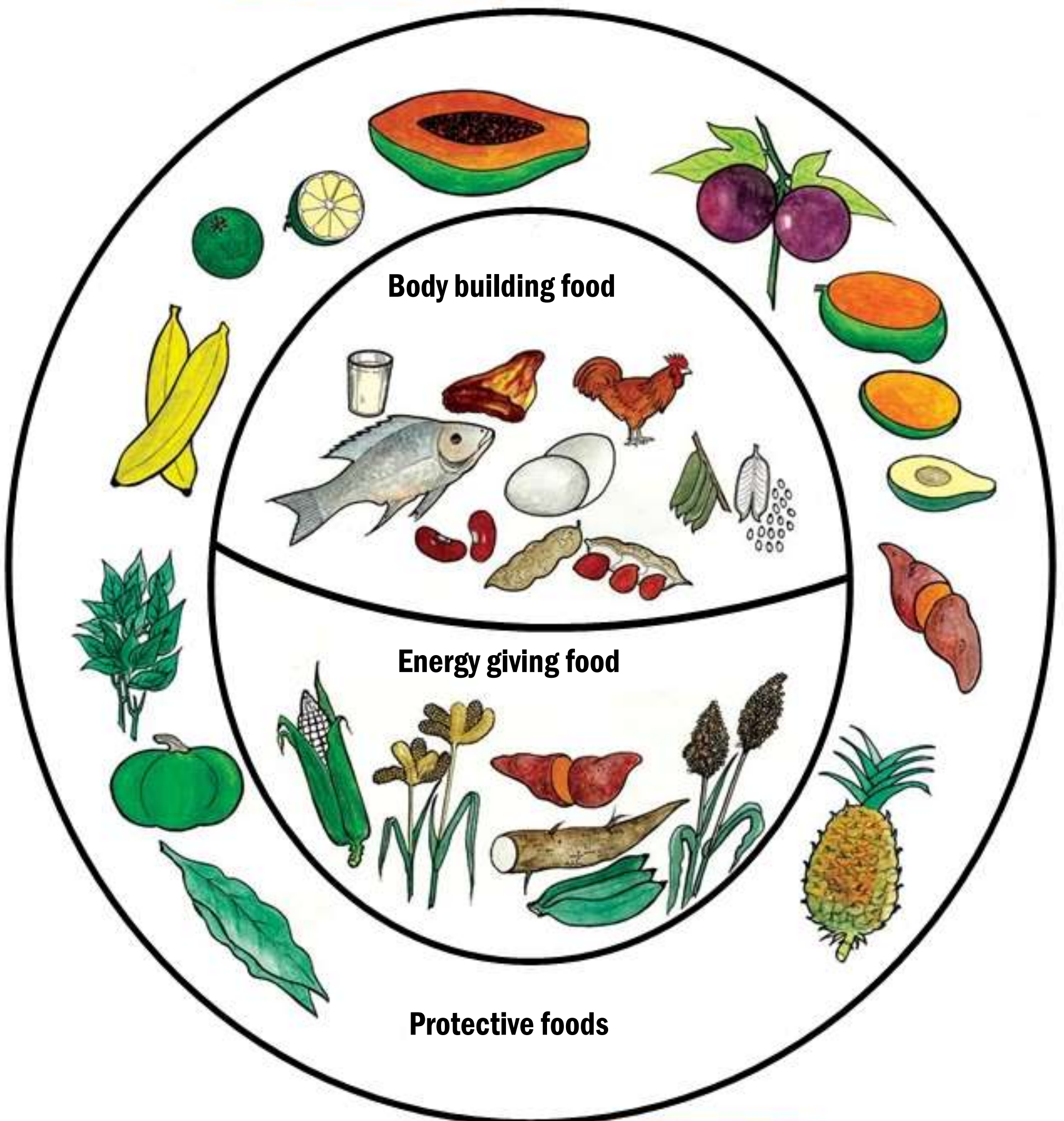


A good mixed meal



“A meal should have food from every group”

