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**RADIO SPOT MESSAGES**

**Planting**

*Sarah*: Hey Mary, have you started planting the vitamin A rich sweetpotatoes? Musomesa was telling me we should begin planting now that the rains have started

*Mary*: Not yet, I needed to plant maize and beans first

*Sarah*: But if you plant those other crops will you have land left for the sweetpotatoes? **Remember this sweetpotato will help your vision at night, boost your immunity and your children will grow and develop well! More so if you expand your fields you will have more potatoes to eat and sell**

*Mary*: But I do not even have vines !

*Sarah*: Ask your group members, some have conserved vines in swamps.

**Remember to “plant 3 cuttings around the sides of each mound for bigger tubers, and to plant in a new field away from the old one to control pests and diseases”.**

*(Message run in Kamuli by Victoria FM and Mukono by CBS after BUCADEF agriculture program)*

**RADIO MESSAGES**

**Feeding**

**Liz:** Mary your children are looking good what are you feeding them on?

**Mary:** I give them the orange-fleshed sweetpotato and some ground nuts or beans with greens

**Liz:** Even the baby eats that?

**Mary:** Yes she is 10 months and I mash her food, you need to give them a meal with foods from all the food groups, that makes them grow and develop well.

**“GIVE YOUR CHILDREN A MEAL WITH FOODS FROM EVERY FOOD GROUP, USE THE ORANGE FLESHED SWEET POTATO WHENEVER YOU CAN”**