

GOVERNMENT OF INDIA
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

LOK SABHA
STARRED QUESTION NO. *286
TO BE ANSWERED ON 08.08.2025

LEARN TO EAT WELL PROGRAMME

*286. SHRI CHAMALA KIRAN KUMAR REDDY:

Will the Minister of Women and Child Development be pleased to state:

- (a) Whether the Government has organized seminars and other discussions/meetings on various topics/agendas regarding nutrition for children including – Learn to Eat Well: Bio-diverse Diets and Youth as Agents of Change a programme of UNEP, if so, the details thereof;
- (b) Whether it signals a global shift in thinking that food and nutrition education must go beyond counting calories/help school children make choices that are good for themselves and the planet; and
- (c) If so, the details of steps taken for providing balanced nutrition to children along with corrective steps being taken and funds sanctioned and spent in this regard?

ANSWER

MINISTER OF WOMEN AND CHILD DEVELOPMENT
(SHRIMATI ANNPURNA DEVI)

(a) to (c) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO PARTS (A) TO (C) OF LOK SABHA
STARRED QUESTION NO. 286 TO BE ANSWERED ON 08.08.2025
REGARDING “LEARN TO EAT WELL PROGRAMME”**

(a) to (c): As per information available on the website of UNESCO, Learn to Eat Well: Biodiverse Diets and Youth as Agents of Change was a high-level segment organized by the UNESCO GEM Report, UNEP and the London School of Hygiene and Tropical Medicine on the sidelines of Nutrition for Growth Summit, France in March 2025. The occasion reportedly saw the launch of a new paper, Learn to Eat Well which advocates for a life-cycle approach to nutrition integrated into lifelong learning systems, in and through schools, covering professional development drives for nutrition and health workers, and empowering farmers and researchers to promote biodiversity in food production. (<https://unescochair-ghe.org/2025/03/18/26-march-2025-education-for-nutrition-and-biodiversity/>)

The Ministry of Women & Child Development (MWCD) has launched Mission Poshan 2.0 for reduction in malnutrition and for improved health, wellness and immunity through activities like community engagement, outreach, behavioural change, and advocacy. Nutrition goes beyond mere eating of food; it requires proper digestion, absorption, and metabolism of nutrients. This process is influenced by factors like sanitation, education and access to safe drinking water. As malnutrition requires a multi-sectoral approach involving dimensions of food, health, water, sanitation and education, it is crucial to effectively address the issue of malnutrition in a convergent manner. It is being addressed under Mission Saksham Anganwadi and Poshan 2.0 by establishing cross cutting convergence amongst 18 Ministries/Departments.

The Ministry conducts regular consultations/ meetings with States/UTs like Chintan Shivir, zonal meetings, APIP meetings etc. are held wherein discussions are held on various issues related to improving nutritional status of women and children. Further, to create awareness on healthy food and lifestyle choices, the ministry has taken the following steps:

- States/UTs have been advised to reduce the use of added sugar and salt in Supplementary Nutrition Program. It has been advised that refined sugar should not be used and the only jaggery may be used for sweetening, if needed. The use of jaggery may also be restricted to less than 5% of the total energy to avoid excessive intake of discretionary calories. It has also been advised that use of foods high in fat, salt and sugar (HFSS) should be avoided for all age and gender groups.
- States/UTs have also been advised to conduct targeted awareness activities to promote healthy lifestyle and dietary practices to combat obesity and non-communicable diseases for officers, field functionaries, Anganwadi workers and community at large. It has been advised that these efforts should focus on reducing consumption of edible oils in daily diets, including reduction in intake of Saturated and trans-fats.
- To promote regional diet diversity, 6 region-wise diet charts were developed, viz., North, North-East, West, South, East and Central. The area-wise diet charts are uploaded for dissemination on Ministry's website in English and Hindi.

