



सत्यमेव जयते  
ग्रामीण विकास मंत्रालय  
भारत सरकार



# PUBLIC DISTRIBUTION SYSTEM & TAKE HOME RATION

*Flipbook for SHG Meetings*



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

Ministry of Rural Development, Government of India



# INSTRUCTIONS FOR THE FACILITATOR



- Each Flipbook has a facilitator guide attached, please read the guide thoroughly to familiarize yourself with the contents of the session.
- The facilitator guide provides additional information on the topic so that the facilitator is equipped to address any questions, doubts raised by participants while the session is rolled out.

## Start the session by greeting the participants and informing them about this session

- Each card has two sides. The front pictorial side is illustrated for the participants.
- The back with descriptive messages, is for the facilitator to read, understand and explain to the participants.
- The facilitator must display the pictorial side to the participants first and ask what they understand. The Flipbook should be passed around the group members, if the pictures are small and difficult to see from a distance.
- After that, the facilitator should explain the message related to the picture.
- In case a participant has any query, the facilitator must patiently try to listen, understand and address the query.
- After a detailed explanation of the flipbook content, the facilitator should check understanding among the participants by asking questions and re-iterating the key messages.





# AVAIL SERVICES OF PUBLIC DISTRIBUTION SYSTEM & TAKE HOME RATION FOR FOOD AND NUTRITION SECURITY







**In order to ensure food and nutritional security, the Government of India has several schemes under which the poor population can avail certain services and entitlements. We will discuss two of them – Public Distribution System (PDS) and Take Home Ration (THR) of ICDS in this session.**

**Public Distribution System**, run by The Ministry of Consumer Affairs, Food and Public Distribution, Government of India distributes ration to the poor at a low cost.

- Some states supply food grains through their fair price shops at a price below the minimum fixed cost.
- The basic objective is to provide essential consumer goods at subsidized prices to the consumers so as to protect them from the effects of rising prices and maintain the minimum nutritional status of our population.

**Integrated Child Development Services (ICDS)** was launched by the Government of India in 1975, to combat malnutrition and provide a variety of nutrition and health services affecting the first 1,000 days of life.

- The main objective of this program is to enhance the capacity of the mothers to take care of the general health and nutritional needs of the child through proper nutrition and health education.
- Under this program, Anganwadi centers across the country provide hot cooked meals and **Take Home Rations (THR)** rich in micronutrients and energy.







**PDS card holders buying ration from Fair Price Shops**

**Take Home Ration being distributed at the Anganwadi Centre to eligible members**





# WHAT IS PUBLIC DISTRIBUTION SYSTEM?

- Public Distribution System is a system established by the Government, which 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, with the help of the state government.
- Some States/UTs also distribute additional items like pulses, edible oil, iodized salt, spices etc.



## Some important things

- 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.



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# WHAT IS PUBLIC DISTRIBUTION SYSTEM?

