



# Commemoration of National Nutrition Month 2020



# National Nutrition Month, September 2020

## National Nutrition Month, 2020

United Way Mumbai (UWM) commemorated Rashtriya Poshan Maah (National Nutrition Month), an annual occasion as part of the Government of India's "POSHAN Abhiyan" (the PM's scheme for Holistic Nourishment) from 1st to 30th September.

UWM, in collaboration with ICDS Karjat Blocks 1 & 2 and Panvel Blocks 1 & 2 organized variety of activities to commemorate the month such as healthy recipe activity, webinars on importance of first 1000 days of life and locally sourced vegetables, different quiz competitions and informative videos for community and community health workers.





# Healthy Poshan (nutrition) Recipe Activity

All age groups, including children from 6 months of age need to consume a variety of nutritious food in adequate quantities. These include food prepared at home including all the food groups.

As part of NNM celebration, team created a google form in local language for healthy recipe activity. In this form, we asked community members and Anganwadi workers to upload a photo of their homemade recipe along with the description on how they prepared it.

- The team received 110 entries of homemade recipes such as Laddoos of wheat flour, sesame seeds and jaggery, peanut and jaggery, modak, sprouts bhel, Jowar pizza etc.
- A recipe book will be made with the shortlisted recipes and the book will be given to community members and Anganwadi workers.
- This book will help community to be aware of variety of recipes and how these recipes can help in reducing the cases of malnutrition among children.



*Rava laddoo & Kobi wadi prepared by Anganwadi workers of Panvel-1 &2*



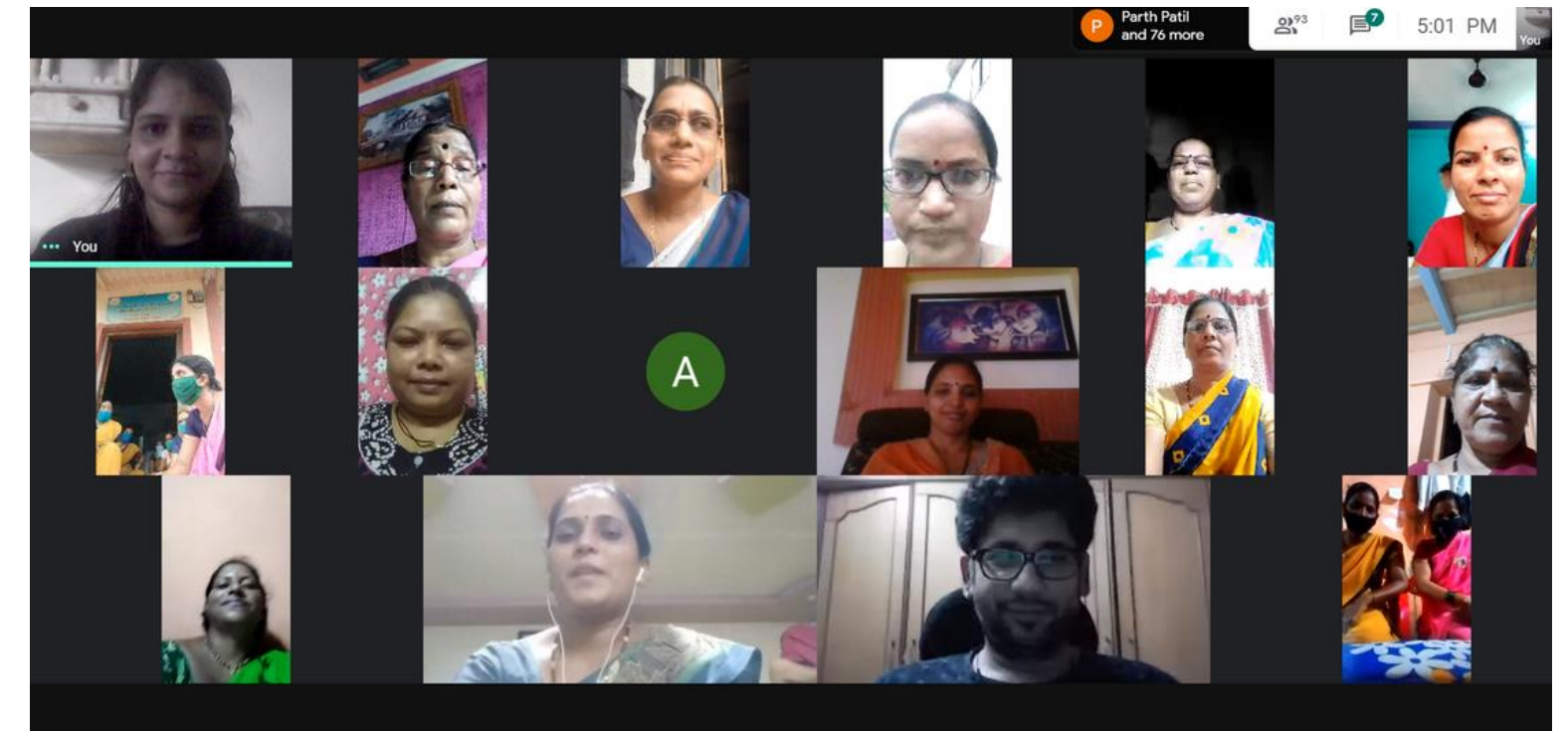
*Beetroot, bottle gourd and carrot halwa & modak*



