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# Nutrition Education



**MannaPack<sup>®</sup> Mix**

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# Keeping Meals Balanced

## CONCEPTS:

It is important to balance meals by eating different types of foods. Some foods provide energy and include grains, such as rice, maize, wheat, cassava, and others. Some foods provide protein to help children to grow and for children and adults to stay strong, such as eggs, meats, dairy, poultry, fish, soy, and beans. Some foods provide nutrients to help the body be healthy and works its best, such as fruits and vegetables. Foods from each of these categories should be included in a balanced meal.

## TRAINER GUIDE:

### **What do you see in these pictures?**

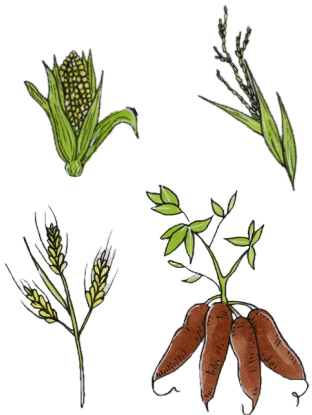
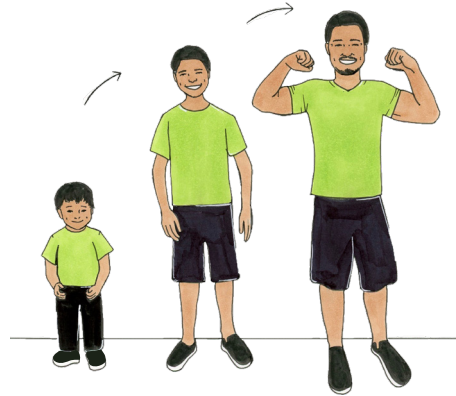
*Answers may be: categories of foods that we should eat to get the nutrition we need.*

### **What do you think you need from each of these food categories to have a balanced and healthy meal?**

*Answers may be: we need foods for energy, to grow and stay strong, and to be healthy.*



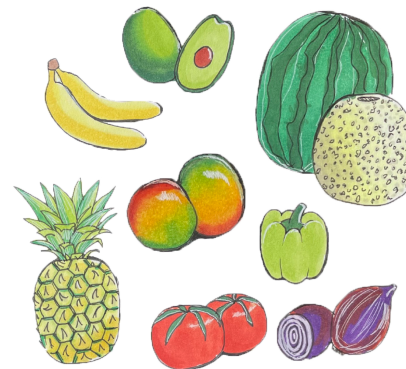
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# MannaPack® Mix

## CONCEPTS:

MannaPack® Mix can be added to other foods to provide additional protein, vitamins, and minerals. When mixed with local grains, the meal provides more protein, vitamins, and minerals to support good health and growth in children.

## TRAINER GUIDE:

### **What do you see in these pictures?**

*Answers may be:*

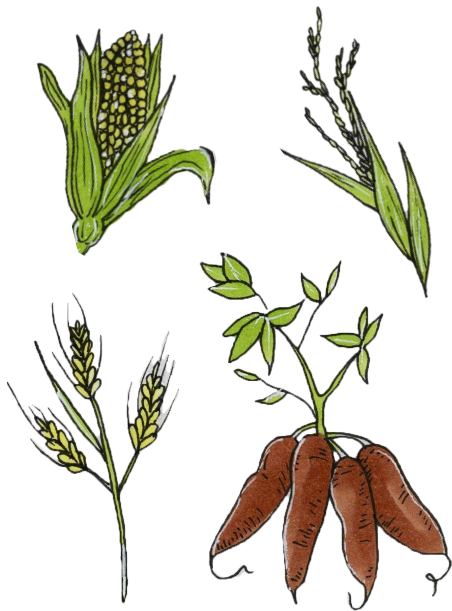
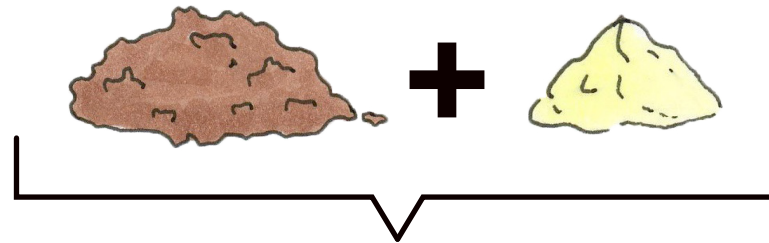
- *We can add MannaPack® Mix to grains we can get locally to provide meals.*
- *MannaPack® Mix has soy protein and a mix of vitamins and minerals.*

