



सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार



PUBLIC DISTRIBUTION SYSTEM & TAKE HOME RATION

Facilitator Guide for SHG Meetings

Aanganwadi Centre



Deendayal Antyodaya Yojana - National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India



Dear Facilitator

This facilitator guide on **Public Distribution System and Take Home Ration** (PDS & THR), is designed to help all facilitators under State Rural Livelihood Missions (SRLMs) in rolling out the Flipbook and disseminating key messages within the SHG groups and other community cadres. This session is part of a training package on Food, Nutrition, Health and WASH (FNHW) consisting of Flip books, Facilitator guides, Posters, Counselling Cards and Stickers.

The objective of this training on PDS & THR is to empower SRLM staff, cadres and community at large with the knowledge on these schemes, the services provided and the entitlements. This knowledge may consequently help more people to avail these services which will add to the households food and nutrition security, especially of the vulnerable groups.

It should be kept in mind that this orientation package, although meant for SHG women, should serve as reference material for the entire family. Information provided under each session through flipbooks and this guide should be seen as collective learning for the family, and each member of the family needs to play their part to ensure that the messages are adopted by them in everyday lives.

The responsibility of getting these behaviors imbibed does not lie with women only, the men/husbands/older boys in the family need to ensure making arrangements for whatever is required to follow these practices on FNHW.

Objectives

After going through the module, the facilitator will be able to:

- Understand about Public Distribution System (PDS), its benefits, how to access the PDS provisions and help the SHG and their families to avail the entitlement.
- Understand about Take Home Ration (THR), its benefits, how to access THR provisions and help the SHG and their families to avail the entitlement.

Initiate the Session

The Government of India has been implementing a number of programmes which are designed to improve the nutritional status of poor and vulnerable in the country, including the Public Distribution System (PDS) and Take Home Ration (THR) provision under Integrated Child Development Services (ICDS) scheme. Over the years, PDS has become an important part of the Government's policy for management of food economy in the country. PDS is supplemental in nature and is not intended to make available the entire requirement of any of the commodities distributed under it to a household or a section of the society. Under ICDS, the provision of Take-Home Ration (THR) (micronutrient fortified



blended food and/or energy dense food) is distributed to children between 6–36 months of age and to pregnant/lactating women for consumption at home. THR is also meant to be in addition to the meals consumed by target population at home and should not be considered a substitute.

In this session you will learn about the Public Distribution System (PDS) and Take Home Ration (THR), its benefits, how it works, and how to avail the entitlement and services of PDS. Knowledge on the working of PDS will help you to guide the SHG members and their families to take appropriate steps to meet their nutritional needs, by availing the services of PDS.

Case Study

Meena's aunt visited her home and seeing her Meena was very happy and welcomed her. She thanked her aunt for suggesting to develop a kitchen garden last time when she came, in the place available with them. When aunt came this time, Meena was happily announcing that her kitchen garden started to bear fruits and vegetables. She told about her harvest of kaddu, lauki, bitter gourd, hara saag, muli and Papaya. Meena's Aunt was very happy to hear about the harvest and said that the fruits and vegetables are going to improve Meena's family dietary diversity and nutrition availability. Meena's aunt asked Meena whether she know about other food security schemes provided by government. Meena answered not much. Aunt explained her two important scheme i.e. PDS and THR, its benefits, and how to avail the standard provision? Answer the following questions:

- ▶ Why food security entitlements are important?
- ▶ What are the main food security schemes of your area and who are the eligible beneficiaries?

Note: Do not explain any answer to the participants here, just listen what they have to tell.

Initiate a discussion with the group on food and nutrition security entitlements provided by the government; what are the schemes, who are eligible and what are the provisions? For ease of understanding the content is divided into two topics.

- Public Distribution System (PDS).
- Take Home Ration (THR).

Step 1:

Ask all the participants to share their understanding on the PDS and highlight the discussion points by writing on a paper/white board.



What is Public Distribution System

Public Distribution System is established by the Government of India under the Ministry of Consumer Affairs, Food and Public Distribution to distribute food and non-food items to India's poor at subsidised rates.

The central and state governments share the responsibility of regulating the PDS. While the central government is responsible for procurement, storage, transportation, and bulk allocation of food grains, state governments hold the responsibility for distributing the same to the consumers through the established network of fair price shops (FPSs). State governments are also responsible for operational responsibilities including allocation and identification of families below the poverty line, issue of ration cards, and supervision and monitoring the functioning of FPSs.

