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# POSHAN WEEKLY

Poshan Weekly is a knowledge dissemination platform intended to share research, evidence, policy, and programme guidelines along with tools on maternal, adolescent, and child nutrition with colleagues around India.



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## Spotlighting Shree Anna: Good practises on millets



A poster from the Government of India depicting millet resources and products that've been an active part of awareness and advocacy initiatives during the International Year of Millets 2023

Dear colleagues,

The compromised diets and rising prevalence of non-communicable diseases have brought the attention back to healthy lifestyle, diets and practices. Millets have been part of traditional diets in many regions of the world. Packed with micro- and macro-nutrients, millets or nutri-cereals are considered superior sources of nutrition compared to other cereals.

The Government of India has been promoting the benefits of millets (Shree Anna) for the cultivator, consumer, and climate. They are encouraging the distribution and consumption of millets under food security schemes such as Targeted Public Distribution Scheme (TPDS), ICDS-Supplementary Nutrition Programme and PM POSHAN in schools.

In this week's issue of Poshan Weekly, we are spotlighting NITI Aayog's 2023 document titled '*Promoting millets in diets: Best practises across states/ UTs of India*'. This is a collaborative work of NITI Aayog, different central and state government departments, technical experts and civil society organisations. The report comprehensively covers three key themes. The **first section highlights state missions and initiatives to boost production and consumption of millets** across 8 Indian states for stakeholders to derive learnings that other states can replicate. The second section of the report highlights the success of Chhattisgarh, Madhya Pradesh, Odisha, Tamil Nadu, and Telangana in **integrating millets in their Supplementary Nutrition Programme under ICDS**. The third and last segment of the report offers good examples of **research and development on millets along with highlighting tech-based solutions for enhancing millet production and productivity**. This report aims to offer good practises for millet promotion that may be replicated through other Central/ State led missions, and food and nutrition policies.

To supplement this piece, we have curated a repository of related resources including a study on millet consumption behaviour in urban India, policy and research recommendations for millets, a policy brief on millets as the key to improving food and nutrition security along with a host of millet-centric recipe books! If you find these resources useful in furthering your work and effort towards sustainably generating positive nutritional outcomes for a well-nourished India - we invite you to write to us and share your story.



With kind regards,

Arjan De Wagt

Chief, Nutrition Programme | UNICEF India

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## Resources



Promoting millets in diets: Best practises across states/UTs of India



Assessing Millets and Sorghum Consumption Behavior in Urban India: A Large-Scale Survey



Nutritional and Health Benefits of Millets by ICAR-IIMR



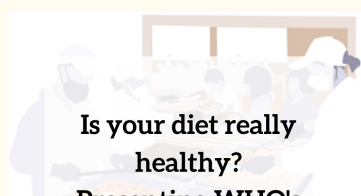
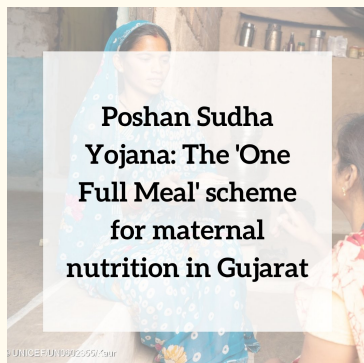
White paper on millets: A policy paper for mainstreaming millets for nutritional security in India

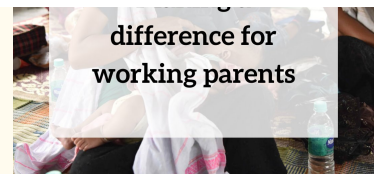
## Additional Resources: Millet Recipe Books

- [Millet recipes: A healthy choice 2016 \(by ICAR-IIMR\)](#)
- [Millet recipes: A healthy choice \(2021\) \(by ICAR-IIMR\)](#)
- [FSSAI, Eat Right India, and MOHFW's 'Shree Anna \(Millets\) Recipes: A healthy menu for mess/canteens](#)
- [Miracles of India Millets \(Shree Anna\) Recipe book by MWCD](#)

One stop guide for more nutrition-related resources

## Previous Poshan Weekly issues





## Nutrition in news

- 01.11.2023 [Urgent Call From The Micronutrient Forum: Scaling Up Access To Nutritious Diets For The Most Vulnerable Populations](#)
- 01.11.2023 [MoU will be signed with ministries and CAPF for promotion of Shree Anna: FSSAI](#)
- 01.11.2023 [Comprehensive Health and Nutrition Initiatives launched in Jhabua](#)
- 30.10.2023 [The Junk Push: ultra-processed food industry gains ground in India](#)
- 28.10.2023 [The gut-brain connection: How nutrition impacts mental health](#)
- 24.10.2023 [Food labels to have QR code to help the visually disabled](#)
- 20.10.2023 [An opportunity to recast India's food system](#)
- 19.10.2023 ['Let's Fix Our Food' for adolescents: Skill-based nutrition literacy is the key](#)

## Quick links to other important websites

[HealthNutritionINDIA](#)

[Comprehensive National Nutrition Survey](#)

[Center on the Developing Child  
HARVARD UNIVERSITY](#)

[POSHAN](#)  
Led by IFPRI

  
Towards a new dawn  
**Ministry of Women and Child Development**  
Government of India

  
**ROSHNI**  
Center of Women Collectives  
Led Social Action

  
Centre of Excellence for  
Management of Severe Acute  
Malnutrition (CoE-SAM) Network

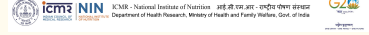
  
**Eat Right  
India**  
सही भोजन. बेहतर जीवन.

  
**unicef**  
**IEC eWarehouse**  
A Repository of Communication Materials

  
**Food Fortification  
Resource Centre**  
Set up by FSSAI with Support from TATA TRUSTS

  
**अनीमिया  
मुक्त  
भारत**

  
National Centre of Excellence and  
Advanced Research on Diets



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