## ADDITIONAL DISCUSSION:

*How does MannaPack® Mix help you to get a balanced diet?*



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# MannaPack® Mix Adds Protein, Vitamins, and Minerals to Meals

## CONCEPTS:

MannaPack® Mix provides additional protein, vitamins, and minerals that can be added to local-available grains to enhance the nutrition of a meal.

## TRAINER GUIDE:

### **What do you see in these pictures?**

*Answers may be: if we add MannaPack® Mix to our grains and other foods, it will give us more nutrition.*

### **What does MannaPack® Mix have that can help you get a balanced meal?**

*Answers may be: it has protein from soy food and vitamins and minerals.*

### **How can we make MannaPack® Mix even better and taste like our food?**

*Answers may be: we can add some of our favorite foods to make it like our other foods and to make the nutrition even better.*

## ADDITIONAL DISCUSSION:

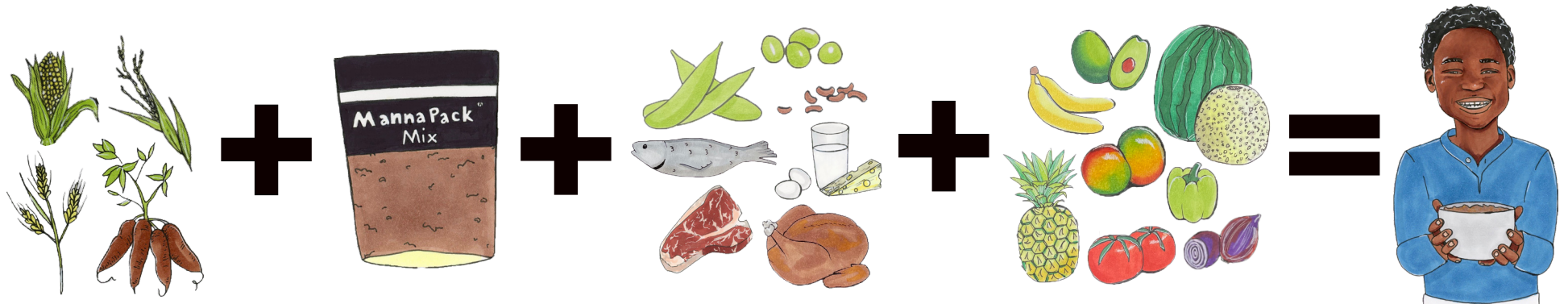
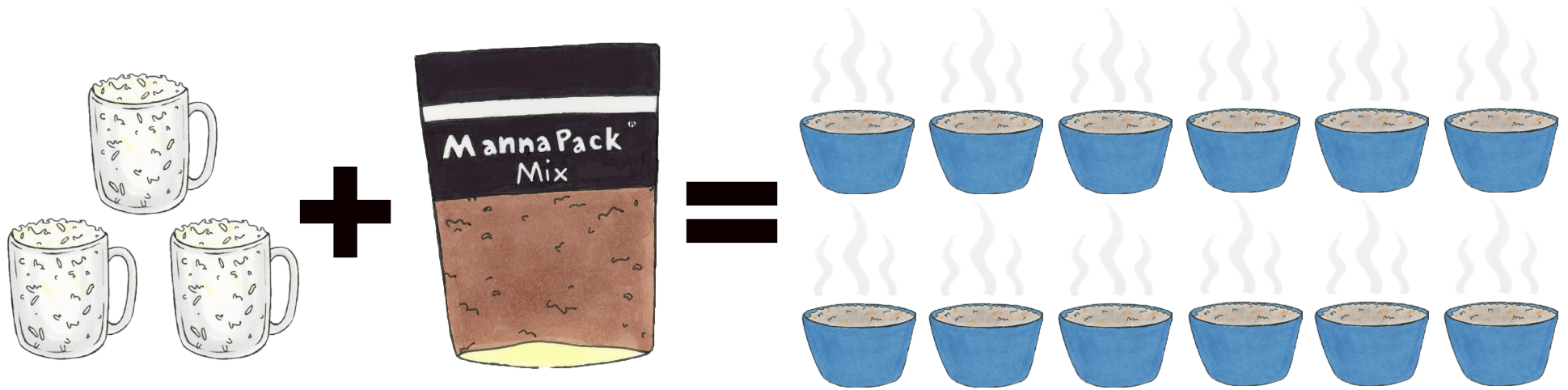
*How does MannaPack® Mix help you to get a balanced diet?*