- PDS distributes ration to the poor at a low cost.
- Food items like grains, sugar, kerosene oil are made available to the poor people all over the country especially with the help of the state government.
- Some States/UTs also distribute additional items like pulses, edible oil, iodized salt, spices etc.

How Does PDS Work?

A public distribution shop, also known as fair price shop (FPS), is a part of India's public system established by the Government of India which distributes rations at a subsidized price to the poor. Locally these are known as ration shops and public distribution shops, and chiefly sell wheat, rice and sugar at a price lower than the market price called Issue Price. Other essential commodities may also be sold. To buy items one must have a ration card. These shops are operated throughout the country by joint assistance of central and state government. The items from these shops are much cheaper but are of average quality. Ration shops are now present in most localities, villages towns and cities. India has more than 5.5 lakh (0.55 million) shops, constituting the largest distribution network in the world.

- Locally it is known as a ration shop, these shops are present in villages, towns and localities. These ration shops are open on every working day, opening hours are determined according to the season.
- The ration shop opens at the time fixed by the state government, usually from 7:00 am to 1:00 pm from March to August and from 8:00 am to 2:00 pm from September to February.
- A board is kept in each shop, in which the name of the shopkeeper and the opening time of the shop are written.



Step 2:

Ask one participant who had got her ration card to share their understanding on how to apply for ration card under PDS, format to apply, whom to approach, ID proofs to submit and highlight the discussion points.

The Public Distribution System (PDS) evolved as a system of management of scarcity through distribution of food grains at affordable prices. PDS is operated under the joint responsibility of the Central and the State Governments. The Central Government, through Food Corporation of India (FCI), has assumed the responsibility for procurement, storage, transportation and bulk allocation of food grains to the State Governments. The operational responsibility including allocation within State, identification of eligible families, issue of Ration Cards and supervision of the functioning of Fair Price Shops (FPSs) etc., rest with the State Governments. Under the PDS, presently the commodities namely wheat, rice, sugar and kerosene are being allocated to the States/UTs for distribution. Some States/UTs also distribute additional items of mass consumption through the PDS outlets such as pulses, edible oils, iodized salt, spices, etc.

How to make ration cards under the Public Distribution System?

Each state government has prescribed separate application forms which can be submitted manually or online to get the ration card. Below is the common procedure followed in most of the states.

- The application for ration card is filled in the prescribed form and deposited in the public services rights counter of the block office, for which receipt must be taken.
- Identity proof for Ration Card, Aadhar Card, Voter ID Card, Passport, Driving License can be used.
- PAN card, passport size photograph and income proof are also required.
- As proof of address, any one of the documents like electricity bill, gas connection book, telephone bill, bank passbook or statement can be taken.
- The applicant is required to pay a basic minimum fee along with the application form.
- Once the application is submitted, the file is sent for field verification.
- For making a ration card, you can take help from the ward member, sarpanch, panchayat secretary and head of your panchayat.

- ▶ In case of problem related to making ration card, the office of the Block Supply Officer can be contacted.
- ▶ You can also check the status of your application on-line from the number mentioned in the acknowledgment receipt.

Know the type of ration card under Public Distribution System

The facilitator should discuss with the local panchayat members/village secretary on the prevalent ration cards and items provided through Fair Price Shops in their area and accordingly inform the group members to avoid any confusion or mis-information.

Ration cards are an official document issued by state governments in India to households that are eligible to purchase subsidized food grain from the Public Distribution System under the National Food Security Act (NFSA). They also serve as a common form of identification for many Indians.

Under the NFSA, all state governments in India have to identify households that are eligible for purchasing subsidized food grain from the Public Distribution System and provide them with ration cards.

There are several categories in the ration card which is based on the annual income of an individual. Different states have different schemes, ration cards are issued on the basis of total members in a family. As per the National Food Security Act, 2013, two types of ration cards are made -

- **Antyodaya Anna Yojana (AAY):** This type of ration card is issued to the poor families identified by the state governments. Persons who do not have a stable income, unemployed, women and old people fall in this category. These card holders are eligible to receive 35 kg of food grains per month per family. They get food grains at a subsidized price of Rs 3 for rice, Rs 2 for wheat and Re 1 for coarse cereals.
- **Priority Household (PHH):** Families not covered under AAY come under PHH. State governments identify priority household households under the Targeted Public Distribution System (TPDS) according to their specific, inclusive guidelines. PHH cardholders receive 5 kg of food grains per person per month. These card holders also get food grains at a subsidized price of Rs 3 for rice, Rs 2 for wheat and Re 1 for coarse cereals.