# Webinar- Importance of first 1000 days of life

The first 1000 days (270 days of pregnancy, 180 days of first 6 months and 550 days of 6 months to 2 years) are where the child is most vulnerable to diseases. The child's physical and mental development is rapid during the first 1,000 days. Mother and child require adequate nutrition, care and support during this period for optimal growth of the child. The team conducted two webinars on the importance of first 1000 days of life- pregnancy care, importance of breastfeeding for mothers and child, complementary feeding etc. 204 Anganwadi workers and ICDS supervisors of Pen, Vikhroli, Panvel-1 & 2 and Kajrat 1 & 2 ICDS blocks joined these session.

It should be noted that ICDS Vikhroli and ICDS Pen are not originally part of project Poshan, but reached out to UWM to include their staff in the training sessions.



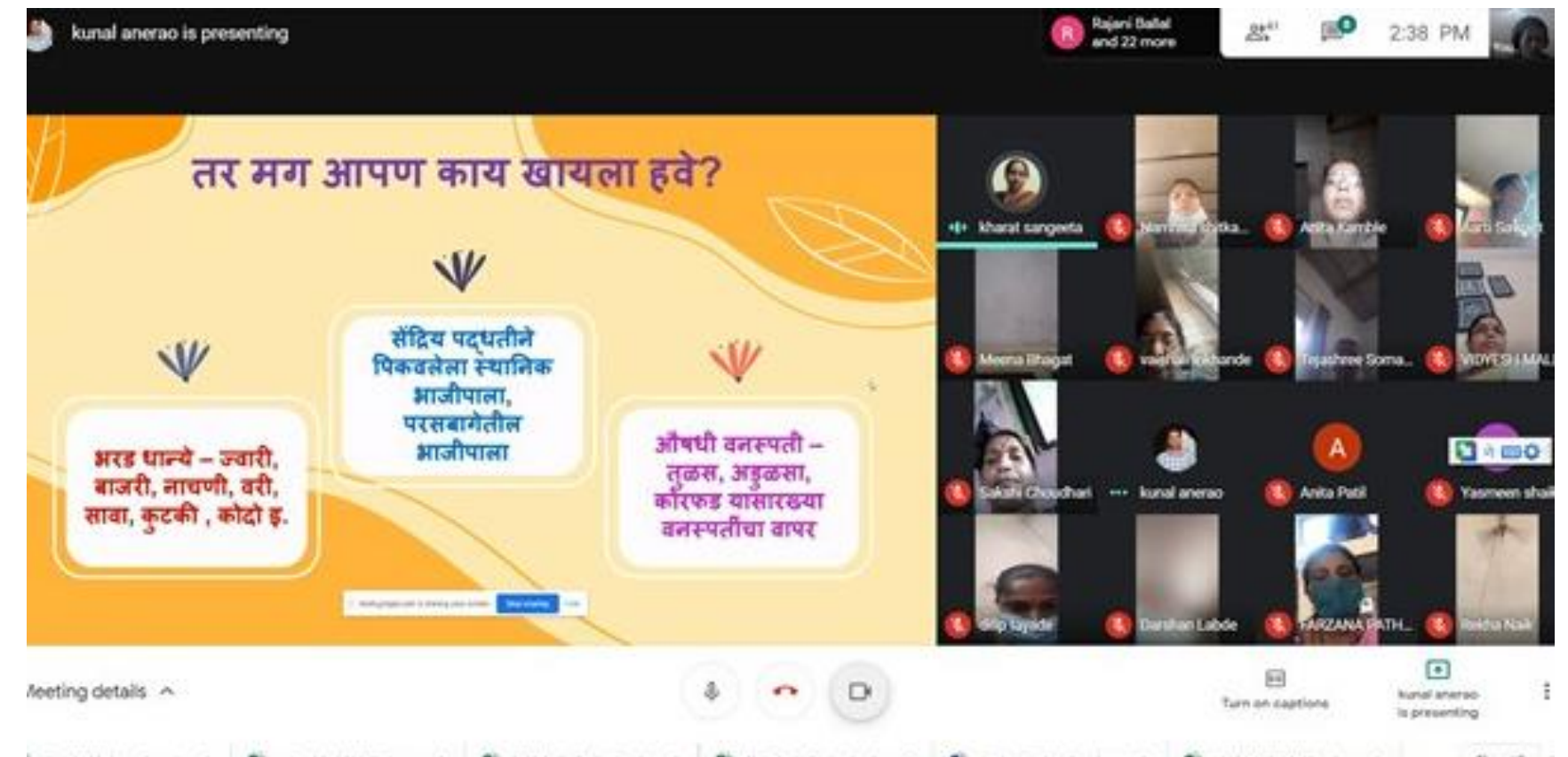
*Two webinars were conducted by Dr. Shailesh on importance of 1000 days of life*