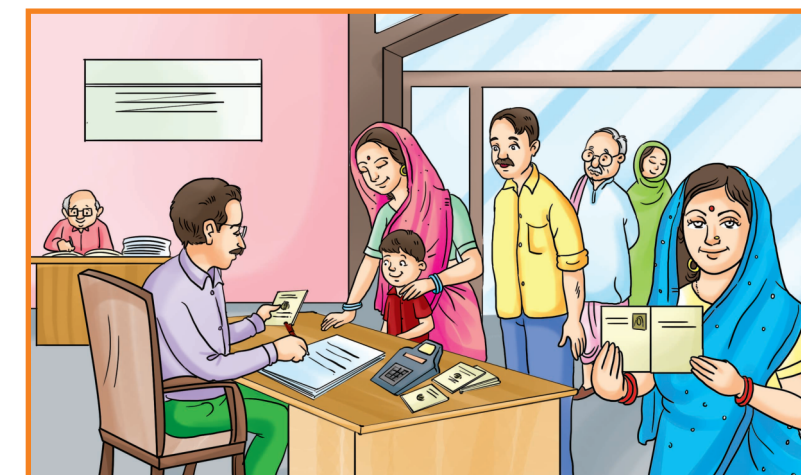




# HOW TO MAKE RATION CARD UNDER PDS

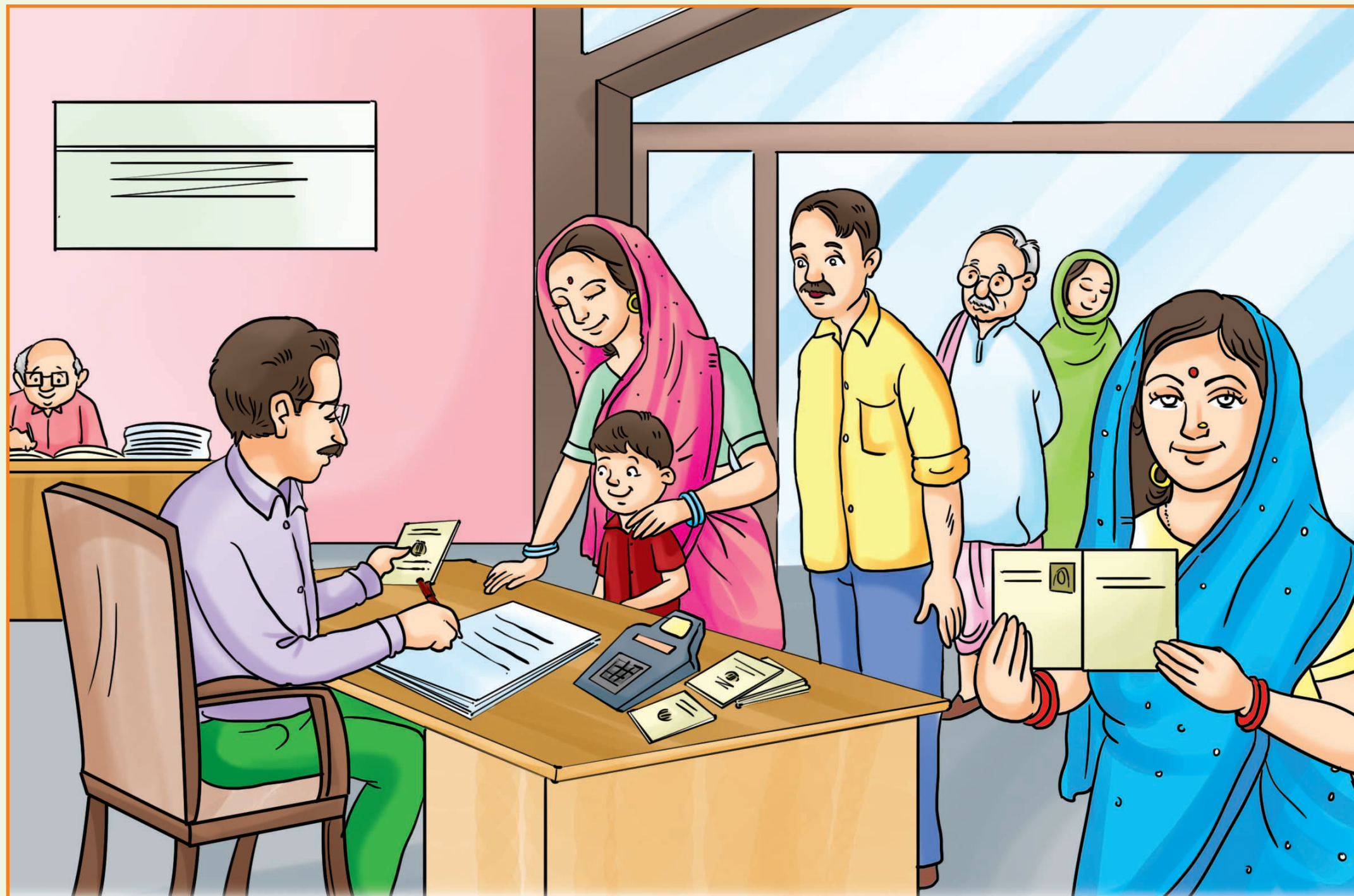
Each state government has prescribed separate application forms which can be submitted manually or online to get the ration card. Below is the common procedure followed in most of the states.

