#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

- THR introduced as part of Supplementary Nutrition Programme (SNP)
- Children (6 months-6 yrs): ~300 kcal, 8-10g protein
- Pregnant/Lactating Women: ~500 kcal, 20g protein

- Legal entitlement to THR (300 days/year) via Anganwadi Centres for children 6 months to 3 years & Pregnant Women and Lactating Mothers (PWLM)
- Reaffirmed 2009 nutrition standards in Schedule II

- Micronutrient benchmarks added for THR
- Calorie protein breakdown for different age groups within the board category of 6 months to 3 years.
- Specified cereal:pulse ratio to improve protein quality

2009 First Major Revision of

Nutrition & Cost Norms

2013 **National Food Security** Act (NFSA) Enacted

Supplementary Nutrition Rules Notified

2017

2023 **NFSA Nutritional** Standards Upgraded

ICDS Scheme

1975

Launch

- O Calorie & protein norms aligned with RDA gaps:
 - Children (6-36 months): 500 kcal, 12-15g protein
 - Severely underweight: 800 kcal, 20-25g protein
 - Pregnant/Lactating Women: 600 kcal, 18-20g protein
- Micronutrient fortification introduced (50% RDA)
- Ocst Norms: Normal child: ₹4/day, severely underweight child: ₹6/day, Pregnant/Lactating Women: ₹5/day
- THR to be palatable, fortified, and child/ mother-specific

 Reinforced existing calorie-protein norms

Cost norms increased: ₹8/child/day (normal), ₹12/severe, ₹9.50/ **PWLM**

 Talks about ways to improve THR quality further by restricting sugar, limiting salt usage, discouraging HFSS and completely banning preservatives, colours and artificial flavours.

2025 **MWCD Advisory on**

Sugar, Salt & Additives





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.

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		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) 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	₹ 10.00
Severely Malnourished (6 mo-6 yr)	İ	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