



# SUPERVISED SUPPLEMENTARY FEEDING PROGRAMME (SSFP)



## STANDARDIZED MEAL PLANS

### CHILDREN WITH MAM

#### 6 TO 36 MONTHS

	Time	Venue	Meal
MEAL 1	7 am - 8 am	At Home	Balamrutham+ and Banana
MEAL 2	10.30 am - 11.30 am	At Home	Egg and Milk
MEAL 3	12.30 pm - 1.30 pm	At Home	Meal at Home
MEAL 4	3.30 pm - 4.30 pm	At Home	Balamrutham+ and Snacks
MEAL 5	7.30 pm - 8.30 pm	At Home	Meal

#### 37 TO 59 MONTHS

	Time	Venue	Meal
MEAL 1	7 am - 8 am	At Home	Balamrutham+ and Banana
MEAL 2	10.30 am - 11.30 am	At AWC	Egg and Milk
MEAL 3	12.30 pm - 1.30 pm	At AWC	Supplementary Nutrition Programme (SNP)
MEAL 4	3.30 pm - 4.30 pm	At AWC	Balamrutham+ and Sancks
MEAL 5	7.30 pm - 8.30 pm	At Home	Meal

### CHILDREN WITH SAM

#### 6 TO 36 MONTHS

	Time	Venue	Meal
MEAL 1	7 am - 8 am	At Home	Balamrutham+ and Banana
MEAL 2	10 am - 11 am	At Home	Supplementary Nutrition Programme (SNP)
MEAL 3	12.30 pm - 1.30 pm	At Home	Home Meal
MEAL 4	3.30 pm - 4 pm	At Home	Balamrutham+
MEAL 5	6 pm - 6.30 pm	At Home	Balamrutham+
MEAL 6	8 pm - 8.30 pm	At Home	Home Meal

#### 37 TO 59 MONTHS

	Time	Venue	Meal
MEAL 1	7 am - 8 am	At Home	Balamrutham+ and Banana
MEAL 2	10 am - 11 am	At AWC	Balamrutham+, Milk & Egg
MEAL 3	12.30 pm - 1.30 pm	At AWC	Supplementary Nutrition Programme (SNP)
MEAL 4	3.30 pm - 4 pm	At AWC	Balamrutham+
MEAL 5	6 pm - 6.30 pm	At Home	Balamrutham+
MEAL 6	8 pm - 8.30 pm	At Home	Home Meal

### Recipes

#### Wheat Payasam

*Ingredients:*

Whole wheat - 30 g | Groundnut - 8 g  
Sugar - 25 g | Roasted Bengal gram Flour - 20 g

*Method:*

Roast whole wheat and powder.

Add roasted Bengal gram flour, sugar and crushed roasted groundnuts.

Cook for 5 minutes.

#### Rice Kitcheri

*Ingredients:*

Cooked Rice - 1 cup | Cooked Pulses - 1/2 cup  
Red gram/Green gram - 1/2 cup  
Cooked Leafy Vegetable - 2 table spoons  
Sugar/Jaggery - 3 table spoons  
Oil - 1 table spoon | Seasoning - As required

*Method:*

Mix cooked rice and cooked pulse.

Mash the cooked leafy vegetable with additional water through a clean cloth and add the juice to the above mixture.

Add seasoning to the mixture.

Add sugar (or jaggery) to it and mix well.

### Note:

**Balamrutham+ can be given with expressed breast milk.**

**Continue breastfeeding the child for at least 2 years.**

**If the child is hungry in between, give a healthy snack.**

**Snack to be given to the child.**

**Banana is a rich source of Potassium.**

**Balamrutham+ can be used to prepare laddoo, porridge, idly, dosa and chapati.**