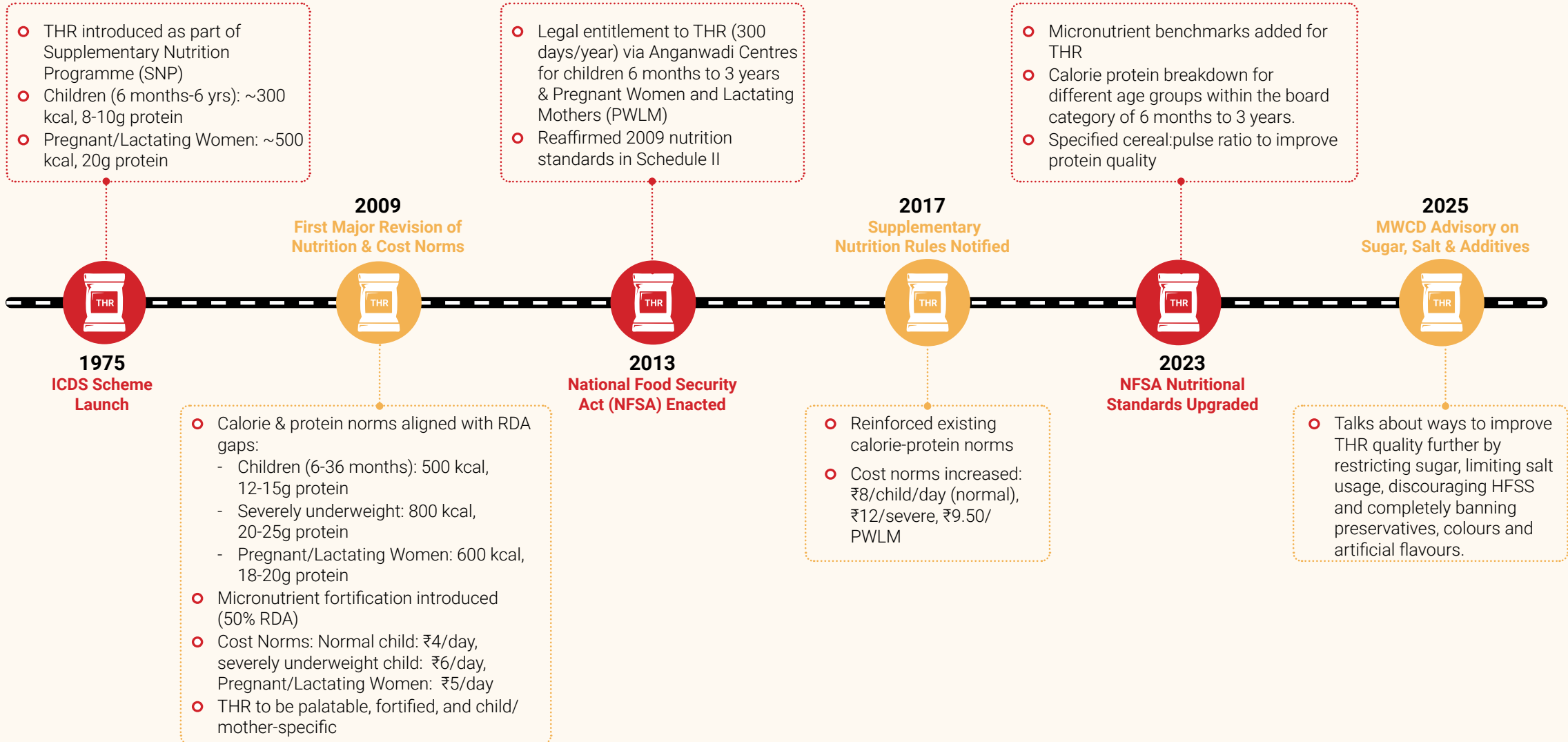
Strengthening Nutrition Delivery through Take-Home Ration

What is Take Home Ration?

Take Home Ration, or THR, is a key part of Government of India's nutrition program for women and young children. Under the government's POSHAN 2.0 and Saksham Anganwadi schemes, THR provides free, nutritious food items that families can collect and prepare at home. These rations are specially formulated to support the health and growth of children under 3 years old, as well as pregnant women and breastfeeding mothers.








Evolution of Nutrition Guidelines in THR



Nutritional Guidelines & Cost Norms for THR*

The guidelines recommend maintaining a specified cereal-to-pulse ratio of 2:1 or 3:1 based of the age category to enhance the overall quality of protein in the diet.

		Energy (kcal)	Protein (g/day)	Protein Quality	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)	MoWCD Cost Norm (₹ per beneficiary/day)
Children (6-12 months)		200	8-10	0.8-1.0	10-12	20	2:1	100	0.7	0.7	24	57	0.17	0.33	₹ 8.00
Children (1-3 years)		400	15-20	0.8-1.0	15-20	40	2:1	135	1.0	2.0	35	60	0.27	0.33	₹ 8.00
Children (3-6 years) <i>Hot Cooked Meal</i>		400	15-20	0.8-1.0	15-20	55	2:1	150	1.5	3.0	40	80	0.33	0.67	₹ 10.00
Severely Malnourished (6 mo-6 yr)		800	20-25	0.8-1.0	25-30	70	2:1	300	3.0	5-7	80	160	0.66	1.24	₹ 12.00
Pregnant Women & Lactating Mothers		600	22-25	0.8-1.0	22-25	80	2:1	335	4.0	7.0	160	240	0.63	0.73	₹ 9.50



Key Guidelines on Ingredients in THR

Refined
Sugar



Not to be used. If sweetening is required, only **jaggery** may be used. Limit jaggery to **<5% of total energy**.

Salt



Use should be minimal. Recipes may be designed **without added salt**, letting beneficiaries add as per taste.

High Fat, Salt,
Sugar (HFSS)
Foods



Avoid completely across all beneficiary age groups.

Sweet
Recipes



Reduce the number in THR, morning snacks, and hot cooked meals.

Preservatives,
Additives,
Flavours,
Colours



Prohibited in food for children <2 years. Recipes must comply with **Food Safety and Standards (Infant Nutrition) Regulations, 2020**.

Emulsifiers



Only those **permitted under FSSAI's Infant Nutrition Regulations** may be used.

*As per advisory in April 2025 by MoWCD