*How can you make something like MannaPack® Mix with foods you have at home or foods that you can get?*





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# Storing MannaPack® Mix Boxes and Packages



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## CONCEPTS:

MannaPack® Mix should be stored above the floor, away from walls, in a ventilated room. MannaPack® Mix should be protected from insects and rodents and not stored near toxic chemicals. MannaPack® Mix should be stored in a locked cupboard or room.

## TRAINER GUIDE:

### **What do you see in the pictures in the first row?**

*Answers may be: people are putting the package and box on a table above the floor that can be kept in a room. The box should not be put on the floor.*

### **What do you think the calendar means?**

*Answers may be: the product should be stored and used before 1-2 years.*

### **Why do you think you should place the product on a surface above the floor?**

*Answers may be:*

- *To keep it safe from infestations (bugs and rodents) and from damage by water or other things that could be on a floor.*
- *If the product is infested, it should be thrown away.*

### **In your institution, do you store the food in a secure place? Should it be locked up?**

*Answers may be: for our institution it may need to be locked up to prevent theft. When food is sent to the household, it doesn't need to be locked up.*

### **How do you think product that is opened should be stored?**

*Answers may be: in a sealed water-proof bag or with the top of the bag tightly closed; folded bag top with a rock or other weight on top to keep it closed.*

### **What should you do if the product turns yellow or darker in color or if the powder clumps?**

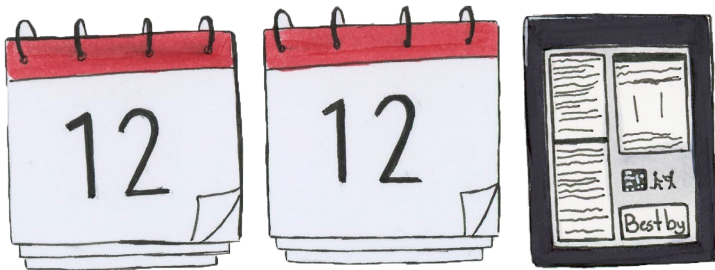
*Answers may be: the change in color happens when the product is stored for a long time or stored in high heat. It does not make the product unsafe and it can still be used to make meals.*

### **What should you do if the product has mold or if there are insects or spiders in the mix?**

*Answers may be: if there is mold or there are insects or spiders, it means that the product may be contaminated and should not be used.*



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# Safely Preparing Grains with MannaPack® Mix

## CONCEPTS:

All food should be prepared safely and hygienically. Preparation includes cooking grains and MannaPack® Mix for 20 minutes.

