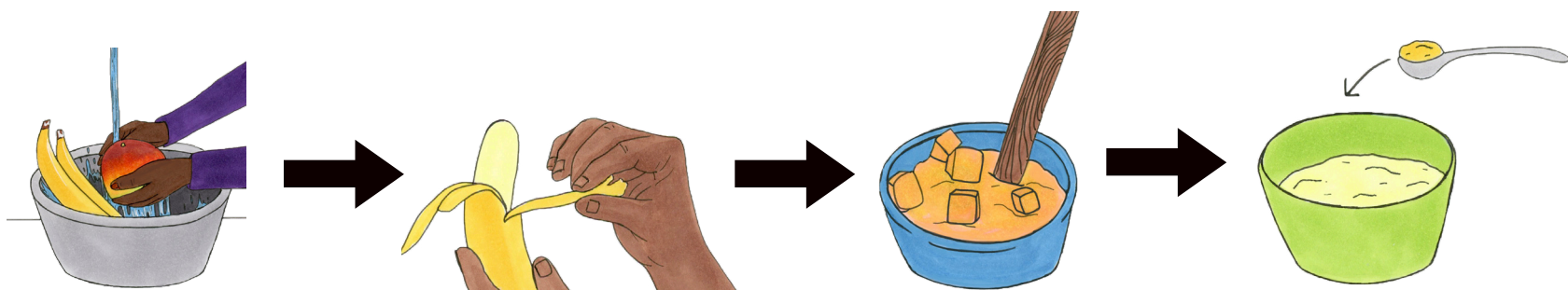


# Nutrition Education



Version 9/2022



## Safely Preparing and Adding Other Foods 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. 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 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:

- The MannaPack® Potato-W should be safely prepared.
- 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.

**What do you see in the pictures in the third row?**

Answers may be: 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.