# Webinar- Importance of locally sourced vegetables

Access to quality produce and methods of using it has been a focus area of project Poshan. It has been noticed that due to the easy availability and accessibility of junk foods such as chips, samosas etc., the importance and consumption of locally available vegetables has reduced.

UWM organized a training by Ms. Sangeeta Kharat, Assistant Director, Shrutidnyan on identification and importance of locally sourced vegetables such as drumstick leaves, Indian sorrel, spiny gourd, lea etc. for Anganwadi workers so that they can generate awareness among community about these locally sourced vegetables and can limit the consumption of junk foods available in market for children. 41 Anganwadi workers and ICDS supervisors of Karjat and Panvel attended the session.

Shrutidnyan is a Mumbai based organization working in the field of environment education and action.



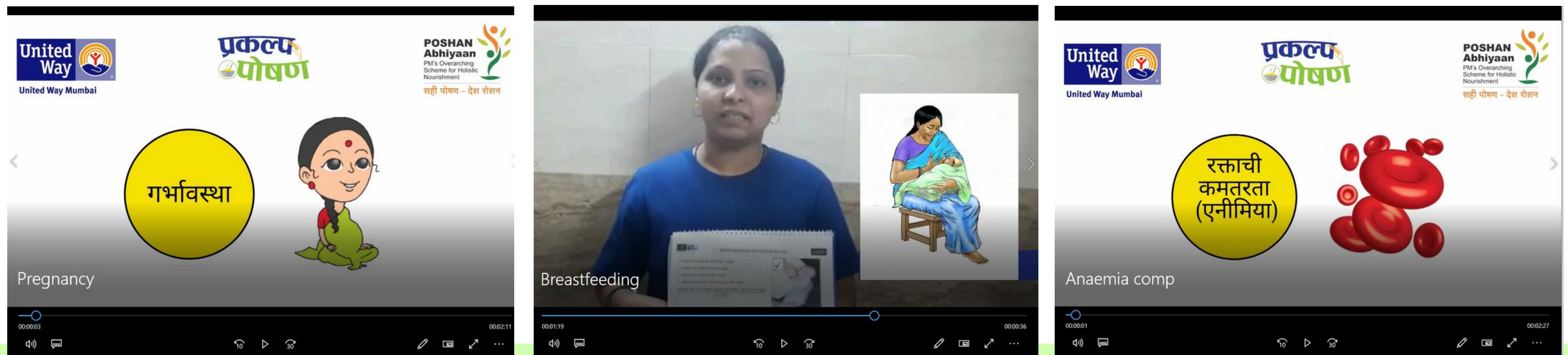
*Sangeeta Kharat conducting a webinar for ICDS Panvel-1 &2 and Karjat -1 & 2 blocks*



# Informative videos

UWM's outreach workers created four short informative videos on pregnancy care, breastfeeding, Anemia & its prevention and complementary feeding. These videos are circulated via social media with all ICDS staff and community members and will play critical role in sensitizing women on these topics.

