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Nutrition Education



MannaPack® Potato-W

MannaPack® Potato-W

BACKGROUND:

According to the World Health Organization, “few children receive nutritionally adequate and safe complementary foods; in many countries less than a fourth of infants 6-23 months of age meet the criteria of dietary diversity and feeding frequency that are appropriate for their age.”

The World Health Organization and UNICEF recommend the “introduction of nutritionally-adequate and safe complementary (solid) foods at 6 months together with continued breastfeeding up to 2 years of age and beyond.”

The use of MannaPack® Potato-W is based on World Health Organization and UNICEF recommendations. However, mothers and caregivers of babies should consult with their health care team to decide what is best for their circumstances.

Reference: World Health Organization. Infant and young child feeding. 9 June 2021. Available at: <https://www.who.int/news-room/fact-sheets/detail/infant-and-young-child-feeding>

Resource: Food and Agriculture Organization (FAO) of the United Nations. Complementary Feeding for Children Aged 6-23 Months. Available at: <https://www.fao.org/3/am866e/am866e00.pdf>

When to Use MannaPack® Potato-W with Other Complementary Foods



CONCEPTS:

The World Health Organization, UNICEF, and many health organizations recommend exclusive breastfeeding for newborns for the first six months. After the baby is 6 months old, complementary foods can be added. Safely prepared foods will include small portions of pureed foods. A variety of foods will be important to provide the balanced diet a baby needs. These foods can include energy foods (such as grains), protein foods (such as fish, poultry, meat, and soy), and vegetables and fruits. A balanced diet will help the child continue to grow and develop while continuing to breastfeed and eventually to wean from breastfeeding.

MannaPack® Potato-W is a complementary food for babies from 6-12 months of age. It is used to supplement nutrition after the period of exclusive breastfeeding. MannaPack® Potato-W should not be used to replace other foods.

TRAINER GUIDE:

What do you see in these pictures?

Answers may be:

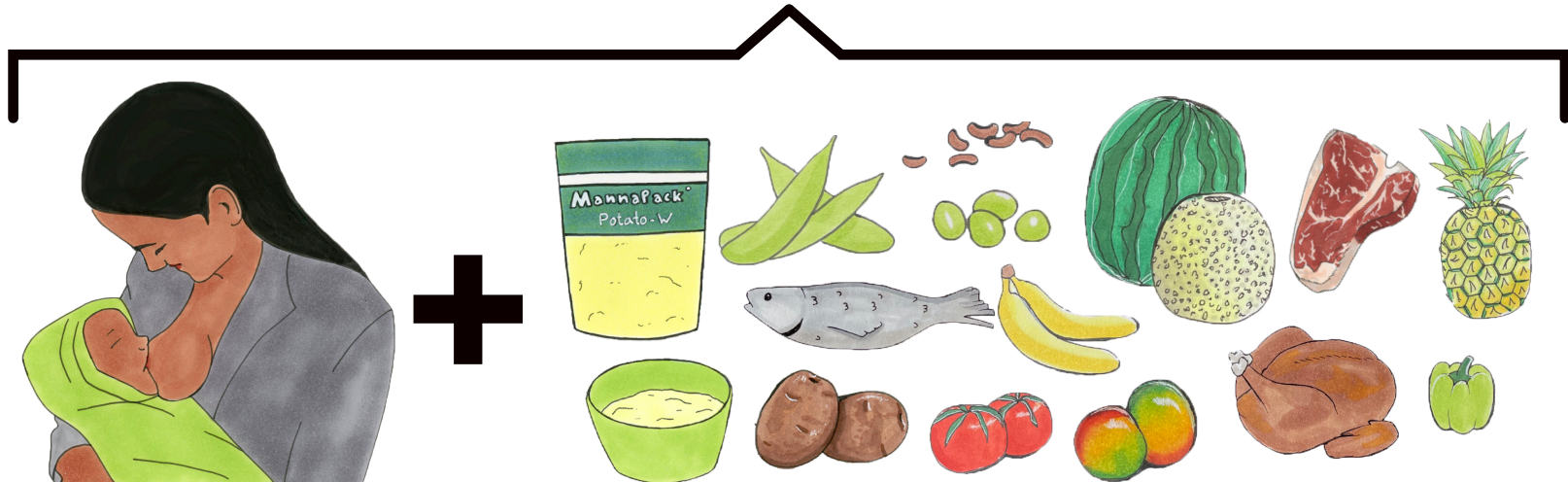
- *Exclusive breastfeeding should continue for the first 6 months.*
- *After 6 months, other foods and MannaPack® Potato-W can be added to provide a variety of foods.*
- *Balanced foods to add include starchy foods (rice, maize, potatoes), protein foods (meats, fish, poultry, beans, soy, nuts), and vegetables and fruits.*



