

FGD REPORT

Food frequency consumption

Reference period: October - December 2013

GROUP I: LANDLESS

Consumption of cereals:

Rice and ragi are the most staple food for the landless people. All the land less people consumed rice daily out of which 70% of HHs depends upon PDS and 30% from market and any other source. In case of ragi 85% HHs consumed it daily and 15% consumed twice or thrice in a week from which 73% comes from market and rest 27% comes from other source and neighbourer. Maize is a seasonal cereals and 85% consumed it twice or thrice in a week in the season. 83% of total consumption comes from market whereas 15% depends upon home gardens and only 2% comes from other sources.

Pulses:

Lentil is the major pulses followed by green gram and Bengal gram. For all the pulses they depend up on market. 80% of HHs consumed lentil, out of which 34% consumed twice or thrice in a week and 32% consumed once in a week. 73% of HHs consumes green gram, Out of which 23% consumes it twice or thrice a week and 37% consumes once in a week. Rest of the HHs consumes it once in 15 days. All are comes from market. 70% of HHs consumes Bengal gram, out of which 31% consumes once in a week, 18% once in 15 days, 14% once in a month and only 7% consumes twice or thrice in a week. Black gram (10% HHs) and horse gram (14% HHs) consumed occasionally.

GLV:

GLV like amaranths are consumed by 71% of HHs. Out of which 25% are consumes twice or thrice in a week, 28% consumes once in a week and 18% consumes once in a 15 days and the major source is market (85%). Only few HHs (3%) avails it from their home garden. Apart from these pumpkin leaves, radish leaves and cauliflower leaves are consumed by 88%, 84% and 75% of HHs respectively. Majority (near about 50%) of HHs consumes radish leaves and pumpkin leaves twice or thrice a week where as in case of cauliflower leaves it was consumed once in a week. More than 80% of cauliflower and radish leaves come from market where as 50 % of pumpkin leaves comes from home garden. Although 23% HHs consumed drumstick leaves but frequency of consumption is negligible i.e. either once in 15 days or once in a month but 92% of the total consumption comes from home garden.

Root & Tuber:

All the HHs consumes potato, onion and radish in the last quarter. Onion was consumed by all the HHs daily and it is only available from market. Potato was consumed twice or thrice a week by majority of HHs (63%) and its' only source is market. In case of radish majority of HHs (69%) consumed it twice or thrice in a week and 91% comes from market. Yam was consumed by 68% HHs out of which majority consumed it seasonally and availed from market. Apart from these tuber crops tapioca is consumed by 42% of HHs where majority were consumed once in a week and the source of availability is market.

Other vegetables:

All HHs consumed tomato and green chilli and source of availability is market. In case of tomato majority (69%) consumed it twice or thrice a week and only 18% consumed daily. Green chilli is consumed daily by 63% of HHs and twice or thrice a week by 37% of HHs. Vegetables like: Bottle gourd and beans are consumed by 70% and 90% HHs respectively but majority of HHs consumed it once in a week. For beans all HHs depends up on market where as in case of bottle gourd 61% available in market and 10% availed from home garden. Broad bean is consumed by majority of HHs twice or thrice a week and for this they depend up on the market. *Lobia* and Cow pea was consumed by majority of HHs once in a week and for *Lobia* the source of availability is 100% market and for cow pea 53% availed from market and 40% availed from their home garden. Although 93% HHs consumed papaya but the frequency of consumption is fifer from family to family. 28% consumed it once in a week, 29% once in 15 days and 25% consumed it once in a month out of which 70% depends up on market and only 13% availed it from home garden. Pumpkin was consumed by 88% HHs out of which 60% consumed it twice or thrice in week. For this 73% depends upon market and only 22% availed it from home garden. Vegetables likes' ivy gourd was consumed by majority (63%) of HHs, out of which 25% consumed once in a week and 18% consumed once in a 15 days. All are depends up on market for ivy gourd.

Fruits:

Banana is the common fruit consumed by 79% of HHs but occasionally and its source of availability is market. Guava is another common fruits which was consumed by 66% of HHs, out of which 45% consumed it seasonally and 21% occasionally. 68% availed it from forest whereas 32 % availed it from their home garden and any other source. Custard apple is a seasonal fruits consumed by only 29% of HHs from the market.

Wild food:

All the wild edible fruits are seasonal. They collect young bamboo shoot, wild mushroom and some wild edible tubers from the forest. Young bamboo shoot was consumed by 91% of HHs out of which 67% availed it from market and 33% collect it from forest. In case of mushroom 79% consumed it and majority (73%) collect it from forest. All the wild edible

tubers consumed by 50% HHs for which 50% collect it from forest and other 50% buy from the market.

