



📍 NICARAGUA



FOOD PRODUCT GUIDE

SPECIFICATIONS AND USAGE RECOMMENDATIONS



ABOUT FEED MY STARVING CHILDREN

FEEDING KIDS. FEEDING SPIRITS. EMPOWERING COMMUNITIES.

Feed My Starving Children (FMSC) believes hope starts with food. As a Christian nonprofit, FMSC is dedicated to seeing every child whole in body and spirit. FMSC meals — many of them hand-packed by volunteers — are sent to an incredible network of partner organizations that stay with communities for the long haul, empowering them to move from relief to development.



FORWARD FROM NUTRITIONIST

Cade Fields-Gardner

MS, RDN, LDN, CD

MannaPack® products can provide a solid supplemental base to support a well-rounded and nutritious diet for beneficiaries both young and old. The products were designed for nutritional value and acceptability. The products contain a specifically designed balance of calories with high-quality protein and important vitamins and minerals. Each ingredient is important to the balance and nutritional value of the meal. All of the ingredients in the packages should be used to provide balanced and nutritious meals.

MannaPack products can be used as part of a balanced diet in a variety of ways. Each product is vegetarian, which allows cooks the opportunity to be creative to match cultural or food preferences. Adding vegetables and protein foods provides an even bigger nutritional boost.

FMSC's Nutrition Consultant

The benefit statements in this guide come from Cade Fields-Gardner, MS, RDN, LDN, CD, a world-renowned registered dietitian and authority in international public health. Fields-Gardner consults on nutrition-related issues through research, education, training and patient care. She has been a leading author, speaker and consultant on clinical trials and public policy issues related to HIV/AIDS. Feed My Starving Children collaborated with Fields-Gardner to develop MannaPack® Potato-D and MannaPack® Potato-W and review the original MannaPack® Rice formula. Fields-Gardner also worked with FMSC on the reformulation of MannaPack® Rice.

"It has been extremely gratifying to work with Feed My Starving Children because they have been very progressive — ahead of the wave — in developing products for specific populations, needs and objectives. Their formulas to assist in managing diarrhea and to use after the exclusive breastfeeding period answer needs that were mostly unmet before their products were introduced. FMSC has developed exactly what was needed and recommended: food products to achieve very specific nutritional and health results."

— Cade Fields-Gardner, MS, RDN, LDN, CD



PIONEERING NUTRITION IN FOOD ASSISTANCE

Feed My Starving Children believes nutrition is the foundation for all other progress. Our MannaPack® meal formulas are scientifically developed to supplement nutritional needs and reduce problems with malnutrition. MannaPack products are a supplemental food packed with micronutrients that can be enhanced for both variety and nutritional value through use in recipes that are tailored to cultural preferences and regional resources. Each ingredient is important to the balance and nutritional value of the meal. During preparation, all ingredients in the packages should be used.

MannaPack® Rice

Product Overview

MannaPack® Rice is a supplemental food packed with micronutrients that can be enhanced for both variety and nutritional value through its use in recipes that are tailored to cultural preferences and regional resources. It contains textured soy, a high-quality source of protein. Protein is one of the key factors for growth and physical development, including brain development. MannaPack Rice is also a source of micronutrients. It contains a well-balanced premix of important vitamins and minerals that can be deficient in diets where there is food insecurity or a lack of resources.

Components

White rice

Textured soy protein

Dehydrated vegetables

Vegetarian flavoring with a vitamin and mineral blend

Preparation Instructions (entire bag)

1. Add contents of package to 1.4 L (about 6 cups) of boiling water. Stir.
2. Cover and cook over low heat for 20 minutes.
3. Protein foods, oil, additional vegetables and spices may be added during preparation to enhance nutrition and tailor to local tastes.

How Should It Be Used?

MannaPack Rice is designed as a supplemental fortified food to improve dietary intake of calories, protein, vitamins and minerals. It is designed to complement other foods, such as vegetables, fruits, grains and protein foods, as a part of an adequate and well-balanced diet.

Benefits of MannaPack Rice

- It can be used across populations for the purpose of supporting nutrition.
- MannaPack Rice is a source of micronutrients.
- Rice is very commonly known and used in all regions of the world.