- The application of 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.
  - As 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 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.*





# HOW TO MAKE RATION CARD UNDER PDS



Form being filled for making of ration card at the Block office



## TYPES OF RATION CARDS UNDER PDS

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 –

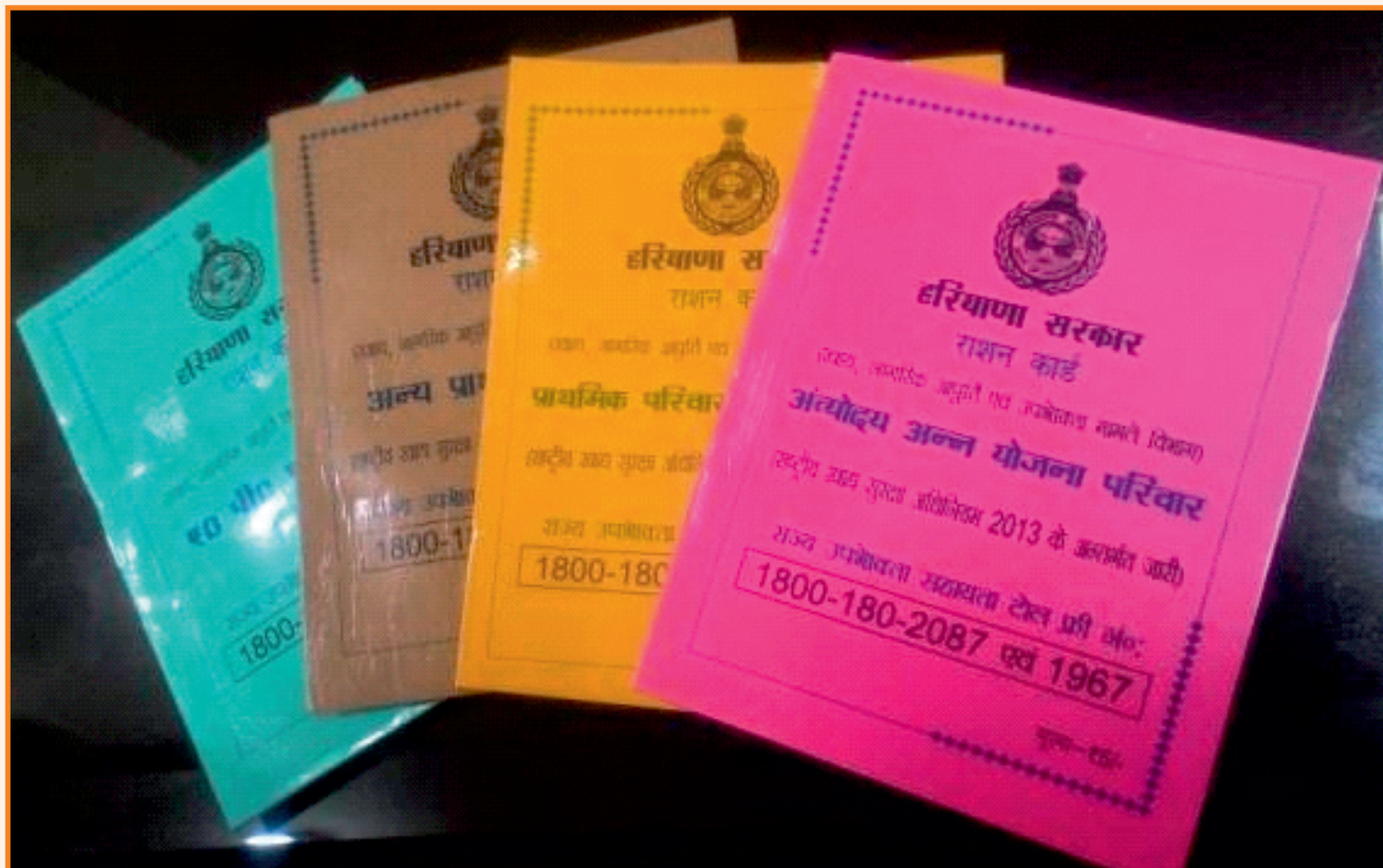
- **Antyodaya Anna Yojana (AAY)** – This type of ration card is issued to the poor families identified by the state governments. Persons who do not have a stable income, unemployed, women and old people fall in this category. These card holders are eligible to receive 35 kg of food grains per month per 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 cardholders 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





