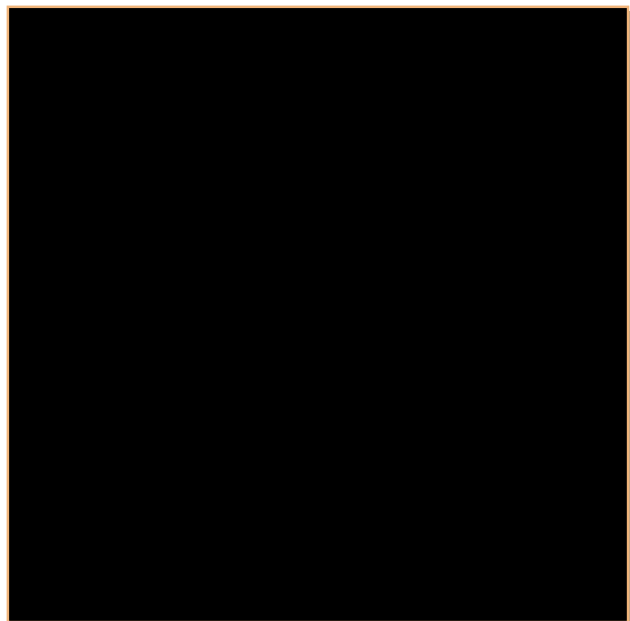
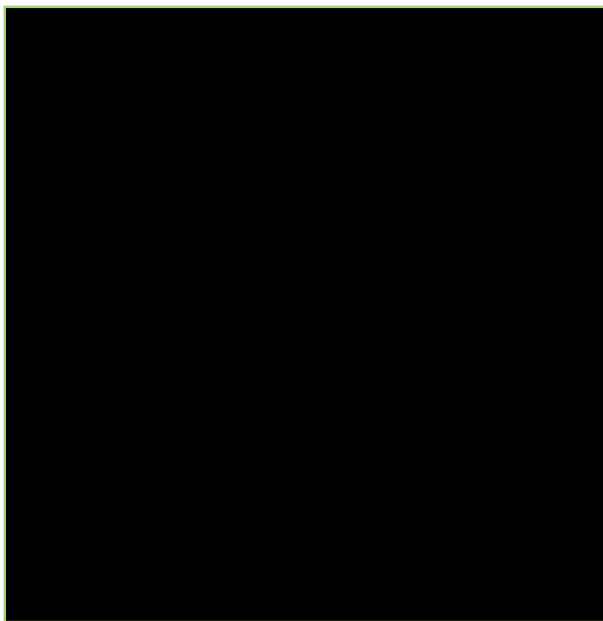
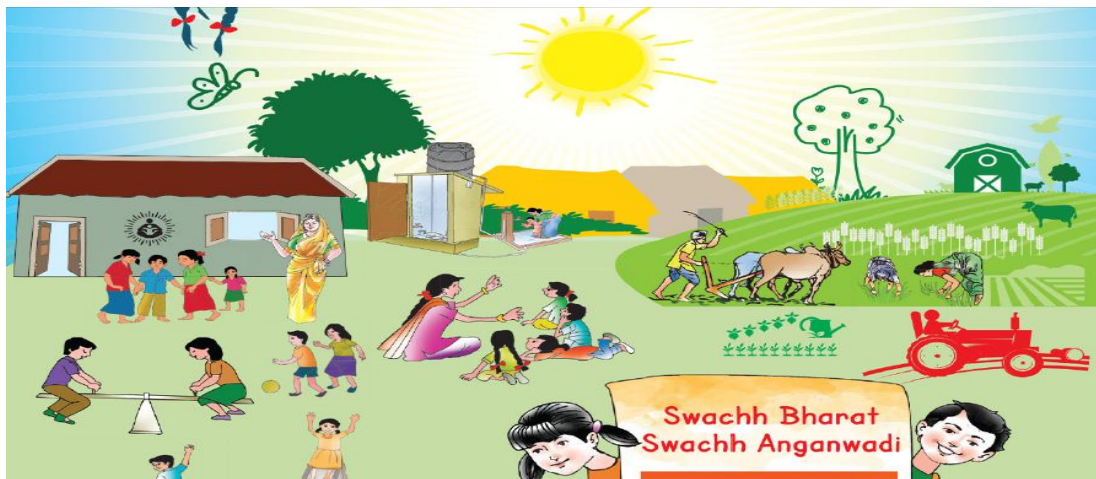


Introduction

- ❖ *Bal Swachhta Mission* was launched on 14th November, 2014 with an aim to support the *Swachh Bharat Abhiyan* (Clean India Campaign).
- ❖ In ICDS, sanitation in and around AWCs is an important component as this is a centre where children below six years, pregnant & lactating mothers are offered health & nutrition services. This group is also vulnerable to infections and thus in order to achieve the above objectives, following mechanisms need to be in place :





3. Clean Self

- Wash hair regularly. Comb hair everyday and inspect your hair for lice.
- Clean teeth every morning & before sleeping.
- Take bath everyday and wash & change clothes daily.
- Ensure that hands are washed with soap after defecation, before eating, after cleaning baby's faeces, before treating an open wound, after handling garbage & wastes etc. Keep our finger nails well trimmed.
- Hands should be washed systematically by rubbing all parts of the hands & wrists.
- Wear chappals/shoes to prevent the contact of bare feet with infected soil.
- Sinks & hand wash facility should be at appropriate level for children & must be cleaned regularly at the AWC.

4. Clean Food

- All utensils used for preparing & serving food should be washed with water using suitable detergent.
- Cereals like wheat and rice should be stored in airtight gunny bags or containers.
- THR should be stored in a clean place and should be kept away from moisture by covering with plastic sheets.
- A wooden plank should be used for stacking of food materials away from the walls.
- Older stocks should be used before the use of fresh stock.
- Chemical containers must not be used for storing food, oil & water.
- Foods should be served using spoons with long ladle.
- Ensure that ingredients used for cooking should be free from adulteration & pest infestation.
- No toxic chemicals/poison/disinfectants should be stored within kitchen area.

5. Clean Drinking Water

- Water used for washing food products should be such that it does not contaminate them.
- Water storage tanks/buckets should be cleaned periodically.
- Safe drinking water should be available and kept in containers. Containers with taps may be used.
- Hands should not be dipped while taking out water from containers.
- If water filters/purifiers are used, prescribed instructions for cleaning need to be adhered.
- Boiling is a safe and simple method of purifying /treating water for using before drinking and cooking.

6. Clean Toilets

- Toilet should be cleaned every morning and after the children leave and must be kept tidy at all times.
- Soap and water should be placed at convenient place near toilet.
- There should be regular water supply for the toilet.
- Check for leaky taps.
- Child friendly toilets are most preferred.
- The main considerations for child friendly toilets include the following:
 - Privacy for children, beautiful caricatures of pets and animals on the wall, separate toilets for boys & girls, cleaning & washing facility inside the toilet.