Nutrition Facts

6 servings per bag

Serving Size 1 cup, prepared (63.27g)

Amount Per Serving

Calories 212

% Daily Value**

Total Fat 1.6g	2%
Saturated Fat	0%
Trans Fat	0g
Cholesterol 0mg	0%
Sodium 710mg	31%
Total Carbohydrate 42g	14%
Dietary Fiber 2.7g	11%
Total Sugars 2.2g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 2.5mcg 25%	Folate 35%
Calcium 352mg 25%	Vitamin B12 25%
Iron 4.5mg 25%	Biotin 20%
Potassium 356mg 8%	Pantothenic Acid 10%
Vitamin A 26%	Phosphorus 12%
Vitamin C 17%	Iodine 30%
Vitamin E 17%	Magnesium 21%
Thiamin 28%	Zinc 31%
Riboflavin 25%	Copper 25%
Niacin 30%	Manganese 21%
Vitamin B6 23%	

**Percent Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

MannaPack® Potato-D

Product Overview

MannaPack® Potato-D was developed to specifically address symptom management for diarrhea. It includes the types of foods and replacement micronutrients that are typically recommended for dietary management of diarrhea symptoms. It can be used as an introductory food to complement oral rehydration strategies. This product should be used as directed and only for the duration of diarrhea symptoms. It is not a cure for infection or other causes of diarrhea, which may require other medical treatment. Instead, the food should only be used to assist in managing and reducing the detrimental impact of diarrhea.

Components

Dehydrated potato granules
Soy flour
Sweet potato flavoring with a vitamin and mineral blend

Preparation Instructions (entire bag)

1. Add contents of package to 1.25 L (about 5 ¼ cups) of boiled or potable water or other potable liquid. Stir.
2. Allow to cool, as needed.
3. Add more or less water to vary consistency.

Preparation Instructions (single serving)

1. Shake the sealed bag to make sure it is well-mixed.
2. Measure 3 tablespoons of dry mix into bowl.
3. Add 90 mL (about 1/3 cup) boiled or potable water and stir well to blend.

How Should It Be Used?

MannaPack Potato-D is a food designed to assist in symptom management and rehabilitation from diarrhea. It is designed to be utilized on a short-term basis as a first food to complement oral rehydration and other therapies, and to reestablish a food-based diet.

Benefits of MannaPack Potato-D

- There is no other pre-mixed food product designed specifically to manage diarrhea in the most vulnerable populations.
- MannaPack Potato-D can be very helpful in cholera outbreaks, especially in confined areas like refugee camps.
- Putting something into the digestive system that will help stabilize diarrhea buys time so the person can survive long enough to be effectively treated.



Nutrition Facts

6 servings per bag

Serving Size: 1/6 cup (22g)

Amount Per Serving

Calories 80

% Daily Value**

Total Fat 0.8g 1%

Saturated Fat 0.1g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 16g 5%

Dietary Fiber 2g 7%

Sugar <1

Includes 0g Added Sugar 0%

Protein 3g 6%

Vitamin D 2.5mcg 12% Niacin 11%

Calcium 65mg 5% Vitamin B6 14%

Iron 1.4mg 8% Thiamin 17%

Potassium 197mg 4% Folate 8%

Vitamin A 16% Vitamin B12 21%

Vitamin C 7% Iodine 28%

Vitamin E 11% Zinc 6%

Riboflavin 15%

Nutrition information does not include rice to be added separately.

**Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

MannaPack® Potato-W

Product Overview

MannaPack® Potato-W was specifically designed to meet the nutrient needs of children 7–12 months old — a support resource not typically available and accessible in developing areas of the world. It has a hypoallergenic base for a weaning product, designed for use after the recommended exclusive breastfeeding period, when children really need additional food products. It can also be used to complement breastfeeding. It's very important to have food that meets all the recommendations for children of this age. MannaPack Potato-W can fill in the gap for populations who may not have access to the quality or quantity of food necessary for a full and well-rounded nutritional intake so children can grow and develop.

