

# **NUTRITION EDUCATION AND TRAINING THROUGH COMMUNITY FOOD & NUTRITION EXTENSION**

## **Relationship between Nutrition and Health**

The health of the people is the wealth of country. Among various factors affecting the health of the people, nutrition has been found to be the most important pre-requisite. Nutrition and health are complementary and also inseparable. These two factors very strongly control the quality of life specially in a developing Country like ours.

## **Objective**

Nutrition Education of the people has been regarded since long as an important tool for nutrition promotion of the people. The basic objectives of the schemes are :-

- To create nutrition awareness among the people particularly the women and adolescent girls;
- To impart skills and education for achieving adequate nutrition within their available means;
- To train housewives and adolescent girls in fruit & vegetable preservation;
- To explain the importance of non-food factors like hygiene, sanitation, safe drinking water etc. for nutrition and health of the people;
- To equip the grassroot level workers of concerned sectors with basic messages on food, nutrition and health so as to enable them to communicate to the community during the Course of their duties.

To enlighten the people about the existing health, nutrition and welfare services for promoting their optimal utilisation.

## **Details of the Scheme**

The FNB launched a Mobile Food and Nutrition Extension Service as early as in 1964 with four Mobile Extension Units (MEUs) at Delhi, Bombay, Calcutta and Madras. The number of MEUs expanded to 34 by the 7th Five Year Plan. A network of 33 Community Canning and Preservation Centres (CCPCs) was also created during 60s and 70s to provide education and training in homescale preservation of fruits and vegetables as well as processing facilities to the community. The CCPCs were renamed as Food and Nutrition Extension Centres (FNECs) in early 80s to lay greater emphasis on improving the nutrition of the lower socio-economic strata. During 1992, the MEUs and FNECs were amalgamated and renamed as "Community Food and Nutrition Extension Units" (CFNEUs) to facilitate better collaboration with the State Governments.

## SERVICES OFFERED

### Education of Beneficiaries

CFNEUs organise live demonstrations supported by lecture-cum- discussions, film and slide shows and exhibitions on various aspects of food, nutrition and health in collaboration with the concerned Departments of the State Governments, Educational institutions and Voluntary organisations. The educational package includes :

- *Functional significance of malnutrition*
- *Some basic facts about food and nutrition and improving diet at low cost*
- *Nutritional needs of different age groups*
- *Nutrition of expectant and nursing mothers*
- *Promotion of breast-feeding*
- *Infant feeding*
- *Preparation of Instant Infant Foods and Supplementary Foods*
- *Nutrition of pre-schoolers, school children and adolescents*
- *Home management of diarrhoea*
- *Importance of Immunization*
- *Principles of hygiene and sanitation*
- *Conservation of nutrients during food preparation*
- *Home scale preservation of fruits and vegetables*
- *Existing nutrition, health and welfare services.*

### Training to Grassroot level workers

CFNEUs organise training of grassroot level workers belonging to concerned sectors viz, agriculture, health,, Women and Child Development, Education, Rural Development at village and lock levels with a view to Impart simple knowledge on food, nutrition on health so that the message of nutrition is conveyed to the community through various grassroot level workers during the course of their respective duties. A 5 clay Integrated Nutrition Education Camp is organised with the help of block and district level agencies of the concerned sectors including the Ministry of Information and Broadcasting.

Training is imparted through practical demonstrations supported by lecture-cum-discussions, film and slide shows and exhibitions on various aspects of food, nutrition, health and food preservation.

Special efforts are made to organise educational training programme for tribal groups, SC/ST communities and minorities in minority concentration districts.

### Training to Trainers

Similarly, training is imparted to the trainers of field workers like Supervisors, Teachers from Anganwadi Training Centre, Child Development Project Officers (CDPOs), Assistant Child Development Project Officers (ACDPOs),Health Education Instructors, Health Trainers,

Adult Education Supervisors, personnel of Non-Governmental Organisation by organising 5 day Orientation Training Courses (OTCs).

## Interaction with Non-Governmental Organisations (NGOs)

Non-Governmental Organisations play a vital role in the society as educators, implementors of change and provide a bridging link between the government and the people. Their spread is also very large. These are involved in various social works including developmental activities. In the field of nutrition promotion, Government efforts alone cannot fulfil the need of the entire country. People's participation can be ensured to a large extent through the networking with NGOs. Taking cognisance of this reality, Food & Nutrition Board has been enlisting the cooperation and involvement of NGOs in delivering its services to the community, thus creating a multiplier effect towards the activities of the Board.