One liter of kerosene oil is given to the family holding both types of ration cards at a fixed rate per month by the government.

Inform the participants that "One Nation, One Ration Card", introduced in 2018, is the Aadhaar -based national ration card portability scheme to ensure food security for all including internal migrants within India. It uses beneficiary's Aadhaar card for online verification of the beneficiary. It enables migrant workers and their family members to access PDS benefits from any Fair Price Shop anywhere in

the country, thus ensuring the food security through the inter-state portability of ration cards. Most states have already joined the scheme and the rest were in the process of migrating to this scheme.

Step 3:

Participants could be asked to share their understanding on the eligibility criteria for applying for a Ration Card and highlight the discussion points.

Eligibility for Ration Card under Public Distribution System

- It is mandatory for a person to be a citizen of India to get a ration card.
- The age of the person in whose name the ration card is being made should be more than 18 years.
- The name of the children below the age of 18 years is included in the ration card of the parents.
- In a family, there is a ration card in the name of the head of the family.
- The members whose names are being included in the ration card must have a close relationship with the head of the family.
- The name of all the members of the family can be included in it, provided that there should not be any other ration card already.



Today, India has one of the largest stocks of grain in the world.. Distribution of food grains to poor people throughout the country is managed by state governments. 505,879 fair price shops (FPS) across India. Under the PDS scheme, each family below the poverty line is eligible for 35 kg of rice or wheat every month, while a household above the poverty line is entitled to 15 kg of food grain on a monthly basis. A below poverty line card holder should be given 35 kg of food grain and the card holder above the poverty line should be given 15 kg of food grain as per the norms of PDS. However, there are concerns about the efficiency of the distribution process. In coverage and public expenditure, it is considered to be the most important food security network.

Step 4:

Ask all the participants to share their understanding on the THR and highlight the discussion points.

What is Take Home Ration–THR?

For ensuring nutrition of children and women of poor families, supplementary nutrition through Anganwadi centers is distributed under the Integrated Child Development Program of the Government of India. This nutrition is called take home ration (THR).

- For pregnant women, lactating mothers and children from six months to three years old, dry ration is distributed in Anganwadi centers. This dry ration is available to identified adolescent girls also. This is called take home ration.
- Children from 3 years to 6 years get fresh hot cooked food along with other services at the Anganwadi center.

- The principle behind providing THR is to fill in the nutrition gap and improve IYCF practices among infants and young children. The THR in effect is actually a food source for complementary feeding of young children across the country.
- Pregnant mothers, infant and young children are especially vulnerable to infection hence utmost care should be taken at all stages of managing supplementary nutrition. The food supplied from ICDS involves both local preparation and processing, it is imperative that precautionary measures are undertaken at different levels.

THR is usually distributed on the Village Health and Nutrition Day (VHND), organized every month on a fixed day. If there is a government holiday on the prescribed day or the Anganwadi worker is not available, Take Home Ration is distributed on the next day so that the nutritional status can be maintained.

Step 5:

Now discuss with the participants on the eligibility criteria for receiving supplementary nutrition/THR from ICDS. Inform them of the eligible groups -

Eligibility for THR/supplementary nutrition

Following are the groups eligible for receiving this service and selection for eligible members is done by survey of Anganwadi workers from the Anganwadi centers.

Pregnant women: Nutritious diet is necessary for every woman. Especially for pregnant women, it is necessary to take the right amount of nutrition, it gives strength, due to which the body of both mother and child remains healthy.

Lactating women: The lactating mother has to take care of her livelihood and family and children, she also has to breastfeed, so it is very important for them to take proper nutrition.

Children from 6 months to 3 years: When the child completes 6 months, mother's milk is not able to meet the energy needs, so it is necessary to start complementary food along with mother's milk. Severely Acute Malnourished (SAM) children in this age group are eligible for additional supplementary nutrition.

3-6 years old children: At this age, the benefit of breastfeeding is not available, and only supplementary food is able to meet his energy needs, giving the right amount of complementary food keeps the physical and mental development of the child right. Severely Acute Malnourished (SAM) children in this age group are eligible for additional supplementary nutrition.

Adolescent girls: This stage is the foundation of reproductive life for adolescent girls and provides opportunities for proper physical and mental development.

Selection of eligibility is done through surveys by Anganwadi workers.

What are Hot Cooked Meals at the Anganwadi Centres

- Provision has been made to provide cooked supplementary nutrition to the children from 3 years to 6 years at the Anganwadi Center for 300 days in a whole year and 25 days in a month.
- It is also ensured that the food is adequately prepared in the Anganwadi Centre kitchen and there is provision for hand washing and safe drinking water.