Components

Dehydrated potato granules

Soy flour

Sweet potato flavoring with a vitamin and mineral blend

Preparation Instructions (entire bag)

1. Combine contents of package with 1.25 L (about 5 ¼ cups) boiled or potable water or other potable liquid. Stir.
2. Allow to cool, as needed.
3. Add more or less water to vary consistency.

Preparation Instructions (single serving)

4. Shake the sealed bag to make sure it is well-mixed.
5. Measure 4 tablespoons of dry mix into bowl.
6. Add 100 mL (about 1/2 cup) boiled or potable water and stir well to blend.

How Should It Be Used?

MannaPack Potato-W may be used to complement breastfeeding after the exclusive breastfeeding period in infants 7–12 months of age and as a weaning food designed to meet World Health Organization (WHO) recommended nutrient requirements for children 7–12 months. This product should not be used as a substitute for breastmilk. Consult WHO guidelines for appropriate use of complementary weaning foods, such as MannaPack Potato-W.

Benefits of MannaPack Potato-W

- High fat content to increase calories and meet WHO guidelines.
- Vitamins and minerals tailored to meet WHO nutrient content guidelines for the age group of 7–12 month olds.
- Low risk of overconsumption.



Nutrition Facts

6 servings per bag

Serving Size 1/6 cup (28g)

Amount Per Serving

Calories 130

% Daily Value**

Total Fat 5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 21mg 1%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 8%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 1mg 5% Folate 7%

