

MEU



MOBILE FOOD AND NUTRITION EXTENSION UNITS

Provide Education for Nutrition
Promotion at your doorstep.

FOOD AND NUTRITION BOARD
DEPARTMENT OF FOOD
MINISTRY OF FOOD AND CIVIL SUPPLIES
GOVERNMENT OF INDIA
KRISHI BHAVAN
NEW DELHI.

RELATIONSHIP BETWEEN NUTRITION & HEALTH

The health of the people is the wealth of a 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 in-separable. These two factors very strongly control the quality of life specially in developing country like ours.

NUTRITION EDUCATION—

AN IMPORTANT TOOL FOR NUTRITION PROMOTION

The basic objectives of nutrition education are :—

- To create nutrition awareness among the people;
- To impart skills for achieving adequate nutrition with their available means;
- To explain the importance of non-food factors for nutrition and health of the people; &
- To enlighten them about the existing health, nutrition and welfare services for promoting their optimal utilisation.



ESTABLISHMENT OF MOBILE FOOD & NUTRITION EXTENSION UNITS (MEUs)

Realising the importance of nutrition education, the Food & Nutrition Board launched a programme of Mobile Food & Nutrition Extension Service as early as in 1964. Over the years, MEUs equipped with mobile van, audio-visual equipments and technically trained personal have been set up in different parts of the country to impart nutrition education in rural, urban and tribal areas. Currently the services of MEU are available at 42 different locations of the country.

SERVICES OFFERED BY MEUs

1. EDUCATION OF BENEFICIARIES—MEUs organise live demonstrations supported by lecture-cum-discussions, film and slide shows and exhibitions on various aspects of food, nutrition & 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 & 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 & Supplementary Foods;
- Nutrition of pre-schoolers, school children and adolescents;
- Management of diarrhoea;
- Importance of Immunization;
- Principles of hygiene and sanitation;
- Conservation of nutrients during food preparation;
- Home scale preservation of fruits & vegetables; &
- Existing nutrition, health & welfare services.

On an average 15,000 demonstration programmes covering about 4000 villages and benefitting about 3-5 lakhs families are organised annually by these units.

2. TRAINING OF GRASS ROOT LEVEL WORKERS—MEUs organise training of grass root level workers belonging to concerned sectors viz., Agriculture, Health, Women & Child Development, Education, Rural Development etc. at village and block level with a view to imparting simple knowledge on food, nutrition & health so that the message of nutrition is conveyed to the community through various grass root level workers during the course of their respective duties. A 5-day Integrated Nutrition Education Camp is organised with the help of block and district level agencies of the concerned sectors including the Ministry of Information & 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.

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

The trainers and supervisors of grass root level workers are also imparted similar training in collaboration with State level Training Institutions & Home Science Colleges.

CONTACT MOBILE EXTENSION UNITS AND ENRICH YOUR KNOWLEDGE ON FOOD, NUTRITION & HEALTH



LOCATION AND TELEPHONE NUMBER OF MOBILE FOOD & NUTRITION EXTENSION UNITS IN THE COUNTRY

NORTHERN REGION

ADDRESS

TELEPHONE NO.

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|--|---------|
| 1. Community Centre Bldg. Sector 23-C,
Chandigarh-160023. | 27879 |
| 2. House No. 216, Sardarpura,
Udaipur-313001. | 29149 |
| 3. Alok Ram Nagar, Mandi-175001 (H.P.) | — |
| 4. H.I.G. 4/520, Vikas Nagar,
Kursi Road, Lucknow-226020. | — |
| 5. 174-177, Central Market, Exhibition
Ground, Jammu-180001. | 42883 |
| 6. CRPF Camp, Jharodakalan, Delhi-110072. | 5456472 |
| 7. O/o Food & Nutrition Board, (MEU-I),
Jamnagar House, New Delhi-110 011. | 387778 |
| 8. O/o Food & Nutrition Board (MEU II),
Jamnagar House, New Delhi-110 011. | 387778 |
| 9. B. XXXIV/2339, Joshi Nagar, Habowal
Kalan, Civil Lines, Ludhiana-141001. | 23452 |
| 10. Ashoka Hotel Estate, Andhi Bhavan,
Ridge, Shimla-171001. | 5445 |
| 11. 1624, Urban Estate-II, Hissar-125005 | 4089 |
| 12. C-61, Sarojini Marg, C-Scheme,
Jaipur-302001. | 70785 |

SOUTHERN REGION

ADDRESS

TELEPHONE NO.