- Before distributing supplementary nutrition to children, Anganwadi worker should ensure that children have washed their hands properly with soap and water.
- It is the responsibility of the District Program Officer and the Child Development Project Officer to ensure that the nutritional supplement is good according to the rules of food security and the beneficiary gets it according to the prescribed quantity.
- The food should be tasted by the Anganwadi Worker or helper before serving to the children at the Anganwadi Centre.

Provision of supplementary nutrition under the ICDS Scheme is primarily made to bridge the gap between the Recommended Dietary Allowance (RDA) and the Average Daily Intake (ADI) of children and pregnant and lactating women. Under the revised Nutritional and Feeding norms which have been made effective from February 2009, State Governments /UTs have been requested to provide 300 days of supplementary food to the beneficiaries in a year which would entail giving more than one meal to the children from 3-6 years who visit AWCs. This includes morning snacks in the form of milk/banana/egg/seasonal fruits/micro-nutrient fortified food followed by a hot cooked meal (HCM). For children below 3 years of age, pregnant and lactating mothers, Take Home Rations (THRs) in the form of pre-mixes/ready-to-eat food are provided. Besides, for severely underweight children in the age group of 6 months to 6 years, additional food items in the form of micronutrient fortified food and/or energy dense food as THR is provided. These norms have also been endorsed by the Supreme Court in order dated 22.04.2009. The extent of nutritional supplements to different types of beneficiaries is indicated below:

Beneficiaries	Calories	Protein (g)
Children (6 Months to 72 Months)	500	12-15
Severely Malnourished Children (SAM) (6 months - 72 months)	800	20-25
Pregnant Women and lactating mothers	600	18-20

Other information on Take Home rations

- ▶ Every pregnant woman is entitled to nutrition, called 'Take Home Ration' (THR) at the Anganwadi Centre.
- ▶ Every child between the age of 6 months to 6 years is entitled to supplementary food at the Anganwadi centre.
- ▶ Children between 6-36 months get THR to be consumed at home, while children 3-6 years old get hot cooked food at Anganwadi centre.
- ▶ Pregnant and lactating women should consume a portion of THR daily to supplement their diet. THR helps mothers consume the extra energy, protein and micronutrients necessary for health and promote optimal physical and brain development of the fetus in the womb.
- ▶ It is a good practice to divide the weekly ration of THR into seven portions so that a certain portion can be consumed daily by the child or pregnant/lactating women. THR should not be shared with other family members.
- ▶ THR fed to the child or consumed by the mothers should be in addition to the daily diet prepared by the family and should not be a substitute for it.



Mid Day Meal Scheme

Inform the group members that another scheme to improve the nutritional status of school going children is the Midday Meal Scheme which is a school meal programme designed to better the nutritional standing of school-age children nationwide. The programme supplies free hot cooked lunches on school working days for children in primary and upper primary classes in government, government aided, local body, Education Guarantee Scheme, and alternate innovative education centres, Madarsa and Maqtabas supported under Sarva Shiksha Abhiyan, and National Child Labour Project schools run by the ministry of labour. Serving 120 million children in over 1.27 million schools and Education Guarantee Scheme centres, the Midday Meal Scheme is the largest of its kind in the world.

The name of the scheme has been changed to PM-POSHAN (Pradhan Mantri Poshan Shakti Nirman) Scheme, in September 2021, by MoE (Ministry of Education), which is nodal ministry for the scheme. The Central Government also announced that an additional 24 lakh students receiving pre-primary education at government & government-aided schools would also be included under the scheme.

The objective of the scheme is to help improve the effectiveness of primary education by improving the nutritional status of primary school children. Under this programme, a cooked midday meal with 300 calories and 12 grams of protein is provided to all children enrolled in classes one to five. Every child is eligible for 100 gms foodgrains at primary stage and 150 gms at upper primary stage on each working day.

Role of Self Help Group

- ▶ The group should ensure that services under Public Distribution System and Take Home Ration reach all the needy people.
- ▶ It will be the responsibility of the members of the Self Help Group to benefit the people of the community from this scheme by contacting the right people in their village, panchayat and block.
- ▶ Self-help groups should also ensure that the needy families have valid ration cards under the public distribution system.
- ▶ Take home ration and cooked food should also be availed from Anganwadi centers by the eligible people.

Note: The Self Help Group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.

Session concludes: End the session by revisiting the questions from the case study and their answers. Thank the participants and close.



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA- NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

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