GIRI POSHANA

AN INNOVATIVE APPROACH FOR IMPROVED NUTRITION AMONG TRIBALS IN TELANGANA

Tribal diets have limited dietary diversity & high prevalence of malnutrition/anaemia among the tribal population*.

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Evening Snack</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>RTC Multigrain Meal</td>
<td>Energy Bar</td>
</tr>
<tr>
<td></td>
<td>150 gm</td>
<td>35 gm</td>
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<tr>
<td>Tuesday</td>
<td>RTC Jowar Meal</td>
<td>Nutri-Cookies</td>
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<tr>
<td></td>
<td>150 gm</td>
<td>30 gm</td>
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<tr>
<td>Wednesday</td>
<td>RTC Multigrain Sweet Meal</td>
<td>Energy Bites</td>
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<td></td>
<td>150 gm</td>
<td>35 gm</td>
</tr>
<tr>
<td>Thursday</td>
<td>RTC Jowar Meal</td>
<td>Jowar Bytes</td>
</tr>
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<td>150 gm</td>
<td>35 gm</td>
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<tr>
<td>Friday</td>
<td>RTC Multigrain Meal</td>
<td>Nutri-Cookies</td>
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<td>150 gm</td>
<td>30 gm</td>
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<tr>
<td>Saturday</td>
<td>RTC Multigrain Sweet Meal</td>
<td>Jowar Bytes</td>
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<td></td>
<td>150 gm</td>
<td>35 gm</td>
</tr>
</tbody>
</table>

*Ready To Cook (RTC)

Enhancement in Diet Diversity (additional food groups)

Existing food groups (8 food groups)

Enhanced dietary diversity (12 food groups)

Nutritious Food Products to Enhance Dietary Diversity

- Multigrain Meal (Energy: 325 Kcal/100g)
- Jowar Meal (Energy: 350 Kcal/100g)
- Multigrain Sweet Meal (Energy: 400 Kcal/100g)
- Energy Bar (Energy: 415 Kcal/100g)
- Nutri-Cookies (Energy: 415 Kcal/100g)
- Jowar Bytes (Energy: 415 Kcal/100g)

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"GIRI POSHANA" ** - A CONVERGENCE MODEL

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ICRISAT is Center of Excellence for Tribal Development

Ministry of Tribal Affairs

Government of Telangana

Tribal Welfare Department

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ITDA Utnoor (Jainoor, Sripur-U, Lingapur, Tiryni)

ITDA Etturnagaram (Etturnagaram, Kanniigudem, Mangapet, Thadhav, Govindaraopeta)

ITDA Utnoor (Erstwhile Adilabad);
ITDA Etturnagaram (Erstwhile Warangal) and ITDA Bhadrachalam (Erstwhile Khammam)

*Integrated Tribal Development Agency

**National Family Health Survey-4 (2015-16), District Fact Sheet: ITDA Utnoor (Erstwhile Adilabad);
ITDA Etturnagaram (Erstwhile Warangal) and ITDA Bhadrachalam (Erstwhile Khammam)