



Version 12/2022

# Nutrition Education



--

# Nutrition Education



Version 12/2022

## Storing MannaPack® Potato-D Boxes and Packages

### CONCEPTS:

MannaPack® Potato-D should be stored above the floor, away from walls, in a ventilated room. MannaPack® Potato-D should be protected from insects and rodents and not stored near toxic chemicals. MannaPack® Potato-D 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 18 months.

**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: seal the top tightly with the zip-lock seal and/or store in a water-proof container with a lid.

**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.

**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.

## Safely Preparing MannaPack® Potato-D

### CONCEPTS:

All food should be prepared safely and hygienically. Preparation includes adding clean water or other clean fluid to MannaPack® Potato-D and stirring to mix.

### TRAINER GUIDE:

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

Answers may be:

- cleaning surfaces, pots, spoons, cups, and bowls
- handwashing

**What needs to be clean to prepare MannaPack® Potato-D?**

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 about 1/3 cup of clean/potable water poured into a clean cup or bowl. With a clean spoon, add 3 tablespoons of MannaPack® Potato-D. Mix with a spoon until the food is the consistency of a thick porridge.

## How Much MannaPack® Potato-D to Serve

### CONCEPTS:

MannaPack® Potato-D is a food that follows typical dietary advice for people with diarrhea. It should not be used to feed people who do not have diarrhea. Remember that oral rehydration is most important and a person with diarrhea should continue to eat foods to keep the diarrhea from getting worse.

Foods recommended for people with diarrhea are easy to digest, such as potatoes or rice, with protein sources, such as poultry, and other foods that are rich in vitamins and minerals, especially fruits like apples or pears. These foods help to reduce diarrhea symptoms, such as fluid and nutrient losses, while helping to restore the nutrients that may be lost in diarrhea.

Because MannaPack® Potato-D follows dietary advice for helping to manage diarrhea symptoms, it should only be used when a person has diarrhea. The number of servings recommended depends on the age of the person. Each serving is about 1/3 cup of prepared mixture that has about 3 tablespoons of the dry mix in each serving.

- For children 6-12 months old, servings should be limited to 4 per day.
- For children 1-4 years old, servings should be limited to 6 per day.
- For children over 4 years old and adults, up to 8 servings may be given in a day.

Other foods should be added back to the diet when they are tolerated – not making diarrhea symptoms seem worse. When diarrhea goes away, the MannaPack® Potato-D should no longer be used.

DO NOT GIVE MANNAPACK® POTATO-D TO ANYONE WHO DOES NOT HAVE DIARRHEA!

### TRAINER GUIDE:

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

Answers may be:

- The pictures show that an infant child may be fed up to 4 servings per day, a small child may be fed up to 6 servings per day, and an older child or adult may be given up to 8 servings in a day.
  - When the person doesn't have diarrhea, we should stop giving the MannaPack® Potato-D product. MannaPack Potato - D is only for use by people with diarrhea. It provides the types of foods that are recommended to help reduce diarrhea symptoms.
- DO NOT GIVE MANNAPACK® POTATO-D TO ANYONE WHO DOES NOT HAVE DIARRHEA!