# TYPES OF RATION CARDS UNDER PDS



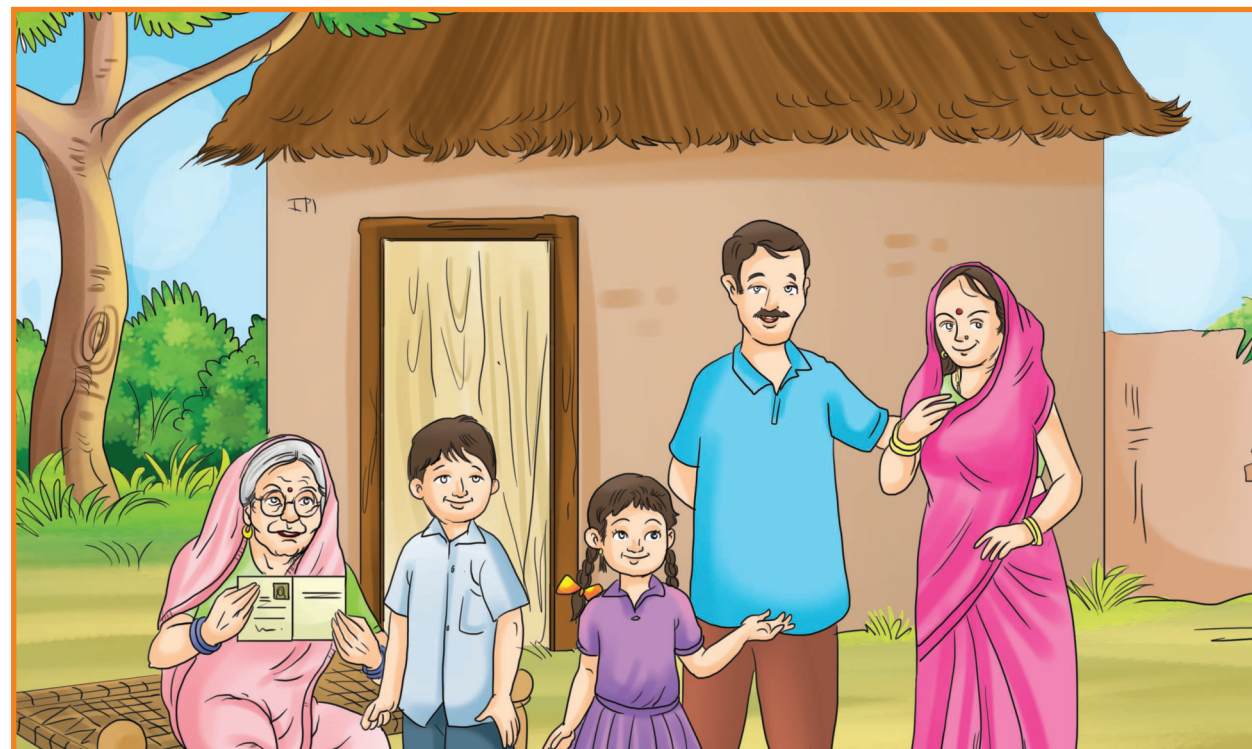
Samples of Ration Cards





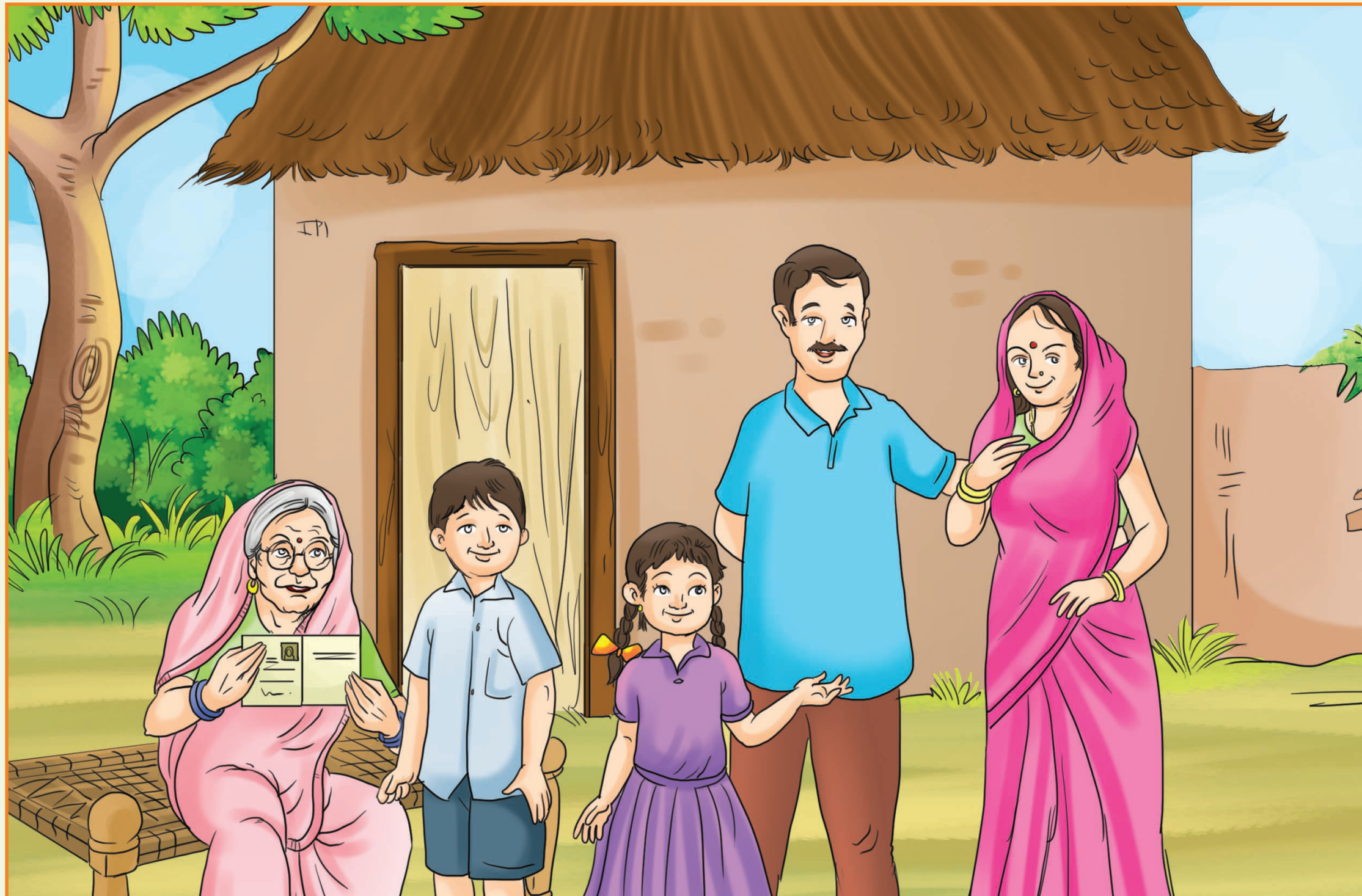
# ELIGIBILITY FOR RATION CARD UNDER PUBLIC DISTRIBUTION SYSTEM

- It is mandatory for a person to be a citizen of India to get a ration card, and be above 18 years.
- The name of children below 18 years is included in the ration card of parents. In a family, ration card is made on the name of 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 their name is not in any other ration card.





# ELIGIBILITY FOR RATION CARD UNDER PUBLIC DISTRIBUTION SYSTEM



**Ration Card is made in the name of head of the family**





# WHAT IS TAKE HOME RATION?

For ensuring nutrition of children and women, 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.

