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සුවසිරිපාය
சுவசிரிபாய
SUWASIRIPAYA

මගේ අංකය
எனது எண்.
My No.

ඔබේ අංකය
உமது எண்.
Your No.

දිනය 19.01.2016
திகதி 19.01.2016
Date

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சுகாதார, போசாக்கு மற்றும் சுதேசவைத்திய அமைச்சு
Ministry of Health, Nutrition & Indigenous Medicine

General circular No: 01 - 04 / 2016

All Provincial Directors of Health Services,
Regional Directors of Health Services,
Directors/Medical Superintendents/Medical Officers In-Charge in Hospitals,
Heads of Institutions,

Selection of Thripasha beneficiaries and distribution of Thripasha

Thripasha is a highly nutritious supplementary food, distributed free of charge to pregnant & lactating mothers and undernourished children, in order to improve their nutritional status. Maize, Soya, full cream milk powder, vitamin and mineral premix are the ingredients of Thripasha.

The main objective of the Thripasha programme is to fulfill the nutritional requirements of the target group with nutritional deficiencies, which are not provided by the routine main meals. To achieve this programme objective, your co-operation is highly appreciated. Accordingly, please follow the below mentioned instructions to educate your staff.

1. Selection of Thripasha beneficiaries

- All the pregnant mothers
- All lactating mothers (during the first six months)
- Undernourished children (from 6 months to five years)
 - Children whose weight for age lie below -2SD
 - Children with longstanding growth faltering (growth faltering in 3 consecutive months in the CHDR)
 - Children whose weights for height lie between -2SD and -3SD
- The above beneficiaries should receive Thripasha when they are hospitalized for long periods

*Thripasha should be continued for another 3 months after their weight come to the normal range.

Important:

- Children whose weight for length/height lies below -3SD should be referred to a paediatrician for therapeutic foods.
- Anyone other than the above categories is not considered as Thripasha beneficiaries.

The target groups who receive Thripasha as recommended do not need other supplementary food. As Thripasha is only a supplementary food, the beneficiaries should be encouraged to have a nutritious balanced diet (e.g. Main meals, complementary feeding with breast feeding).

2. Thripasha distribution

- A beneficiary is entitled to 1500g (750g x 2 packets) of Thripasha per month (50 g per day)
- The monthly stock receive to your institution should be properly stored and distributed to the beneficiaries as soon as possible.
- To avoid spoilage and damage to Thripasha by rats, weevils, termites and other insects, it is necessary to provide clean and secure storage facilities until it is distributed to the beneficiaries.
- Thripasha stocks should be issued methodically and old stocks should be issued first. New stocks should not be stored with spoiled or damaged bags. RDHS should be informed regarding the spoiled or damaged Thripasha bags and committee appointed by him should investigate and submit a report. Accordingly filled form General 47, should be sent to Sri Lanka Thripasha limited and obtain the permission from them to discard the stocks.
- The monthly Beneficiary and Inventory Report (MBI) should be completed and sent to the Sri Lanka Thriposh Limited before 10th of the following month, in order to receive your next allocation.

Ministry of Health, Nutrition & Indigenous Medicine spends Rs 2500 million annually for the Thripasha programme. Hence, it is your duty and responsibility to implement this programme effectively to reduce the maternal and child malnutrition in Sri Lanka.


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Dr. P.G Mahipala

Director General of Health Services

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