## Education and Training Fruit and Vegetable Preservation

Fruits and vegetables provide maximum vitamins when consumed fresh. But they are highly perishable commodities and cannot be kept as such for long. Considering the perishable and seasonal nature of fruits and vegetables, and also to avoid the glut season, it is, important to preserve these in season when available in plenty so as to ensure their supply throughout the year and ensure good nutrition. Units organise two weeks' training courses in home-scale preservation of fruits and vegetables including food and nutrition, mainly for the housewives and adolescent girls at a nominal fee of Rs. 5/- per trainee. Training is imparted through practical demonstrations supported by lecture-cum-discussions, film and slide shows and exhibitions. Generally each batch consists of about 25 trainees. Preparation of the following products is taught during the training - Jam, Jellies and Marmalades - Preserves and Candies - Fruit syrups

🕒 Squashes

🕒 Chutneys

🕒 Pickles

🕒 Ketchup and Sauces

The trainees bring their raw material to the class and take back the products prepared by them during the training.

A certificate is also issued at the end of the training course.

The training courses are also organised for special groups like Tribal Women, SC/ST Communities, Minorities in minority concentration districts and Families of Industrial Establishments on request. Contact the Officer in charge of the Unit and get yourself enrolled for training.

## Processing Facilities for Fruits and Vegetables

Processing facilities are offered to the community at Food and Nutrition Extension Centres at nominal cost for domestic consumption. Raw materials, however, are brought to the Centre by the patrons themselves. Appointments can be fixed over telephone for availing of this inexpensive yet useful service.

## OTHER ACTIVITIES

Besides the aforesaid regular activities, CFNEUs also perform a key and vital role in the yearly observation of following National & International celebrations, not merely to intensify the nutrition awareness activities, but also to project Govt. efforts towards the better nutrition of country people:- National Nutrition Week was instituted in 1982 with a view to create awareness among the people about various aspects of nutrition. Every year this Week is celebrated from 1-7th September, throughout the country by CFNEUs in collaboration with State Governments, NGO's & other concerned institutions. Electronic media like TV & AIR are used to propagate nutrition messages on a particular theme along with newspaper publicity and distribution of publicity material. During the Week celebration live demonstrations, field exhibitions, film/slide shows etc. are organised. FNB collaborated with the Ministry of Agriculture in organising World Food Day on 16th October every year. In order to promote breast feeding, World Breast Feeding Week is observed by all CFNEUs from 1-7th August every year. During these celebration a large number of beneficiaries are benefited through the services offered by CFNEUs.

## MASS MEDIA CAMPAIGN

In order to achieve nutrition education goals, multimedia campaign strategy is adopted by utilizing all means of & mass media communication. Production & distribution of nutrition education., training & publicity are the most important activities of FNB. Various types of publicity material like posters, folders, pamphlets, booklets, leaflets, video films, TV/Radio spots, documentaries, health & nutrition education films, Radio programmes has developed in Hindi, English & other regional languages. To avail the facilities & to obtain the publicity material, please contact the nearest CFNEU or office of the Regional Dy. Tech. Adviser of F.N.B as given below :-

Sl.No	Addresses	Tele. No.
<b>NORTHERN REGION</b>		
1.	CFNEU, D-II/183, Kidwai Nagar (West), N.Delhi- 110023	4106960
2.	CFNEU, E-34/D, MIG Flats,Mayapuri,N.Delhi - 64	5143867
	CFNEU, CRPF Camp, Jharoda Kalan N.Delhi - 110072	5016472

3.	CFNEU,1655,Type IV Flats,GulabiBagh,Delhi-7	7510495
4.	CFNEU, Community Centre Building, Sector 23-C, Chandigarh - 160023	703879
5.	CFNEU, 216, Sardarpura, Udaipur - 313001	26149
6.	CFNEU, B - 145 ,Setthi Colony, Jaipur 302004	668555
7.	CFNEU, 13/2, Rishi Nagar, Near Dabra Chowk ,Hissar- 125005	37089
8.	CFNEU S-4&5, Over Main Shopping Centre Sector NH-IV Faridabad - 121001	217882
9.	CFNEU,B, XXXIV/2339, Joshi Nagar, Habbowal Kalan , Civil Lines,Ludhiana - 141001	470452
10.	CFNEU, Mohalla mangwain, Ram Nagar, Mandi-1	24205
11.	CFNEU, Ashoka Hotel Estate, Andhi Bhawan The Rigge, Shimla - 171001 (H.P)	253067
12.	CFNEU, Shop No. 174-177,Central Market, Exhibition Grounds,Jammu - 180001	542883
13.	CFNEU, HIG/4520, Vikas Nagar, Kursi Road, Lucknow - 226020	325684

