



**USAID**  
FROM THE AMERICAN PEOPLE

**SPRING**  
Strengthening Partnerships, Results,  
and Innovations in Nutrition Globally



# ESSENTIAL NUTRITION ACTIONS AND ESSENTIAL HYGIENE ACTIONS

A REFERENCE HANDBOOK FOR PEACE CORPS VOLUNTEERS  
AND COMMUNITY VOLUNTEERS

DECEMBER 2014

## DISCLAIMER

This handbook is made possible by the generous support of the American people through the U.S. Agency for International Development (USAID) under the terms of the Cooperative Agreement AID-OAA-A-11-00031, (SPRING) managed by JSI Research & Training Institute, Inc. (JSI). The contents are the responsibility of JSI, and do not necessarily reflect the views of USAID or the United States Government.

## ABOUT SPRING

The Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project is a five-year USAID-funded Cooperative Agreement to strengthen global and country efforts to scale up high-impact nutrition practices and policies and improve maternal and child nutrition outcomes. The project is managed by JSI Research & Training Institute, Inc., with partners Helen Keller International, The Manoff Group, Save the Children, and the International Food Policy Research Institute.

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Adaptation from generic ENA materials<sup>1</sup> was initiated by JSI Research & Training Institute, Inc. and SPRING,<sup>2</sup> who worked closely with Peace Corps headquarters,<sup>3</sup> USAID/Peace Corps West Africa Food Security Partnership (WAFSP),<sup>4</sup> and Peace Corps Benin to ensure that the materials respond to Peace Corps philosophy and experience. SPRING also assists Peace Corps Volunteers (PCVs) in delivering the best nutrition support to their communities. SPRING built on training materials developed by the project and HKI in Bangladesh. Many of the illustrations and graphic design elements used in the *Reference Handbook* are based on work by URC/CHS found in the adaptation of the UNICEF Community Infant and Young Child Feeding (C-IYCF) Counselling Package supported by SPRING/Nigeria.<sup>5</sup>

This reference handbook was tested in Benin during PCV in-service training (IST) in February 2013.

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<sup>1</sup> [http://www.jsi.com/JSIInternet/Inc/Common/\\_display\\_related\\_objects.cfm?thisSection=IntlHealth&thisSectionTitle=International%5EHealth&thisPage=techexpertise&ctid=1000&cid=83&tid=2010](http://www.jsi.com/JSIInternet/Inc/Common/_display_related_objects.cfm?thisSection=IntlHealth&thisSectionTitle=International%5EHealth&thisPage=techexpertise&ctid=1000&cid=83&tid=2010)

<sup>2</sup> <http://www.spring-nutrition.org/news/spring-partners-peace-corps-provide-nutrition-training-west-africa>

<sup>3</sup> <http://www.feedthefuture.gov/institutional-sponsor/peace-corps>

<sup>4</sup> <http://www.feedthefuture.gov/article/west-africa-peace-corps-raises-profile-undernutrition>

<sup>5</sup> <https://www.spring-nutrition.org/publications/training-materials/nigeria-community-and-facility-infant-and-young-child-feeding>

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## LIST OF ACRONYMS

BCC	behavior change communication
CV	community volunteer
EBF	exclusive breastfeeding
EHA	Essential Hygiene Actions
ENA	Essential Nutrition Actions
GALIDRAA	<u>G</u> reet, <u>A</u> sk, <u>L</u> isten, <u>I</u> dentify, <u>D</u> iscuss, <u>R</u> ecommend, <u>A</u> gree, set follow-up <u>A</u> ppointment
HFP	homestead food production
IFA	iron–folic acid
IPT	intermittent preventive treatment
ITN	insecticide-treated mosquito net
IYCF	infant and young child feeding
MTCT	mother-to-child transmission (of HIV)
ORS	oral rehydration solution
PCV	Peace Corps Volunteer
RUTF	ready-to-use therapeutic foods
SUN	Scaling Up Nutrition
UNICEF	United Nations Children's Fund
USAID	U.S. Agency for International Development
WAFSP	West Africa Food Security Partnership

## GLOBAL NUTRITION EFFORTS

Around the world, some two billion people live on a diet lacking the nutrients needed to live healthy and productive lives, and more than 200 million children under the age of five suffer from chronic undernutrition as manifest by stunting, wasting, and severe wasting.<sup>6</sup> When undernutrition affects the 1,000-day window from conception to a child's second birthday, one of many consequences is mental impairment that affects the child's entire life cycle. Children affected by stunting are more susceptible to sickness, fare poorly in school, enter adulthood more prone to noncommunicable diseases, and at work often earn less than non-stunted coworkers. When undernutrition affects girls and follows them into adolescence, the cycle begins all over again.

The world community is reacting with increasing urgency to the gravity of this situation and its effects for the long term, focusing on global undernutrition, especially among pregnant women and children under two years of age, and aligning and increasing resources and building partnerships to alleviate suffering caused by undernutrition. Since 2010, more than 100 government, civil society, and university groups have endorsed the framework and roadmap for the Scaling Up Nutrition (SUN) Movement, which are grounded in nutrition actions endorsed by *The Lancet* in its landmark series *Maternal and Child Undernutrition*, published in 2008 with an update in 2013—nutrition actions proven to combat malnutrition during these critical first 1,000 days.<sup>7</sup> The 1,000 Days initiative, a global effort to implement the SUN framework and roadmap at country level, was endorsed in 2010 by more than half a dozen ministers and heads of organizations after its launch at an event hosted by United States Secretary of State Hillary Clinton and Irish Foreign Minister Micheál Martin.