Calcium 68mg 5% Vitamin B12 4%

Iron 1.5mg 5% Biotin 4%

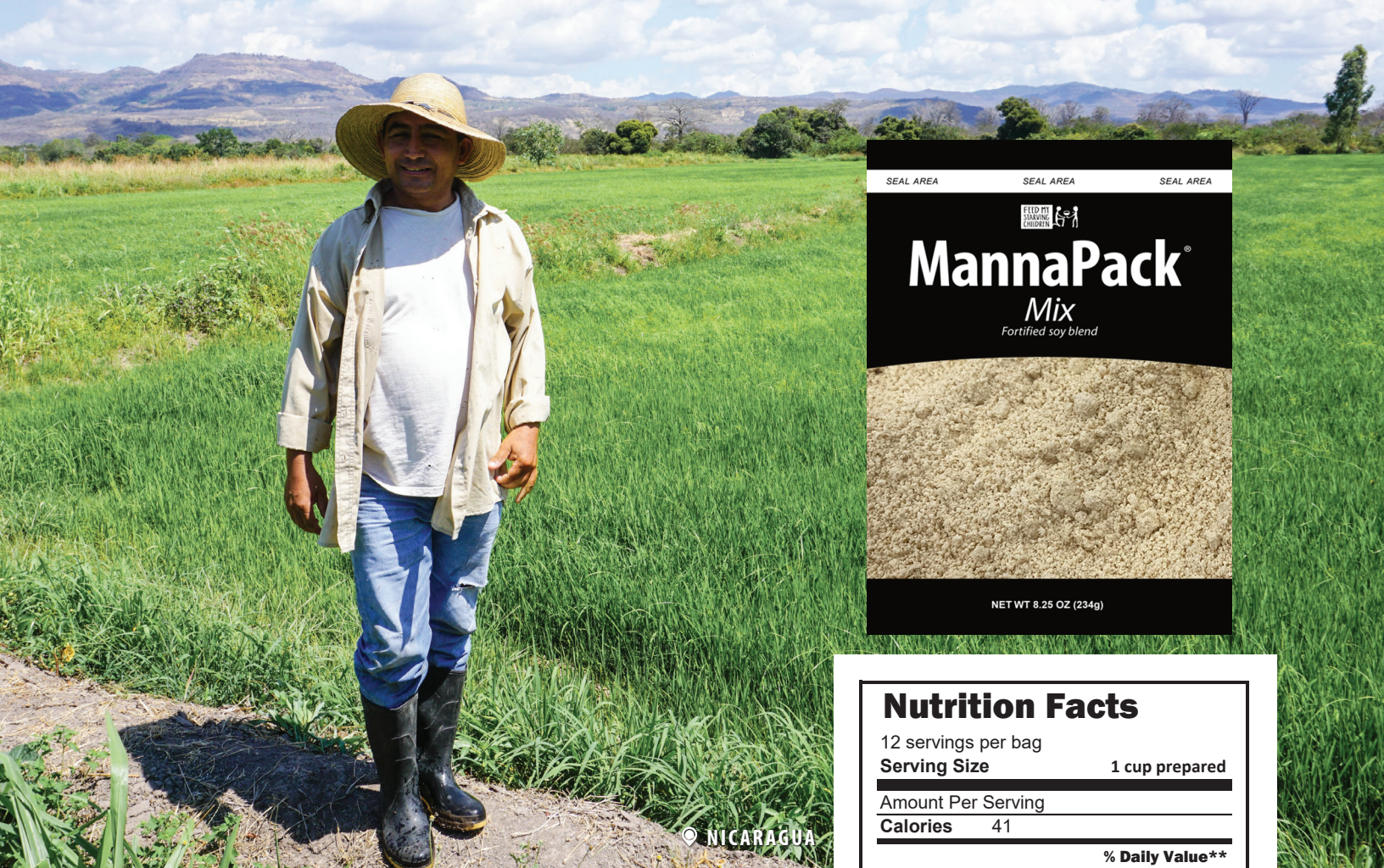
Potassium 211mg 4% Iodine 32%

Vitamin A 14% Zinc 9%

Vitamin C 7%

Vitamin E 7%

**Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



MannaPack® Mix

Program Overview

MannaPack® Mix aims to reduce hunger in communities through local procurement and volunteer packing of the rice component in Feed My Starving Children's MannaPack Mix product. MannaPack Mix is one of FMSC's sustainable development initiatives.

Program Summary

The premise of MannaPack Mix is simple: At FMSC, volunteers in the United States pack three components of our food — vitamins, vegetables and soy — that are not readily available in the countries we serve. Our distribution partners then pack regionally grown and procured grain. This program not only stimulates the local economy and supports local farmers, but it is a step towards dignity and self-reliance for those it touches.

Product Overview

The MannaPack Mix product is considered a supplemental food that can be enhanced for both variety and nutritional value through its use in recipes that are tailored to cultural preferences and regional resources. Adding vegetables and protein foods gives these meals and the children or adults who consume them an even bigger nutritional boost.

Nutrition Facts	
12 servings per bag	
Serving Size	1 cup prepared
Amount Per Serving	
Calories	41
% Daily Value**	
Total Fat 1.2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 707mg	31%
Total Carbohydrate 5g	9%
Dietary Fiber 2.1g	9%
Sugars 2.2g	
Includes 0g Added Sugar	0%
Protein 6.6g	13%
Vitamin D 2.5mg	25%
Calcium 339mg	26%
Iron 4.1mg	23%
Potassium 302mg	6%
Nutrition information does not include rice to be added separately.	
**Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

**Product components, preparation, nutrition facts and usage instructions are consistent with MannaPack Rice and can be found on page 5.*

GRACE'S TRANSFORMATION

TESTIMONIAL: FMSC FOOD PARTNER INTERNATIONAL CARE MINISTRIES

📍 THE PHILIPPINES

Grace is 3 years old and lives with her parents and two siblings in the Philippines. While her father works as a seasonal construction worker, he earns only about \$6 a day. It's hardly enough to support their family of five.

Due to their lack of resources, Grace didn't have the nutrition she needed to grow and thrive. She weighed less than 18 pounds — about 5 pounds short of her ideal goal weight. She was sickly and weak.

But then Grace's parents enrolled her in a 13-week nutrition program run by FMSC food distribution partner International Care Ministries (ICM). In the program, Grace received MannaPack® meals.

After the 13-week program, Grace had gained nearly 7 pounds! On top of that, she is now energetic and healthy. Her mom expressed her joy when Grace started to thrive, finally gaining an appetite and the energy a 3-year-old girl should have.

About International Care Ministries (ICM)

Since 1992, International Care Ministries has worked to combine the best practices of the business and academic worlds with the passion and heart of a Christian nonprofit. ICM's vision is to provide help, hope and change, and to see ultra-poor families released from physical, emotional and spiritual bondage.





For more information on Feed My Starving Children meal formulas,
Please contact international@fmsc.org

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