Milk and milk products:

Milk was consumed by very few HHs (25%). Out of which only 7% consumed it daily and rests are once in a 15 days or occasionally. 29% of milk comes from Animal husbandry and rests are from market and any other source.

Fish:

Fish was consumed by 91% of HHs out of which majority (51%) consumed it seasonally which was collect from nearby river, paddy field etc. Very few HHs (9-13%) consumed it twice or thrice a week, once in a week and once in 15 days and collect from nearby river and paddy field. Dry fish was consumed by 96% of HHs out of which 29% consumed it trice or thrice a week, 57% once in a week and 7% once in 15 days for which they depends up on market.

Meat and poultry:

91% HHs consumed egg which was bought from market. Majority of HHs (50%) consumed it once in 15 days, 14% consumed once in a week and 26% once in a month. Chicken was consumed by 93% of HHs out of which 7% consumed it once in 15 days, 68% once in a month and 18% consumed occasionally. 87% of chicken comes from market where as only 13% comes from animal husbandry. Mutton was also consumed by 93% of HHs occasionally which comes from market.

Nuts:

Coconut is consumed by 91% of HHs occasionally which was availed from market. Peanut was consumed by all the HHs out of which 55% consumed it twice or thrice a week, 13% once in a week and 32 % consumed it occasionally. All are bought from market,

Condiments, spices and others:

Edible Oil, Sugar, Salt and turmeric powder was consumed by each HHs daily and for these they depend up on market. Jaggery was consumed by 57% HHs either seasonally or occasionally during festivals. Ginger and garlic was consumed by all the HHs and it was bought from market. Out of which near about 80% HHs consumed it twice or thrice a week.

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FGD REPORT

Food frequency consumption

Reference period: October - December 2013

GROUP II: SMALL & MARGINAL FARMERS

Consumption of cereals:

Rice and ragi are the most staple food for the small and marginal farmers which was consumed daily. For rice the source of availability is a mixture of own agriculture land, PDS and market. 43% of HHs depends on own agriculture land for ragi where as 57% depends on market and any other source. Maize is a seasonal cereal consumed by 98% HHs out of which only 16% consumed it twice or thrice a week in the season and rests are seasonally. 43% HHs got it from their own land and rest are bought from market.

Pulses:

Lentil is the major pulses followed by Bengal gram and green gram. All the pulses the source of availability is market. Majority (53%) of HHs consumed lentil dhal twice or thrice a week, 24% consumed once in a week. Although they consumed it regularly but it was not cultivated in their own land. 86% of HHs consumed Bengal gram out of which 27% consumed it daily, 35% once in a week and 24% once in 15 days. 84% of HHs consumed green gram out of which 29% consumed twice or thrice a week, 21% once in a week, 20% once in 15 days. 76% HHs consumed horse gram out of which 33% consumed once in week and 37% once in 15 days. Black gram was also consumed by 69% HHs which was either once in a week or occasionally.

GLV:

GLV like amaranths are consumed by 96% of HHs. Out of which 53% are consumes twice or thrice in a week, 35% consumes once in a week and 6% consumes once in 15 days and the major source is market (84%). Only few HHs (8%) avails it from their home garden. Apart from these radish leaves, pumpkin leaves and cauliflower leaves are consumed by 98%, 90% and 84% of HHs respectively. Radish leaves was consumed twice or thrice in a week by 63% HHs where as it was once in a week by 35% HHs. 14% HHs availed it from home garden and rest of are from market. Pumpkin leaves were consumed by majority of HHs once in a week followed by few HHs once in 15 days and were availed from home garden by 74% HHs. Cauliflowers leaves were consumed twice or thrice a week by 41% HHs where as it was once in a week by 32% HHs. Only 7% HHs availed it from home garden and 93% from market. Apart from these drumstick leaves was also consumed by 57% HHs out of which majority consumed it occasionally and very few HHs (16%) twice or thrice a week,

12% once in 15 days and 6% once in a week. 32% of HHs avail drumstick leaves from home garden and rest are availed either from neighbours and other source.

Root & Tuber:

All the HHs consumes potato and onion that are availed from market. Potato was consumed by 75% HHs twice or thrice a week and 18% consumed daily. Onion was consumed daily by 94% of HHs. Radish was consumed by 88% of HHs out of which it was consumed twice or thrice by 75% of HHs. 7% HHs availed from home garden and rest are from market. Apart from that yam was also consumed by 82% HHs where they availed it from market. It was consumed either once in a week or once in 15 days within the season.