## TRAINER GUIDE:

### **What do you see in the top row of pictures?**

*Answers may be:*

- cleaning surface, pots, spoons, and bowls
- handwashing

### **What needs to be clean to prepare MannaPack® Mix?**

*Answers may be: all surfaces, pots, utensils, and hands.*

### **Why is it important to have clean areas, pots and utensils, and hands before preparing food?**

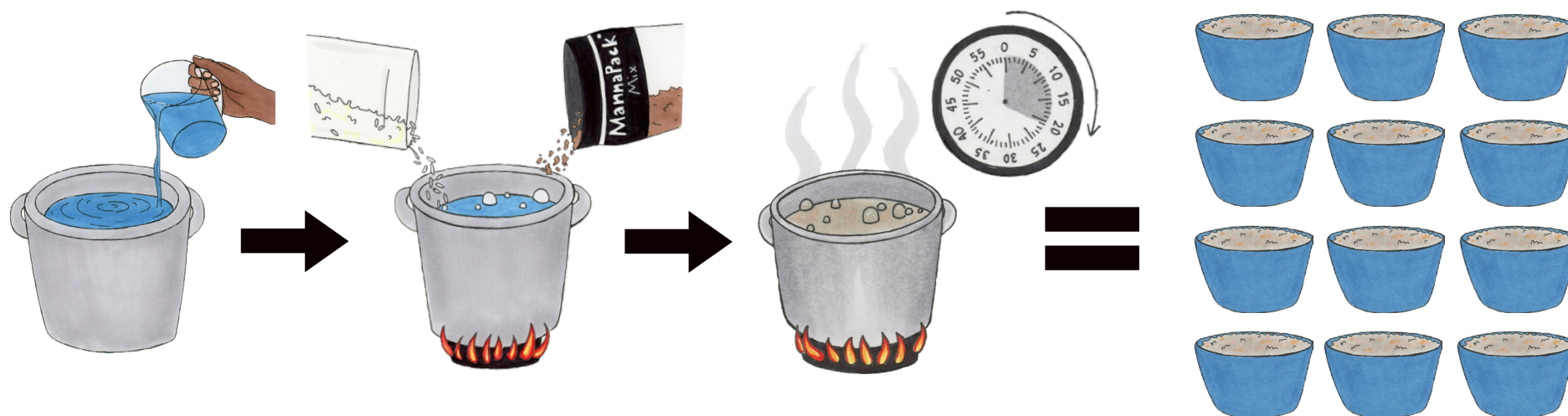
*Answers may be: to make sure that food is safe and doesn't make us sick.*

### **What do you see in the pictures in the second row?**

*Answers may be: how to prepare the meal with water, grain and MannaPack® Mix while cooking for 20 minutes.*



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# MannaPack® Mix

# Keeping and Adding Nutrition to Meals Made with MannaPack® Mix

## CONCEPTS:

Grains should be cooked according to normal plans. For instance, rice should be cooked for 20 minutes. MannaPack® Mix, meats, fish, poultry, cooked beans, or other proteins should be added to cook with the grains. Add nutritious local foods, especially fruits and vegetables, to MannaPack® Mix during the last five minutes of cooking to preserve nutrients.

## TRAINER GUIDE:

### **What do you see in the first row of pictures?**

*Answers may be:*

- *Preparing the food by adding grains, MannaPack® Mix and protein foods to water and cooking.*
- *Cooking between 20 minutes and one hour. The cooking time depends on the protein(s) added.*

### **What do you see in the second row of pictures?**

*Answers may be: adding fresh chopped vegetables cooking for 5 minutes and serving with fruit for a balanced meal.*

### **Why do you think the vegetables are added at the end of cooking the food?**

*Answers may be: for freshness, to keep the nutrition of the vegetables and for better flavor.*

