



VITAMIN & MINERAL POWDER

FOR THE GOOD HEALTH OF YOUR CHILD



HOW TO USE VITAMIN & MINERAL POWDER



1 Wash hands with soap and clean water.



2 Mash enough food for your baby. Make it thick and soft.



3 Shake and tear open sachet.



4 Pour all of the powder on the food.



Do **not** mix Vitamin and Mineral Powder in **hot foods, liquids or liquid foods.**



5 Feed your child all the mixed food within 30 minutes.

- Makes your child healthy, strong and active
- Increases your child's appetite
- Gives nutrients to your child to grow well
- Prevents anaemia

Give your baby only breast milk from birth to six months. At six months complement breastfeeding with food. Mix one sachet of Vitamin and Mineral Powder with the child's food every other day from 6 to 23 months of age.