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What Foods are in MannaPack® Potato-W?



CONCEPTS:

MannaPack® Potato-W provides a porridge made of a variety of foods and nutrients important to a baby's growth and development. MannaPack® Potato-W is made of dried potatoes, soy flour, and a mix of vitamins and minerals at the levels recommended by the World Health Organization for ages 6 to 12 months.

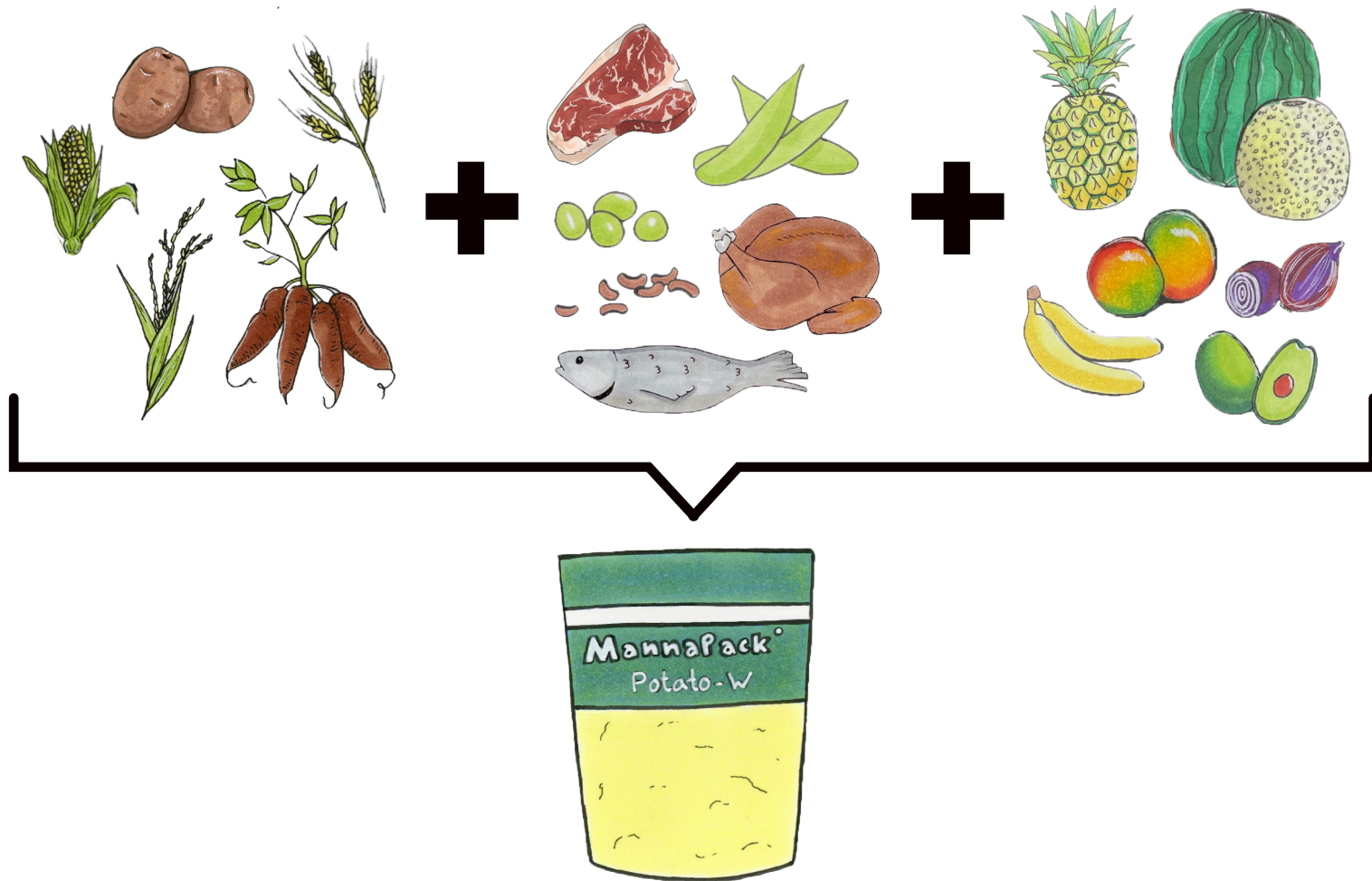
TRAINER GUIDE:

What do you see in these pictures?

Answers may be: the MannaPack® Potato-W contains a balance of foods that are recommended for complementary feeding or supplementing breastfeeding.



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Storing MannaPack® Potato-W Boxes and Packages



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CONCEPTS:

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

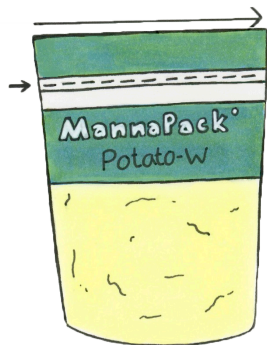
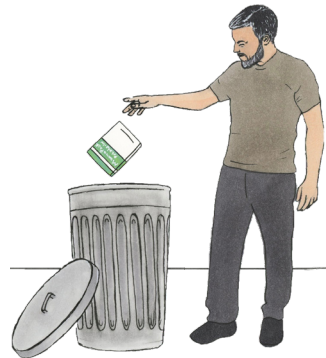
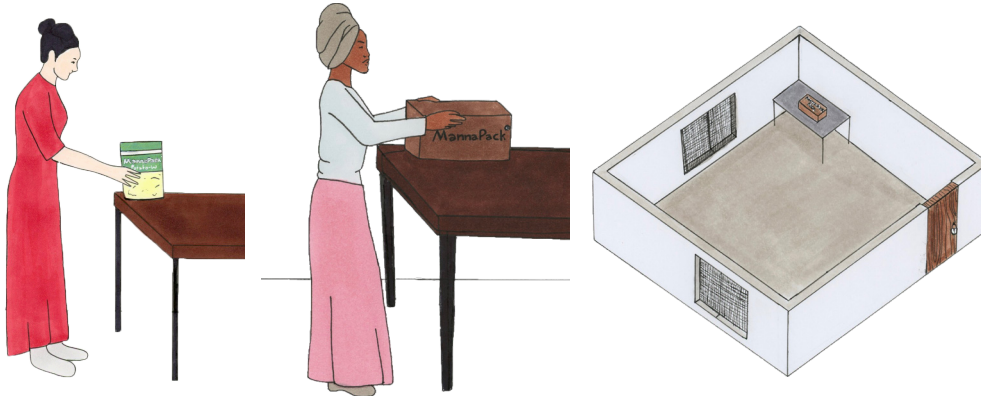
Answers may be: the change in color happens when the product is stored for a long time or stored in high heat. It does not make the product unsafe and it can still be used to make meals.

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 MannaPack® Potato-W



CONCEPTS:

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

TRAINER GUIDE:

What do you see in the top row of pictures?

Answers may be:

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

What needs to be clean to prepare MannaPack® Potato-W?

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?