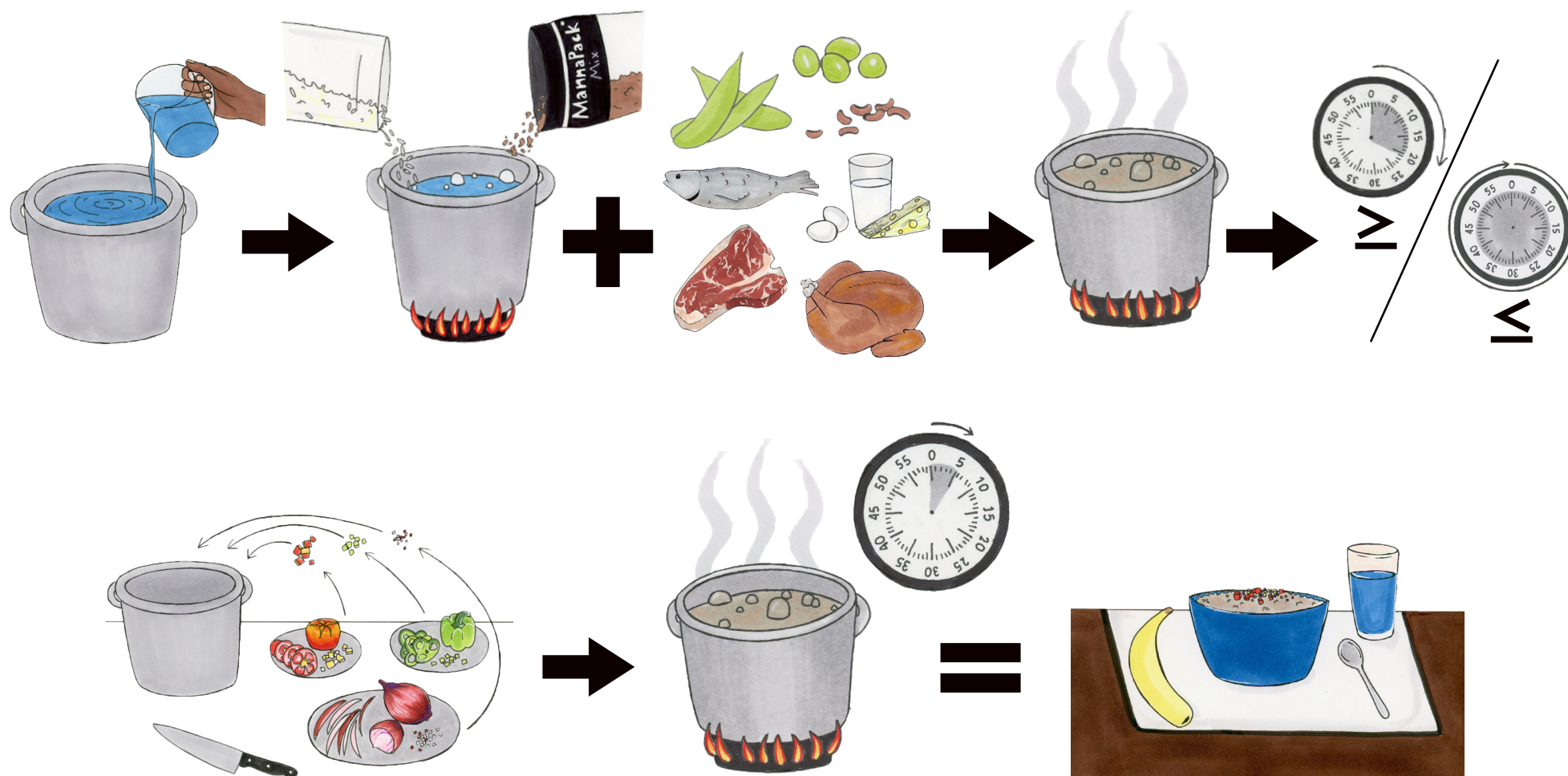
### **What kinds of food do you have at home that you could add to the food?**

*Answers may be: vegetables, meat, poultry, fish, eggs, milk, fruit, spices, or others.*





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# MannaPack® Mix

# Storage of Prepared Meals with MannaPack® Mix



## CONCEPTS:

Store prepared food in a covered container in a dry place off of the ground for no more than four hours after cooking. Reheat the product to boiling to serve leftovers.