#### **WESTERN REGION**

14.	CFNEU, 1/46-47, Ground Floor, Maharashtra Housing Board Colony Abhudaya Nagar, Near Cotton Green Station, Mumbai - 400033	4132716
15.	CFNEU, Plot No. F-5, Market Road, Gultekdi Pune - 411037	435856
16.	CFNEU, 99, Malviya Nagar, Bhopal - 462003	551673
17.	CFNEU, 125, Anand Nagar, Raipur - 492001	427087
18.	CFNEU, 16-B La Campala Hsg. Colony Mirmar, Panaji, Goa - 403001	45603
19.	CFNEU, 1st Floor, South Wing, New Sachivalya Bhawan, Opp. Vidharbha Cricket Ass. Ground Civil Line, Nagpur - 440001	522306
20.	CFNEU, 3, Lajpat Kunj, Napier Tower, (Opp. Methodist Centre), Jabalpur - 482001	327966

21. CFNEU, Jer Phiroz Complex, 1<sup>st</sup> Floor, Opp. Mango Market , Valsad-396001 42965
22. CFNEU, Qr. No.47, Type III Opp. Bal Bhawan, Silvassa, Dadra & Nagar Haveli 30627
23. CFNEU, 15, Bank of Baroda Staff Society Near P.J. College, Paldi, Ahmedabad - 380007 6642337

**SOUTHERN REGION**

24. CFNEU, A-1-A, Rajaji Bhawan, Besant Nagar, Chennai-600 090 4916004
25. CFNEU, Block No.1, Ground Floor Kendriya Sadan, Sultan bazar Hyderabad - 500195 4658085
26. CFNEU, Ground Floor, 'A' Wing, Kendriya Sadan 100 ft. Road Koramangala, Bangalore - 560034 5536270
27. CFNEU, No.1, Ramamurthy Road, Madurai-625002 530838
28. CFNEU, Andhra University Campus Waltair, Visakhapatnam - 530003 555835
29. CFNEU, "Peace Home", T.C.No. 26/930 Panavila Junction, Thiruvananthapuram - 695001 331239
30. CFNEU, 28/217-1/Tripunithura Road Manorama Junction, Cochin - 682036 311267
31. CFNEU, 48-12-1, Ringh Road, Gunadala Vijayawada - 520005 541662
32. CFNEU, 3rd Floor, Manipady Complex Old Kent Road, Pandeswar Mangalore - 575001 420692
33. CFNEU, No.30, Suryagandhinagar 11 Cross, Near Ambika Theatre Pondicherry - 605003 39007

**EASTERN REGION**

34. CFNEU,1C/W 43, Chitrakoot, Rabindra Nagar, Calcutta-700018 469724
35. CFNEU, KKB Road(New Colony), Chenikuthi Guwahati - 781003 545949
36. CFNEU, Chingamathek, Imphal-795001 221523

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|-----|--|--------|
| 37. | CFNEU, Nara Cottage,Lalimumukhrah Main Road<br>Lummawra, Shillong - 793003           | 225040 |
| 38. | CFNEU, 37, Kharvella Nagar, Bhubaneswar-751007                                       | 401074 |
| 39. | CFNEU, 3 East Boring Canal Road Near New St.<br>zavier's High School Patna - 800001  | 234936 |
| 40. | CFNEU, Pawan Colony, Hindu Chowk In Front of<br>Medico-Medical Store Ranchi - 834002 | 503327 |
| 41. | CFNEU , Type IV, Qrt. J.G.-40 Janglihat, Port Blair -<br>744101                      | 33554  |
| 42. | CFNEU, Opp. Hamro Garage, Arithong Road,<br>Gangtok., Sikkim - 737101                | 23304  |
| 43. | CFNEU, 28, Type III, Vivek Vihar Itanagar,<br>Arunachal Pradesh - 791111             | 22790  |

## **Regional Offices of Food and Nutrition Board**

### **1. NORTHERN REGION**

Deputy Technical Adviser 3387778

Food & Nutrition Board

Department of Women & Child Development  
Ministry of Human Resource Development,  
Government of India, Jamnagar House, New Delhi -  
110 011

### **2. EASTERN REGION**

Deputy Technical Adviser 2488159

Food & Nutrition Board 2489472

Department of Women & Child Development

Ministry of Human Resource Development

Government of India, 8, Esplanade East,

Calcutta - 700 069

**3. SOUTHERN REGION**

Deputy Technical Adviser 8278202

Food & Nutrition Board 8270102

Department of Women & Child Development

Ministry of Human Resource Development

Government of India, Shastri Bhawan,

26, Haddows Road,

Chennai - 600 006

**4. WESTERN REGION 2027132**

Deputy Technical Adviser

Food & Nutrition Board

Department of Women & Child Development

Ministry of Human Resource Development

Government of India, Dinshaw Wacha Road,  
Churchgate, Mumbai - 400 020