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.





# WHAT IS TAKE HOME RATION?



**Take Home Ration being collected at the Anganwadi Centre**



**Children, 3 – 6 yrs, provided hot cooked meal at the Anganwadi Centre**

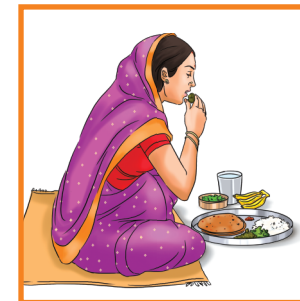




# ELIGIBILITY FOR TAKE HOME RATION/SUPPLEMENTARY NUTRITION

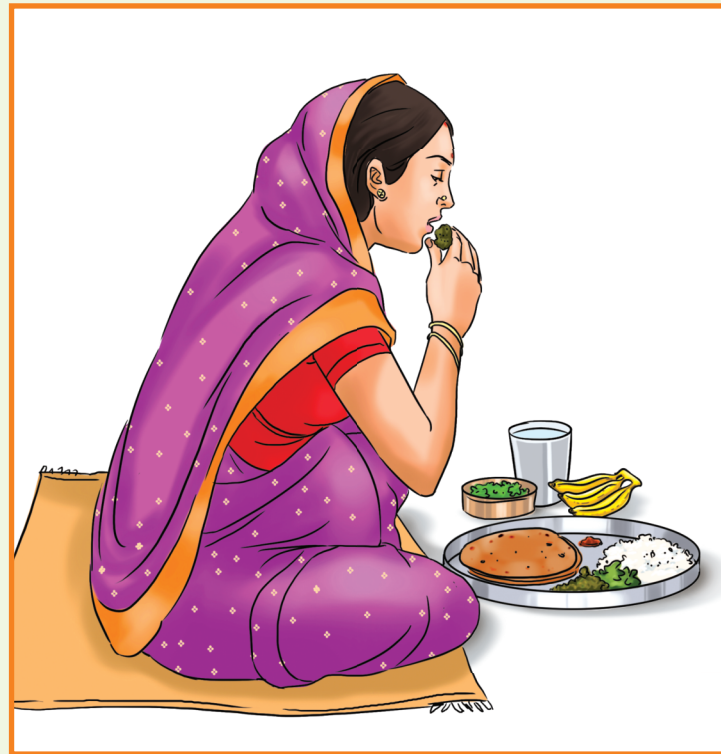
- **Pregnant women**– Nutritious diet is necessary for every woman. Especially for pregnant women, it is necessary to take the right amount of nutrition, it gives strength, due to which the body of both mother and child remains healthy.
- **Lactating Women**– The lactating mother has to take care of 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.
- **3–6 year 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.
- **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**