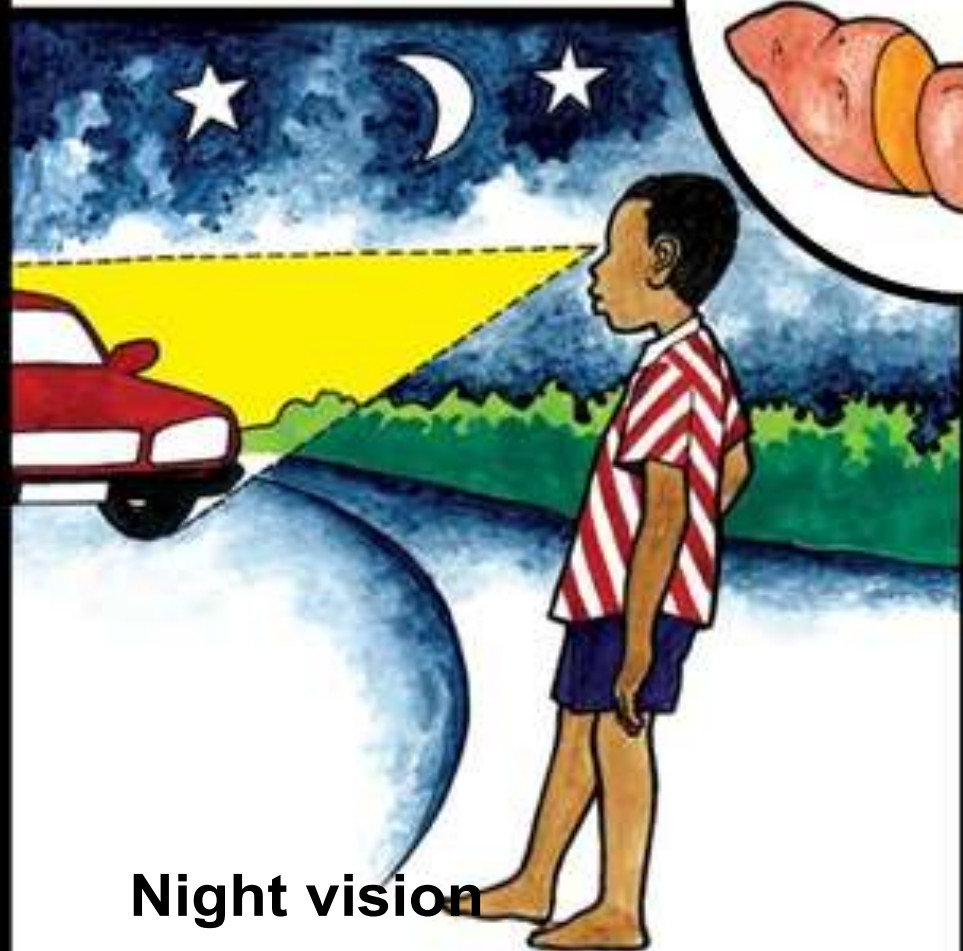
The role of Vitamin A



Keeps you healthy



Boosts immunity



Night vision



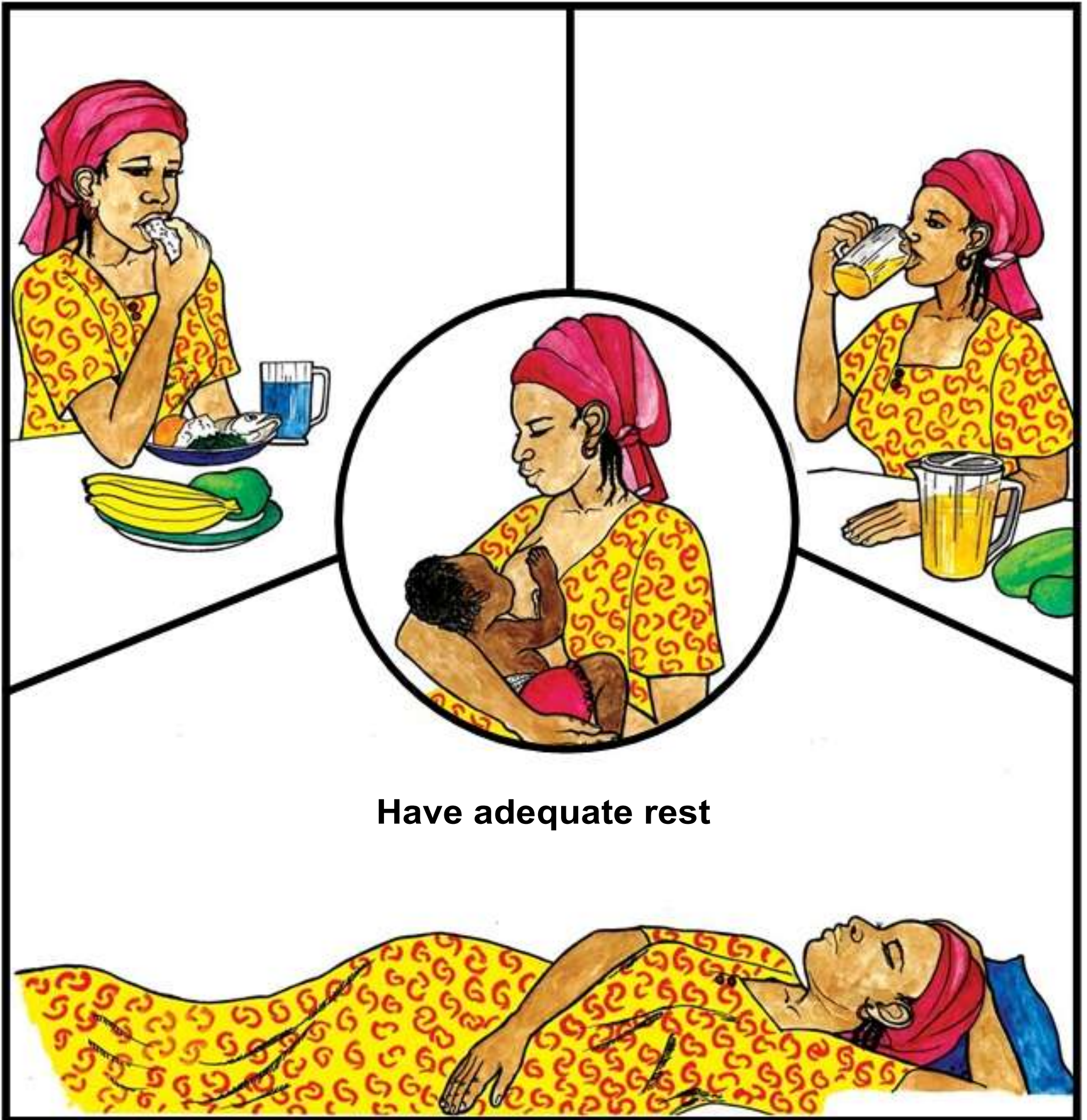
Growth and development

“Eat the vitamin A rich foods like the orange sweet potato”

Maternal Nutrition and Breastfeeding

Balance your meal

Take plenty of drinks



Have adequate rest

“Eat a balanced meal with plenty of drinks and have adequate rest so that you can breastfeed”

Infant and young child feeding

0 - 6 months



Breastfeeding only

6 - 12 months



Give porridges and mashed foods

12 - 24 months