Other vegetables:

All HHs consumed beans, tomato and green chilli and source of availability in case of beans and chilli is market. In case of tomato majority comes from market where as only 8% HHs availed it from home garden. Beans were consumed twice or thrice in a week by 53% HHs and rest are either once in a week or once in 15 days. Tomato was consumed daily by 14% HHs where as it was consumed twice or thrice a week by 67% of HHs. Green chilli was consumed daily by 33% HHs, twice or thrice a week by 55% of HHs and once in a week by 12% of HHs. Pumpkin was consumed by 92% of HHs out of which 31% consumed it twice or thrice a week, 33% consumed it once in a week, 20% once in 15 days and rest are once in a month. 34% HHs availed it from home garden, 55% from market and rest are from neighbours and relatives. Broad bean was consumed by 90% HHs out of which it was consumed twice or thrice a week by 41% of HHs and once in a week by 49% HHs. Majority of HHs availed broad bean from home garden. *Lobia* was consumed by 80% HHs out of which 29% HHs consumed twice or thrice a week, 18% consumed once in week, 25% consumed once in a 15 days and rest are once in a month. It was availed from market only. 78% HHs consumed ivy gourd out of which majority consumed once in a week and rest are once in a 15 days, and the source of availability is market. Although papaya was consumed by 73% of HHs, but majority were consumed once in a 15 days followed by once in a week. 22% HHs availed it from home garden and the rest are from market and other sources. Bottle gourd was consumed by 43% HHs out of which 22% consumed it once in 15 days and 16 % twice or thrice a week and rest 5% once in a month. Majority of HHs availed it from home garden where as others are availed it from market and other sources. Bitter gourd was consumed by 69% of HHs that are availed from market. Majority are consumed it once in 15 days followed by occasionally. Cow pea is another vegetable which was consumed by 43% of HHs where majority are availed from home garden. Majority consumed it once in a week followed by occasionally.

Fruits:

Banana was consumed by 47% of HHs out of which 25% consumed it once in a month and rest 22% consumed it occasionally. 17% HHs availed it from their Home garden and 67% HHs availed it from market and rest are availed it from neighbours. Custard apple was consumed by 51% of HHs seasonally out of which 8% get it from home garden and rest 92% HHs availed it from market. Guava was consumed by 49% of HHs seasonally. Only 8% HHs availed it from home garden, 24% availed from forest, 32% from market and 36% from neighbours and relatives. Grapes and apple was consumed by 33% and 25% HHs respectively occasionally and are come from market.

Wild food:

All the wild edible fruits are seasonal. They collect young bamboo shoot, wild mushroom and some wild edible tubers from the forest. Young bamboo shoot was consumed by 86% of HHs out of which 80% availed it from market and 20% collect it from forest. In case of mushroom 84% consumed it and majority (70%) collect it from forest. All the wild edible tubers consumed by 70% HHs for which 95% collects it from forest and rest 5% from market. Tapioca was consumed by 84% HHs and are collected from market by majority of HHs. Majority of HHs consumed it once in 15 days followed by once in a week.

Milk and milk products:

Milk was consumed by 41% of HHs; out of which only 14% consumed it daily followed by 12% consumed it once in a month. 33% HHs availed it from Animal Husbandry and rest 67% were bought from market.

Fish:

Fish was consumed by 94% of HHs out of which majority (92%) consumed it seasonally which was collect from nearby river, paddy field etc. Dry fish was consumed by 86% of HHs out of which 22% consumed it trice or thrice a week, 31% once in a week and 25% once in 15 days for which they depends up on market.

Meat and poultry:

94% HHs consumed egg which was bought from market. Majority of HHs (37%) consumed it once in a month, 33% consumed once in a week and 20% once in 15 days. Chicken was consumed by 94% of HHs out of which 14% consumed it once in 15 days, 55% once in a month and 21% consumed occasionally, 4% consumed once in a week. 79% of chicken comes from market where as only 21% comes from animal husbandry. Mutton was also consumed by 94% of HHs occasionally which comes from market.

Nuts:

Coconut is consumed by 96% of HHs occasionally which was availed from market. Peanut was consumed by 82% HHs out of which 59% consumed it twice or thrice a week, followed by 15 % once in a week that are availed from market.

Condiments, spices and others

Edible Oil, Sugar, Salt and turmeric powder was consumed by each HHs daily and for these they depend up on market. Jaggery was consumed by 69% HHs occasionally during festivals. Ginger and garlic was consumed by 84% HHs and it was bought from market. In case of ginger majority were consumed twice or thrice a week followed by once in 15 days. 47% HHs consumed garlic twice or thrice a week followed by 31 % consumed once in a week.

Dec 2013

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