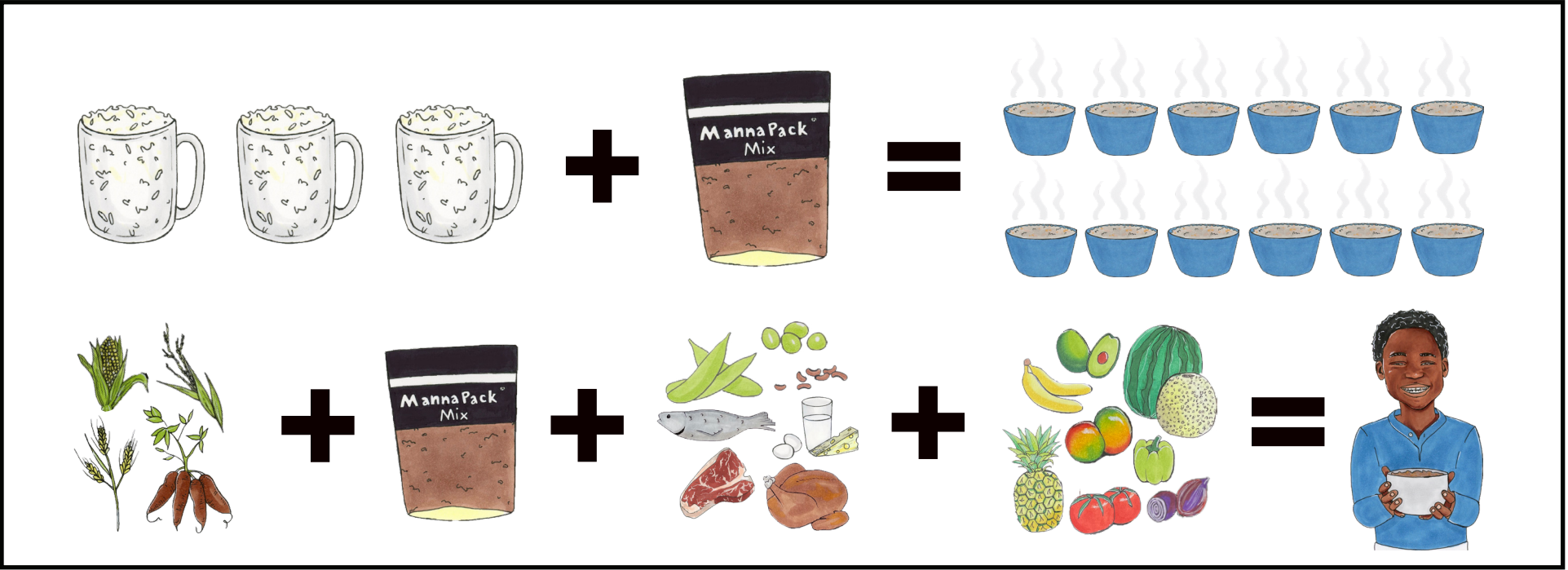
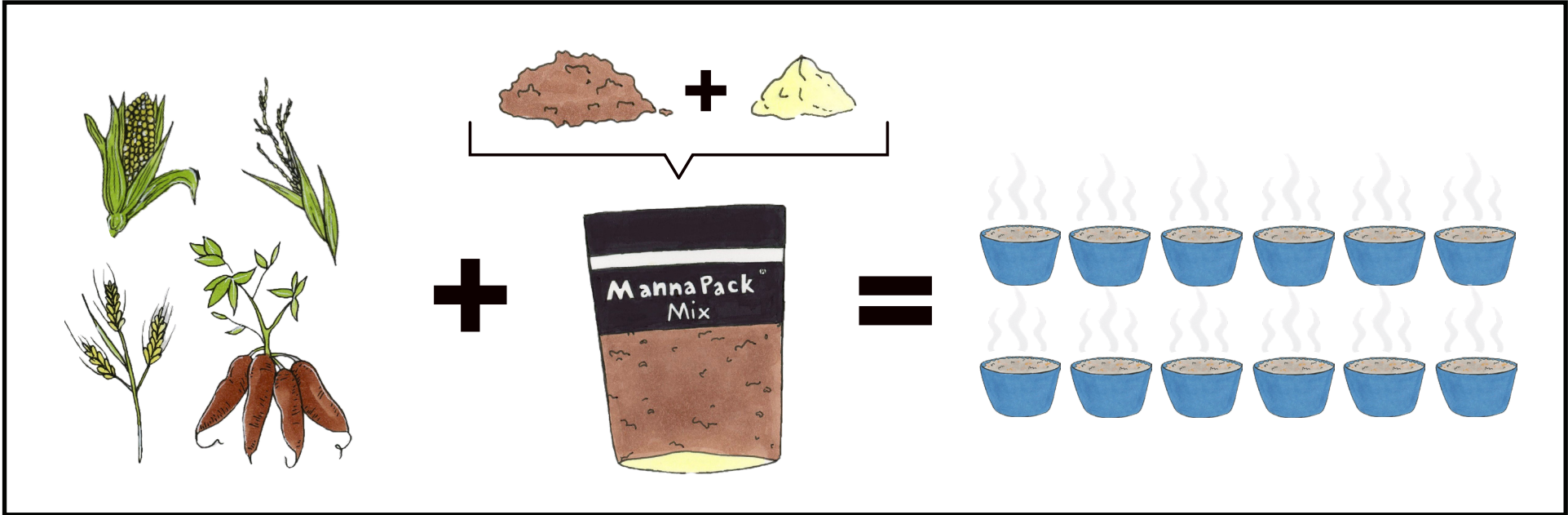
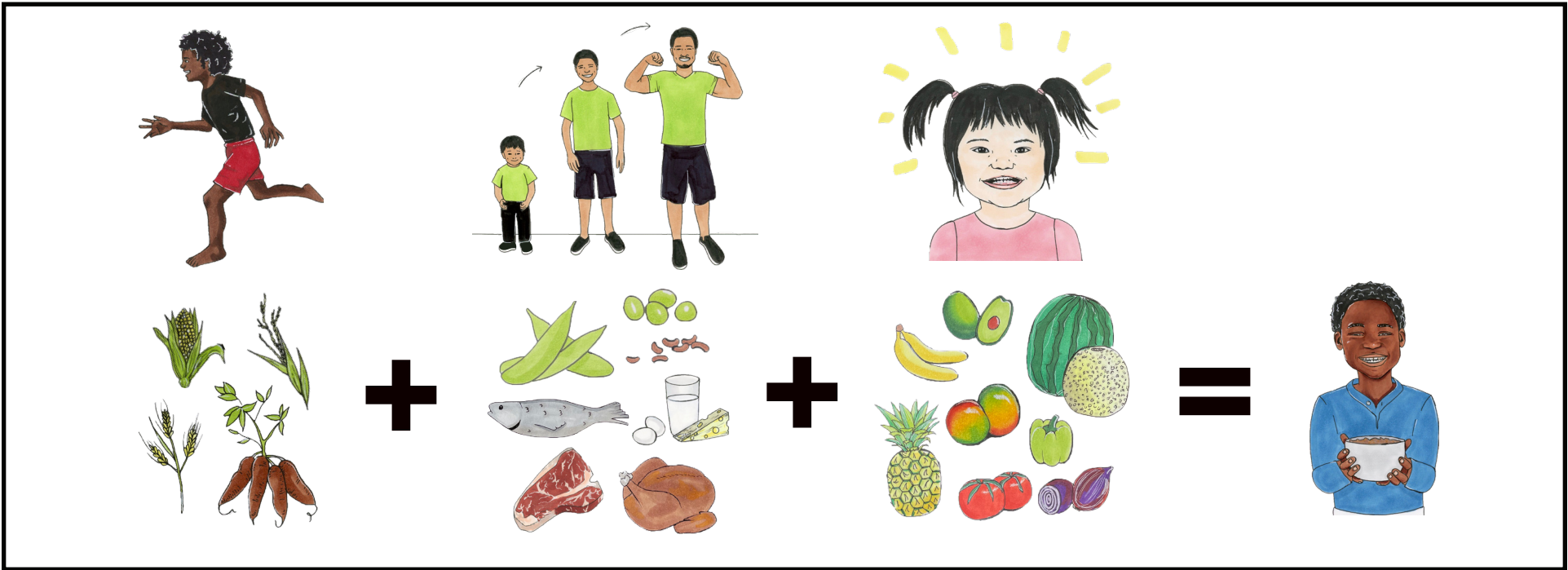


Nutrition Education



MannaPack® Mix



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.

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?

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?

Storing MannaPack® Mix Boxes and Packages

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.