# ELIGIBILITY FOR TAKE HOME RATION/SUPPLEMENTARY NUTRITION



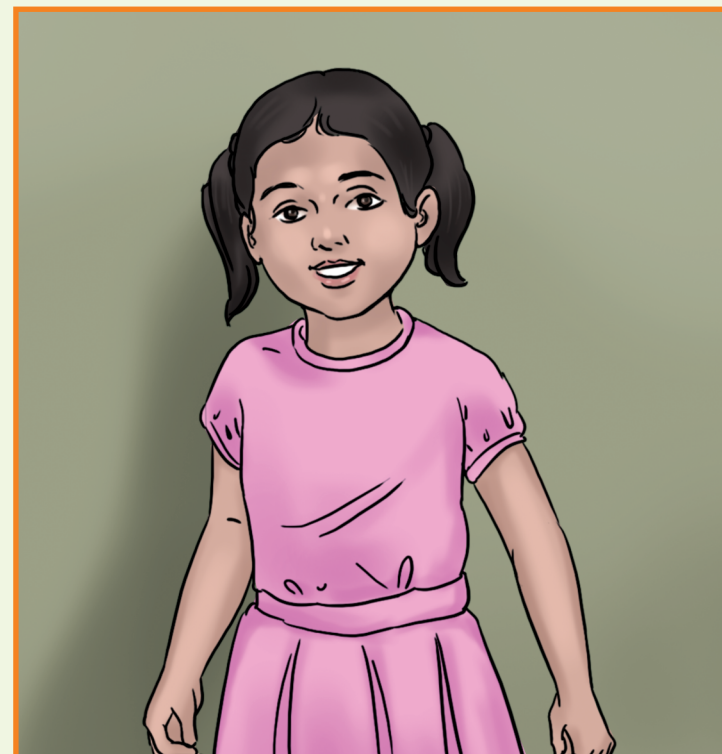
**Pregnant women**



**Lactating Women**



**Children 6 months to 3 years**



**3-6 year old children**



**Adolescent Girls**





# 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 center 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.





# HOT COOKED MEALS AT THE ANGANWADI CENTRES



**Children from 3 to 6 Years are served hot cooked meals**





## 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.





## OTHER INFORMATION ON TAKE HOME RATIONS



**Ensure that supplementary nutrition provided at the Anganwadi Centre is consumed by the selected target groups**



# KEY MESSAGES AND ROLE OF SELF HELP GROUPS

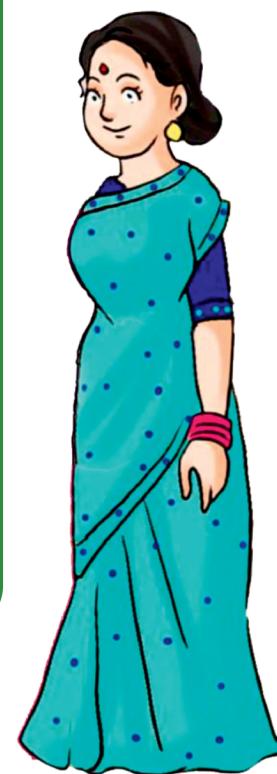
## Key Messages

- Ration shops under Public Distribution System provide certain food items to poor families at highly subsidized rates.
- Take Home ration is provided to pregnant and lactating women and children below 3 years. Children from 3–6 years are provided hot cooked meals at the Anganwadi centers.
- These schemes add to food and nutrition security of the household and communities should be aware of their entitlements.

## Role of Self Help Groups

- 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.

**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.**





**Let us ensure that key messages of this session  
are reflected in our daily behaviours**





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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