- Diet diversity is an important strategy for achieving nutritional outcomes. Under Mission Poshan 2.0, diet diversity is promoted through consumption of locally grown wholesome foods. An important approach is through Poshan Vatikas (Nutri gardens) where the benefits of locally grown and wholesome vegetables and fruits can be easily passed onto women and children.
- Further, during the 7th Poshan Pakhwada (8-22 April 2025), a dedicated theme “Healthy Life-style to address Obesity in Children” was adopted and over 1.14 crore community based sensitization activities were reported by the States/UTs on the theme.
- Under this Mission, one of the major activities undertaken is Community Mobilization and Awareness Advocacy to educate people on nutritional aspects as adoption of good nutrition habit requires sustained efforts for behavioural change. Community-Based Events (CBEs) have served as a significant strategy in changing nutritional practices, and all Anganwadi workers are required to conduct two CBEs every month. Under Jan Andolan, Poshan Pakhwada and Rashtriya Poshan Maah are celebrated annually in March-April and September respectively, since 2018. So far, a total of 7 Poshan Maah and 7 Poshan Pakhwada have been conducted. The States/ UTs have reported more than 140 crore outreach activities around various thematic areas including importance of maternal nutrition, appropriate techniques of breastfeeding, importance of timely initiation of complimentary feeding, first 1000 days of life, poshan ke panch sutra, anemia, tribal sensitisation, millet promotion, environment protection, ECCE etc., in coordination with more than 18 partner ministries/ departments.
- Supplementary Nutrition is provided to Children (6 months to 6 years), Pregnant Women, Lactating Mothers and Adolescent Girls to beat the intergenerational cycle of malnutrition by adopting a life cycle approach. Supplementary nutrition is provided in accordance with the nutrition norms contained in Schedule-II of the National Food Security Act. These norms have been revised in January 2023. The old norms were largely calorie-specific; however, the revised norms are more comprehensive and balanced in terms of both quantity and quality of supplementary nutrition based on the principles of diet diversity that provides for quality protein, healthy fats and micronutrients (Calcium, Zinc, Iron, Dietary Folate, Vitamin A, Vitamin-B6 and Vitamin B-12). Fortified rice is supplied to AWCs to meet the requirement of micro-nutrients and to control anaemia among women and children. Greater emphasis is laid on the use of millets at least once a week for preparation of Hot Cooked Meal and Take-Home ration at Anganwadi centers.
- Poshan Tracker Application also offers counselling videos on key behaviour and services which help disseminate messages on birth preparedness, delivery, post-natal care, breastfeeding, and complementary feeding.

Details of status of funds released to States and UTs under Saksham Anganwadi and Mission Poshan 2.0 are placed at **Annexure**.

**ANNEXURE REFERRED IN REPLY TO PART (c) OF LOK SABHA QUESTION NO. 286
FOR 08.08.2025 REGARDING “LEARN TO EAT WELL PROGRAMME”**

Details of fund released under Mission Saksham Anganwadi and Poshan 2.0 in FY 24-25 are as follows:

S. No.	Name of the State	2024-25
		Funds released In Crores
1	Andaman and Nicobar Islands	9.63
2	Andhra Pradesh	645.73
3	Arunachal Pradesh	102.61
4	Assam	2482.34
5	Bihar	2262.92
6	Chandigarh	14.56
7	Chhattisgarh	733.3
8	Dadra & Nagar Haveli and Daman & Diu	9.13
9	Delhi	160.41
10	Goa	13.44
11	Gujarat	601.32
12	Haryana	232.69
13	Himachal Pradesh	313.07
14	Jammu & Kashmir	662.79
15	Jharkhand	496.95
16	Karnataka	886.85
17	Kerala	435.74
18	Ladakh	18.89
19	Lakshadweep	1.35
20	Madhya Pradesh	1144.54
21	Maharashtra	1368.84
22	Manipur	342.87
23	Meghalaya	137.93
24	Mizoram	55.29
25	Nagaland	147.01
26	Odisha	948.16
27	Puducherry	3.68
28	Punjab	265.48
29	Rajasthan	741.85
30	Sikkim	18.07
31	Tamil Nadu	638.47
32	Telangana	430.76
33	Tripura	153.41
34	Uttar Pradesh	2694.62
35	Uttarakhand	216.33
36	West Bengal	1513.8
Total		20904.83
