



Fortified Rice Will be Distributed in All Districts of the State

Why in News?

- In a meeting of the State Council of Ministers held under the chairmanship of Chief Minister Bhupesh Baghel on December 30, 2022, an important decision was taken to overcome the situation of malnutrition and anemia among women and children in Chhattisgarh that now fortified rice will be distributed in all the districts of the state.

Key Points

- Fortified rice will be distributed to ration card holders through fair price shops from April 2023. Antyodaya, single destitute disabled category ration card holders will get fortified rice in place of normal rice currently being given.
- It is worth mentioning that under universal PDS, fortified rice distribution has been started in Kondagaon district from November 2020 to ensure food security as well as nutritional security and to overcome anemia and other nutrient deficiencies.
- At present, fortified rice is being distributed in all districts of the state under the Mid-Day Meal Scheme and Supplementary Nutrition Scheme. Apart from this, fortified rice is also being distributed in 10 aspirational districts of the state (Korba, Rajnandgaon, Mahasamund, Kanker, Narayanpur, Dantewada, Bijapur, Bastar, Kondagaon, Sukma) and 2 Highbirden districts (Kabirdham and Raigarh) under the Public Distribution System.
- It is noteworthy that fortified rice is nutritious and healthy. It is rich in iron, folic acid, vitamin B-12. Nutrients like iron, folic acid, vitamin B-12 present in it do not allow blood loss in adults and children and help in blood formation and proper functioning of the nervous system.
- Regarding the benefits of fortified rice, ration card holders of the district are being made aware from time to time about the methods and use of fortified rice through banners, posters etc. in Anganwadi workers, mitanin and fair price shops.

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