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Government of Jammu and Kashmir
OFFICE OF THE DISTRICT PROGRAMME OFFICER
POSHAN PROJECTS KUPWARA



The Joint Director Information
Kashmir, Srinagar

No:-DPO/Poshan/Kup/Estt/25/1731-33

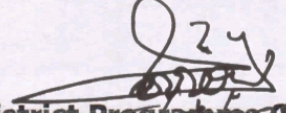
Dated:-25-07-2025

Subject: - Publication of recipe menu to be provided in Anganwadi Centres under SNP for the year 2025-26.

Sir,

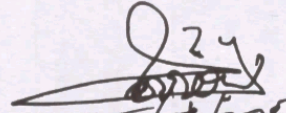
Regarding the captioned subject, in this context kindly find enclosed herewith the notice along with menu for favour of publication in Kashmir based three local dailies.

Yours faithfully


District Programme Officer
POSHAN Kupwara

Copy for favour of information to the: -

1. In-charge website Mission Director Poshan J&K with the request to upload the notice on department website.
2. In-charge website NIC Kupwara with the request to upload the notice on District website.


District Programme Officer
POSHAN Kupwara



Government of Jammu and Kashmir
OFFICE OF THE DISTRICT PROGRAMME OFFICER
POSHAN PROJECTS KUPWARA



Subject: - Publication of recipe menu to be provided in Anganwadi Centers under SNP for the year 2025-26, inviting of suggestions/objections thereof.

NOTICE

Whereas, pursuant to Government Order No. 44-SW of 2019 dated 29-01-2019, there is a Recipe Committee in each district, tasked with deciding the recipes to be provided in Anganwadi Centers (AWCs) within their respective districts. These decisions are to be made considering local demand and traditions, ensuring that the recipes are invariably in consonance with those prescribed under ICDS guidelines and norms, the Procurement Committee shall strictly adhere to the district-level recipe menu.

Whereas, pursuant to Saksham Anganwadi and Poshan 2.0 (3.2.1, 3.5, and 3.6), Supplementary Nutrition (SNP) shall be provided in the form of hot cooked meals (two servings, i.e., morning snacks and hot cooked meals) and Take-Home Ration to enrolled beneficiaries of the Integrated Child Development Services (ICDS), keeping in view the locally available ingredients, local taste preferences, and prescribed nutrition norms.

Whereas, pursuant to Order No. 649-SMD of 2019 dated 24-10-2019 issued by the State Mission Director, ICDS J&K, Srinagar, the recipe committee has been directed to frame the recipe menu in accordance with the ordered nutritional values specified in the said order.

Whereas, the Poshan 2.0 guidelines (3.2.1) provide nutritional standards for the following groups: children aged 6-72 months (500 Kcal and 12-15 grams of protein), pregnant and lactating mothers (600 Kcal and 18-20 grams of protein), and severely malnourished children aged 6-72 months (800 Kcal and 20-25 grams of protein)."

Whereas, this office constituted a committee vide Order No. 01-DPO/Poshan of 2025 (Rev) dated 12-07-2025, and a meeting notice was issued by this office under endorsement No. DPO/Poshan/2025/1202-14 dated 14-07-2025, regarding the District Level Recipe Committee meeting.

Whereas, a meeting was held on 15-07-2025 in the office chamber of this office, wherein it was decided that the recipe menu to be provided in Anganwadi Centers under ICDS services for the year 2025-26 in District Kupwara, as given at Annexure-A, and the minutes of the meeting were issued under endorsement No. DPO/Poshan/2025/1583-1608 dated 25-07-2025.

Whereas, pursuant to Poshan 2.0 guidelines (3.4), millets should be mandatorily supplied at least once a week. This has also been communicated through letter No. F.No.17/2/2025-CDIII(e-120722) dated 24th February 2025, followed by letter No. MD/Poshan/FR/2025/11313-11435 dated 16-04-2025. Furthermore, millets are added to the recipe menu with three options: Millet Halwa, Millet Kheer, and Millet Ready-to-Eat, considering factors such as taste, availability, nutritional norms, and the significance of their first-time inclusion.

Whereas, pursuant to Government Order No. 141-JK(SWD) of 2024 dated 25-07-2024, Child Development Project Officers were designated to act as Chairpersons of the procurement committees.