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|--|--------|
| 1. 108, Shiva Krupa, Magadi Chord Road,
Hossahalli Extension, Bangalore-560040. | 350540 |
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2.	No. 20, Ramachandra Street, T. Nagar, Madras-600017.	444473
3.	3-6-27/2/1, Shaheed Yar Jung Lane, Skyline Theatre, Basheerbagh, Hyderabad-500029.	434102
4.	28/217/1 Tripuni Thura Road, Manorama Junction, Cochin-682016.	361261
5.	No. 1, Ramamurthy Road, Chokkikulam, Madurai-625 002.	42939
6.	Peace Home, TC-26/930, Panvala Junction, Trivandrum-695001.	61239
7.	Andhra University Campus, Waltair, Vishakhapatnam-530003.	65835
8.	113, Kamraj Nagar, II Cross Road Pondicherry-605011.	Contact No. (PP) 27885
9.	4th Floor, Ganapathy High School, Centenary Bldgs, G.H.S. Road, Manglore-575001.	Contact Nos. (PP) 33160, 34041 24781
10.	31-23-34 B, Machavaram, Vijayawada-520004	63562

WESTERN REGION

ADDRESS	TELEPHONE NO.
1. Samaj 6, Gopalak Society, Ground Floor, Near Nawa Wadaj, Ahmedabad-380013 (Gujarat)	479354
2. 99, Malaviya Nagar, Bhopal-462003 (M.P.)	551673
3. O/o Food & Nutrition Board, Mistry Bhavan, D.W. Road, Church Gate, Bombay, Maharashtra-400020.	220142
4. 16-B, La Campala Housing Colony, Miramar, Panaji, Goa-403001.	5603
5. Plot No. E-5, Market Road, Gultekdi, Punc-411037 (Maharashtra).	435856
6. 125, Anand Nagar, Raipur-492001.	27087
7. Tailoring School Building, Zandu Chowk, Silvassa-396230, Dadra & Nagar Haveli.	3765
8. 85, Canal Road, Ramdas-Peth, Nagpur-440010.	22306
9. 3/7/29, Dixit Mohalla, Valsad-396001.	2965
10. Annapurna, 416 Wright Town Jabalpur-482001	26966

EASTERN REGION

ADDRESS	TELEPHONE NO.
1. O/o Food & Nutrition Board, 8, Esplanade East, Calcutta-700069.	288159
2. 37, Kharvalla Nagar, Bhubaneshwar-751001.	51074
3. Janki Kutir Mankar Bagh, K-Sector, Near Housing Board, Patna-20.	54047
4. O/o Assam Plywood Co., Compound, Ulobera, Gauhati-781007	32374

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| 5. | 39, Shradananda Road, Opp. Baldev Bhavan,
Near Ranchi University Gate, Ranchi-834001. | 26975 |
| 6. | Chingamathak, Imphal-795001. | 21523 |
| 7. | Lower New Colony, Shillong-793003 | 25040 |
| 8. | Pani House, Doerali, Gangtok,
Sikkim-737 101. | — |
| 9. | 28, Type III, Vivek Vihar, Itanagar,
Arunachal Pradesh-791 111. | — |
| 10. | Food & Nutrition Board C/o
Directorate of Health Services,
Andaman & Nicobar Admn., Port Blair-744101 | — |

INFORMATION MAY ALSO BE OBTAINED FROM THE FOLLOWING REGIONAL OFFICES :

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| 1 Deputy Technical Adviser
(Northern Region)
Department of Food,
Jamnagar House
New Delhi-110 011.
Tele. No. 387778. | 3. Deputy Technical Adviser
(Southern Region)
Department of Food,
Shastri Bhavan,
26, Haddows Road,
Madras-600 006.
Tele. No. 478202. |
| 2 Deputy Technical Adviser
(Northern Region)
Department of Food,
8, Esplanade East,
Calcutta-700 069.
Tele. No. 288159. | 4. Deputy Technical Adviser
(Southern Region)
Department of Food,
Mistry Bhavan,
D.W. Road, Churchgate,
Bombay-400 020.
Tele. No. 220142. |