Give finely chopped family foods and continue breastfeeding

“Give your children the right kind of food so that they can grow and develop properly”

Nutrition care for the sick child

Continue breastfeeding

Give plenty of drinks



Give soft mashed foods

“Continue feeding a sick child with breastmilk, fluids and soft foods to quicken recovery from illness”

Hygiene and sanitation

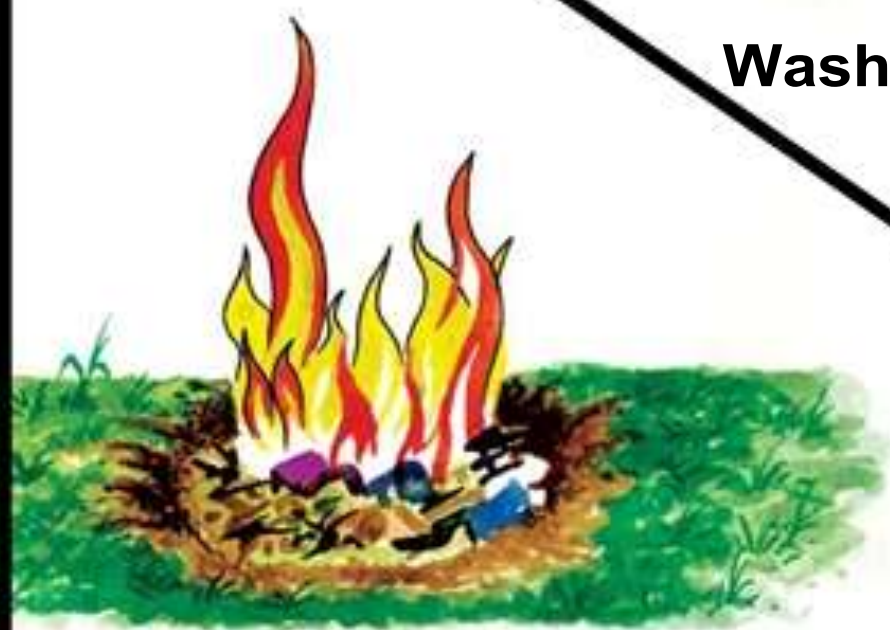
Boil drinking water



Store in a clean covered container



Wash hands



Use a compost pit & burn rubbish



Use a pit latrine & wash hands after using it

“Practice good hygiene practices to keep away diseases”