## TRAINER GUIDE:

### **What do you see in these pictures?**

*Answers may be: food leftover stored in the covered pot above the ground.*

### **How long do you think you should keep food leftover from the time it was cooked?**

*Answers may be:*

- *After cooking, food can be kept safely for up to four hours.*
- *If there is refrigeration, the food can be kept up to two days at temperatures below 4 degrees centigrade and reheated to boil for at least two minutes.*

### **What should you do before eating any food leftover?**

*Answers may be: cook to boil again for at least two minutes to make sure it is safe.*

### **What should you do if the food has been kept too long?**

*Answers may be: to keep us safe, we will need to throw it away.*

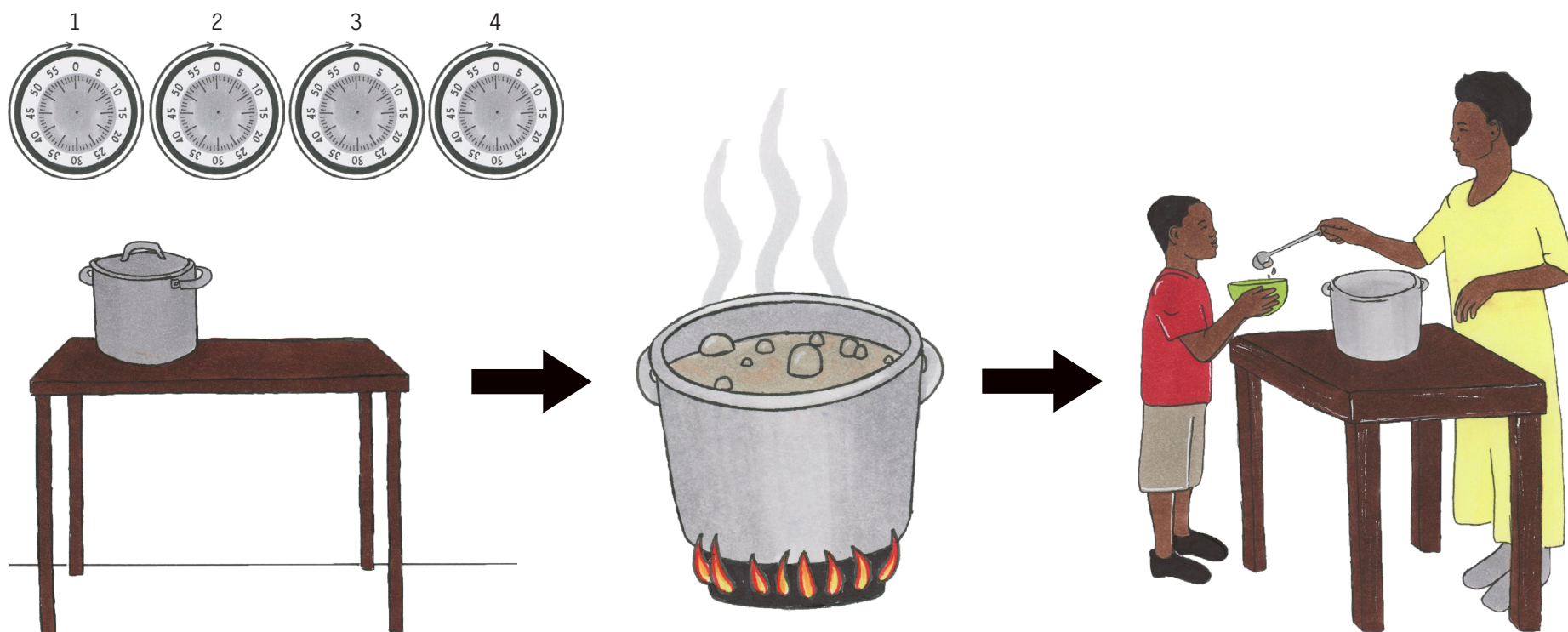
### **How can you keep from throwing away food that you have prepared?**

*Answers may be: we can prepare enough to eat at one time so that we don't have food leftover.*





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# MannaPack® Mix