The response to these videos has been very positive and the team is planning to develop more such material that can be shared via social media platforms.



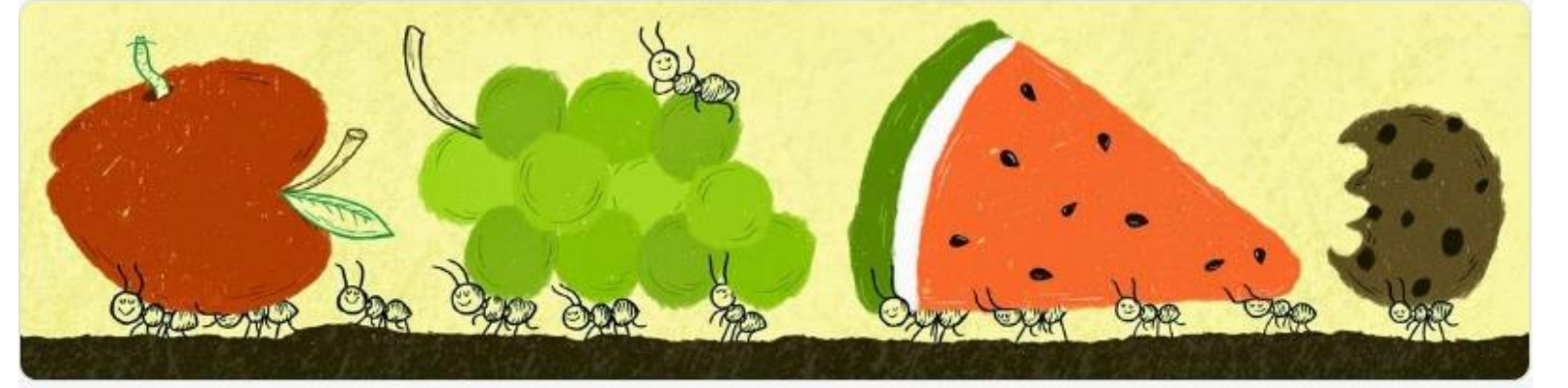
*Screenshots of videos on pregnancy, breastfeeding and Anemia*

# Quiz competitions

Four online quizzes on Ante Natal and Post Natal Care, complementary feeding and Anemia were organized for Anganwadi workers to assess their knowledge on these topics.

- Ante Natal Care
- Post Natal Care and breastfeeding
- Complementary feeding
- Anaemia and its prevention

More than 42 participants have taken these quizzes.



## मुलांचे पोषण आणि पूरक आहार

1. सहा महिने पूर्ण झाल्यावर बाळाला कोणत्या प्रकारचे आहार द्यावे?

1 point

- ☐ नरम भात, डाळी किंवा खिचडीपासून सुरुवात करावे
- ☐ घरी चांगले शिजवलेले, मऊ आणि तिखट नसलेले
- ☐ चांगले कुस्करलेले मऊ फळे
- ☐ वरील सर्व

2. मुलांच्या पोषणात भर घालण्यासाठी जेवणात विविधता महत्वाची का आहे ?

1 point

- ☐ शरीराच्या वाढीसाठी
- ☐ शिक्षण आणि क्रिडा

# Outreach and way forward

While Covid-19 is a growing challenge by itself, it has had catastrophic effects on our fight against malnutrition as the services from ICDS had been halted for nearly 6 months. The ICDS staff is also working on Covid-19 survey and it is necessary to rejuvenate their knowledge on the malnutrition front. The NNM proved to be very effective in this and the team received very positive response from all participants. Following activities will be conducted next month-

- Setting up kitchen gardens with support from local community members in Anganwadi centers.
- Adopting village level approach to combat malnutrition.
- Improving gram panchayats involvement in combating malnutrition at village level.
- Developing easy to understand and easily accessible IEC materials in local language for community.



## 246 Anganwadi worker

Trained through 3 webinars on importance of 1000 days of life and importance and availability of locally sourced vegetables



## 110 healthy recipes

Recipes received prepared by 110 Anganwadi workers and community members of Panvel and Karjat ICDS blocks



## 4 informative videos

For community on Ante Natal and Post Natal Care, complementary feeding and Anemia



## 4 online quizzes

on Ante Natal and Post Natal Care, complementary feeding and Anemia





# THANK YOU

FOR SUPPORTING PROJECT POSHAN