

No. EDN-H (EE)H(4)4-16/2016-17- Flagship- MDM  
Directorate of Elementary Education,  
Himachal Pradesh

Dated- Shimla-171001 the

गर्भितः शिमा प्रदेशमलक (दि)  
August 2017

14 AUG 2017

शिमला - 3

To

- 1) All the Deputy Directors (Elementary Education)  
Himachal Pradesh.
- 2) All the Deputy Directors( Higher Education)  
Himachal Pradesh.
- 3) All the Block Elementary Education,  
Himachal Pradesh

**Subject:-** Regarding Inclusion of fruits and vegetables in the flagship Programme of Mid Day Meal.

Sir/ Madam,

Please find enclosed herewith the copy of letter F.No.9-16/2017-EE.5 (MDM-1-2) dated 20-07-2017 from the Director (MDM), Govt. Of India, Ministry of Human Resource Development, Deptt. of School Education & Literacy, New Delhi to all the Education Secretaries and received in this office through Addl. Chief Secretary to the Government of H.P. letter NO. EDN-C-F(10)-11/2010-Pt-V-L dated 01-08-2017 on the subject cited above.

In this context, You are requested to motivate and encourage the SMC's, NGO's and Philanthropist Organizations to support MDM Programme in schools by providing cost free seasonal fruits and vegetables to ensure better nutrition of school children and the SMC may also be emphasized on locally produced indigenous varieties of fruits and vegetables and include these vegetables and fruits in the Mid Day Meal Programme for school children in the schools.

*[Signature]*  
Director

Endst No. EDN-U (G-1) MDM Instructions /- 15094 Dated 28/8/2017

Office of the Deputy Director of Higher Education Una District Una (HP)

Copy to:-

1. The Directorate of Elementary Education HP Shimla for information please.
2. All the Principal/Headmasters GSSS/HS in Una District for information and strict compliance.

*[Signature]*  
Deputy Director of Higher Education  
Una District Una (H.P.)

MDM  
1095  
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P&D = 296  
04-08-17

CD (G)  
1880  
2/8/17

No. EDN-C-F(10)-11/2010-Pt-V-L  
Government of Himachal Pradesh  
Department of Elementary Education

From:

The Addl. Chief Secretary to the  
Government of Himachal Pradesh

To

The Director Elementary Education,  
Himachal Pradesh, Shimla-1.

Dated Shimla-171002, the

1-8-2017

Subject:-

Inclusion of fruits and vegetables in the flagship programme of  
Mid Day Meal-regarding.

Sir,

I am directed to enclose herewith a photocopy of letter F.No.9-16/2017-EE.5(MDM-1-2) dated 20-07-2017 received from the Director (MDM), Govt. of India, Ministry of Human Resource Development, Deptt. of School Education & Literacy, New Delhi on the subject cited above and to say that matter may please be examined and immediate necessary action be taken as desired <sup>vide</sup> by GOI's above referred letter accordingly

Yours faithfully,



(Ved Bhushan Sugyan)  
Deputy Secretary (Ele. Edu.) to the  
Government of Himachal Pradesh.  
Phone No. 0177-2628929

Endst. No: As above

Dated: Shimla-171002, the

Copy forwarded to the Director (MDM), to the Govt. of India, Ministry of Human Resource Development, Deptt. of School Education and Literacy, New Delhi w.r.t. his above referred letter for information please.

Yes

(Ved Bhushan Sugyan)  
Deputy Secretary (Ele. Edu.) to the  
Government of Himachal Pradesh.  
Phone No. 0177-2628929

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F. No.9-16/2017-EE.5 (MDM-1-2)  
Government of India  
Ministry of Human Resource Development  
Department of School Education & Literacy  
[EE.5 (MDM-1-2) Section]  
\*\*\*

Shastri Bhawan, New Delhi  
dated: 20<sup>th</sup> July, 2017

To

Education Secretaries/Pr. Secretaries to all States/UTs  
(As per list attached)

**Subject: Inclusion of fruits and vegetables in the flagship programme of Mid-Day Meal-regarding.**

Sir/Madam,

29/7.  
DS/edu  
I am directed to inform you that in the 15<sup>th</sup> meeting of the Independent Science & Partnership Council (ISPC) of Consultative Group for International Agricultural Research (CGIAR), held at Rome, Italy on 4-5 April, 2017, the Bioersity International (a CGIAR Centre) had presented its experience of strengthening nutritional quotient in school feeding programmes in Brazil and Ethiopia. The Brazilian experiment on school feeding programme has the following components:-

- 31/7
- An enactment which provides for 30% procurement for school feeding programme locally from farmers or farmers' organizations. There is an emphasis on locally produced indigenous varieties of fruits and vegetables.
  - The school feeding programme shall contain 30% indigenous varieties of fruits and vegetables to ensure better nutrition.

S.O. (Educ)  
2. You may like to take appropriate action as deemed necessary.

31/7  
S. Upadhyay

Yours faithfully,

  
(Harish Kumar)  
Director  
Tel. No.23385744

**Annexure-I: List of important fruits and vegetables for mid-day meal programme**

**Indigenous / locally grown fruits and vegetables:** Fruits and vegetables are rich in vitamins and minerals. Their balanced consumption could help ameliorate nutritional status of general population. Some of the important fruits and vegetables which are either indigenous or widely cultivated at different locations in different parts of the country. These could be recommended for inclusion in mid-day meal programme for ensuring nutritional security and also encouraging the consumption of locally grown and/or indigenous fruits and vegetables-

Sl. No.	Commodity	List
1	Fruits	Banana, Guava, Oranges, Pears, Peaches, Apple, Mango, Pine apple, Ber, Litchi, Bael and Jackfruit etc.
	<b>Vegetables</b>	
1	Green leafy vegetables	Asparagus (young shoots), karam saag, Chaulaee or amaranth, Fenugreek, Palal, Bathua, Poi or basella.
2	Tuber crops	Taro or arvi, Elephant foot yam, Yam or ratalu, Sweet potato
3	Cucurbits	Pumpkin, Cucumber, Bottle gourd, Bitter gourd, Kakrol, Ridge gourd, Sponge gourd, Snake gourd, Pointed gourd or parwal, Kundru, Wax gourd or petha, chow-chow etc.
4	Other vegetables	Brinjal, Cow pea, Sem or Indian bean, Cluster bean, Sesbania or agasthi, Drumstick (leaves & fruits), Khejri etc.