Therefore, in view of the aforementioned facts, the recipe menu decided for the year 2025-26 to be provided in Anganwadi Centers is hereby published for seeking suggestions or objections (if any) from all stakeholders, parents, and the general public of District Kupwara. Suggestions or objections shall reach the DPO ICDS office by hand or via email (dpoicdskup@gmail.com) within 7 days from the publication of this notice, under proper receipt and no suggestion/objection shall be entertained after prescribed time limit.


District Programme Officer
POSHAN/Kupwara

Dated: 25-07-2025

No:-DPO/Poshan/Kup/Estt/25/ 1609-1730

Copy for favour of information to the: -

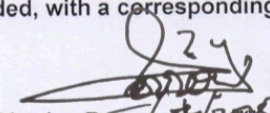
1. District Development Commissioner Kupwara.
2. Mission Director, POSHAN J&K.
3. Recipe Committee Members _____ (All) District Kupwara.
4. Child Dev. Project Officer _____ (All).
5. Supervisors _____ (All) District Kupwara
6. Office record file.

Government of Jammu and Kashmir,
Office of the District Programme Officer Poshan District, Kupwara.

**Menu/Recipe for beneficiaries in the age group of 6 Months to 3years),
(3 years to 6 years) , Pregnant Ladies/Nursing mother, AGS) for the year 2025-26.
(ANNEXURE "A")**

S.N o	DAY	MORNING SNACKS		RECIPE FOR HCM/THR			
		03 Years to 06 Years		Ingredients	06 months to 3 years	03 years to 6 years	Pregnant Ladies/Nursing Mothers/AGS
		Ingredients	Quantity				
1	MONDAY	EGG	1 per child	MOONGI RICE KICHDI			
				RICE	100 GRAM	100 GRAM	100 GRAM
				MOONGI	35 GRAM	30 GRAM	50 GRAM
				OIL	5 GRAM	5 GRAM	5 GRAM
				HALDI	2 GRAM	2 GRAM	2 GRAM
2	TUESDAY	Daliya	Daliya=20-gram Sugar =10-gram Milk = 10-gram	CHANNA PALAW KABLI			
				RICE	100 GRAM	100 GRAM	100 GRAM
				CHANNA KABLI	40 GRAM	20 GRAM	50 GRAM
				OIL	5 GRAM	5 GRAM	5 GRAM
				HALDI	2 GRAM	1 GRAM	2 GRAM
3	WEDNESDAY	EGG	1 per child	CHANNA PLAW BROWN			
				RICE	100 GRAM	100 GRAM	100 GRAM
				CHANNA BROWN	40 GRAM	20 GRAM	50 GRAM
				OIL	5 GRAM	5 GRAM	5 GRAM
				HALDI	2 GRAM	1 GRAM	2 GRAM
4	THURSDAY	Daliya	Daliya = 20-gram Sugar =10-gram Milk =10 gram	MOONGI RICE KICHDI			
				RICE	100 GRAM	100 GRAM	100 GRAM
				MOONGI	35 GRAM	30 GRAM	50 GRAM
				OIL	5 GRAM	5 GRAM	5 GRAM
				HALDI	2 GRAM	2 GRAM	2 GRAM
5	FRIDAY	Millets Halwa/Kheer /Millets ready to eat	Millet = 30 gram Milk = 15 gram Jaggery =15 gram	CHANNA PALAW KABLI			
				RICE	100 GRAM	100 GRAM	100 GRAM
				CHANNA KABLI	40 GRAM	20 GRAM	50 GRAM
				OIL	5 GRAM	5 GRAM	5 GRAM
				HALDI	2 GRAM	1 GRAM	2 GRAM
6	SATURDAY	Daliya	Daliya =20gram Sugar =10 grm Milk =10 gram	CHANNA PLAW BROWN			
				RICE	100 GRAM	100 GRAM	100 GRAM
				CHANNA BROWN	40 GRAM	20 GRAM	50 GRAM
				OIL	5 GRAM	5 GRAM	5 GRAM
				HALDI	2 GRAM	1 GRAM	2 GRAM
7	Cost Norms			Rs.8.00	Rs.8.00	Rs.9.50	

For SAM/MAM beneficiaries, 140 grams of fortified rice will be provided, with a corresponding increase in ingredients, in line with the cost norms of Rs 12.


District Programme Officer,
Poshan Kupwara. (Chairman)