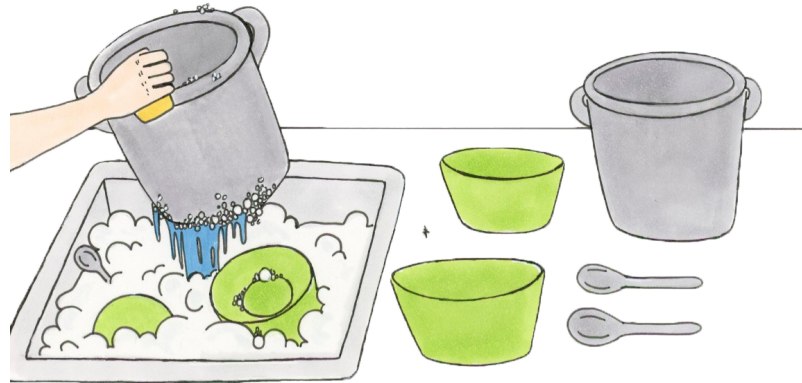
Answers may be: to make sure that food is safe and doesn't make us sick.

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-W. Mix with a spoon until the food is a thick porridge.



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Adding Other Foods to MannaPack® Potato-W



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CONCEPTS:

The MannaPack® Potato-W food can be made even more nutritious by adding local vegetables, protein foods, and/or fruits. The added foods should be safely prepared and purees to add to the MannaPack® Potato-W before serving.

We should prepare only what is needed for the meal because a baby can easily become sick from spoiled food.

LEFTOVERS CAN BE FED TO OTHER FAMILY MEMBERS RIGHT AWAY OR IMMEDIATELY THROWN AWAY. DO NOT REHEAT MANNAPACK® POTATO-W FOR FEEDING A BABY OR OTHER FAMILY MEMBERS!

TRAINER GUIDE:

What do you see in these pictures?

Answers may be:

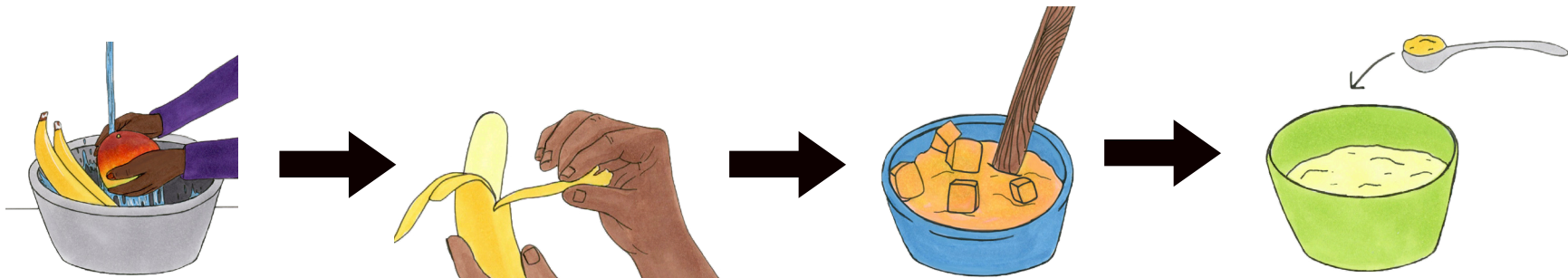
- *The MannaPack® Potato-W should be safely prepared.*
- *Other foods can be added to the prepared porridge. The added foods should be safely prepared and pureed to add to the porridge. Vegetables can be cut into small pieces and cooked before adding to the porridge. Fruits can be cleaned, peeled, and pureed before adding to the porridge.*

What should be done with any leftover prepared MannaPack® Potato-W?

Answers may be: we should prepare only what is needed for the meal because a baby can easily become sick from spoiled food. LEFTOVERS CAN BE FED TO OTHER FAMILY MEMBERS RIGHT AWAY OR IMMEDIATELY THROWN AWAY. DO NOT REHEAT MANNAPACK® POTATO-W FOR FEEDING A BABY OR OTHER FAMILY MEMBERS!



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