

# PUBLIC DISTRIBUTION SYSTEM & TAKE HOME RATION

Government of India has many important food and nutrition security schemes under which the poor population can avail benefits. Ensure that all families are linked with these entitlements.

## PUBLIC DISTRIBUTION SYSTEM (PDS)

Ministry of Consumer Affairs, Food and Public Distribution

- ✓ Established by the Government of India
- ✓ Distributes ration to eligible people through local ration shop at subsidized rates

**Food items provided-** grains (wheat, rice), sugar, kerosene oil, edible oil and iodized salt etc.

**Eligibility-** Different ration cards are issued based on annual income, priority households number of family members.



**Contact Ward Member, Sarpanch, Panchayat Secretary, Head of your Panchayat or FNHW CRP for making ration card.**

## TAKE HOME RATION (THR)

Ministry of Women and Child Development

- ✓ Distributed through Anganwadi Centers (AWCs) under Integrated Child Development Services (ICDS)
- ✓ Ensures nutrition of children and women of eligible families.

**Eligibility -** pregnant and lactating women, children from 6 months to 3 years and identified adolescent girls.

Hot Cooked Meals (HCMs) are provided to children from 3- 6 years at Anganwadi Centres.



**A day is fixed at AWCs for distribution of THR every month, which is called Village Health, Sanitation and Nutrition Day.**

**For more information, contact Self Help Group member of your area.**