## PEACE CORPS

Peace Corps has identified nutrition as a key focus area of its interventions under Feed the Future, the United States government's global hunger and food security initiative. To further the goals of Feed the Future, in 2011, Peace Corps and USAID signed the Global Food Security Agreement and USAID/West Africa Regional Mission, and the Peace Corps established the USAID/Peace Corps West Africa Food Security Partnership (WAFSP). Support from USAID/West Africa facilitates opportunities for synergistic food security programming between three West African Feed the Future focus countries (Ghana, Liberia, and Senegal) and seven West African countries that, although not participating in Feed the Future, are targeted by Peace Corps programs (Benin, Burkina Faso, Cameroon, Gambia, Guinea, Sierra Leone, and Togo). The funding is supporting small grant projects, trainings, technical exchanges, and materials development.

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<sup>6</sup> Andrew Thompson, Monika Blössner, and Elaine Borhi, Juan Feng, and Johan Mistiaen, Joint UNICEF–WHO–The World Bank Child Malnutrition Database: Estimates for 2012 and Launch of Interactive Data Dashboards. Geneva: World Health Organization, 2012. [http://www.who.int/nutgrowthdb/jme\\_2012\\_summary\\_note\\_v2.pdf?ua=1](http://www.who.int/nutgrowthdb/jme_2012_summary_note_v2.pdf?ua=1)

<sup>7</sup> The Lancet. Maternal and Child Undernutrition. The Lancet, 2008, <http://www.thelancet.com/series/maternal-and-child-undernutrition>; and 2013, <http://www.thelancet.com/series/maternal-and-child-nutrition>. This landmark series estimated that effective, targeted nutrition interventions to address maternal and child undernutrition exist, and if implemented at scale during the thousand-day-long window of opportunity, could reduce nutrition-related mortality and disease burden by 25 percent.

Globally, Peace Corps has also encouraged its country programs to adopt and adapt tested and proven field tools such as the trio of publications designed for training in and communication about essential nutrition actions (ENA), key nutrition interventions, supported by USAID, aiming to achieve broad public health impact.

Peace Corps believes that greater progress and impact will result from harmonizing the field approaches and tools of many different groups. Harmonization is critical: Resources are scarce, and the task ahead is immense. At the country level, the need for harmonization will mandate that many different field groups work in synchrony and with intention to build program synergies, to combine efforts whenever possible, and to leverage all available resources for a single purpose.

The training's goal is to empower Peace Corps Volunteers (PCVs) and Community Volunteers (CVs) with knowledge and proven-effective messages on women's nutrition, infant and young child feeding (IYCF) practices, the importance of micronutrients and hygiene practices, and the basics of homestead food production (HFP).

The training introduces the concept of behavior change communication (BCC) and explores how different community channels and platforms can be adapted to PCV activities around ENA) as well as Essential Hygiene Actions (EHA) and HFP. In addition, the training builds crucial negotiation and interpersonal communication skills to enable PCVs and CVs to optimally integrate high-impact nutrition interventions into their daily activities.

Informed by the knowledge and supported by the skills from this training, PCVs and CVs have an exciting opportunity to contribute their own support to significant global initiatives aimed at combating malnutrition during the critical first 1,000 days.

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**FOR MORE INFORMATION ON 1,000 DAYS**, please visit <http://www.thousanddays.org/>

## ABOUT THE ESSENTIAL NUTRITION ACTIONS

In 1997, the USAID-funded Basic Support for Institutionalizing Child Survival (BASICS) project, introduced a new approach to nutrition and health called the Minimum Package for Nutrition. Subsequently, this “MinPak” was renamed Essential Nutrition Actions (ENA).

The ENA framework represents a comprehensive strategy for reaching 90 percent coverage with high-impact nutrition interventions in order to achieve public health impact. Designed to manage the advocacy, planning, and delivery of an integrated package of preventive high impact nutrition actions, this operational framework has been implemented across Africa and Asia; ENA implementation is carried out by health facilities and community groups. At multiple contact points, health services support women and young children during their first 1,000 days—from conception through age two—a period when nutrient requirements are increased, the risks of undernutrition are great, and the consequences of deficiencies are most likely to be irreversible over the child’s life course. All of the essential nutrition actions have been proven to improve nutritional status and reduce mortality.<sup>8</sup>

The ENA framework promotes and supports “nutrition through the life cycle,” addressing women’s nutrition during adolescence, pregnancy and lactation, optimal infant and young child feeding (i.e., breastfeeding and complementary feeding), nutritional care of sick and malnourished children (e.g., with zinc, vitamin A, and ready-to-use therapeutic foods (RUTF)), and the control of anemia, vitamin A, and iodine deficiencies. The ENA framework requires integration of key messages and services into all existing health sector programs.<sup>9</sup> In particular, integration means reaching mothers and their babies and children at critical contact points, such as in maternal health and prenatal care, in delivery and neonatal care, in postpartum care for mothers and infants, during family planning, at immunizations, at well-child visits (which include growth monitoring, promotion, and counseling), at sick-child visits (including integrated management of newborn and childhood illnesses and integrated community case management), and during outpatient therapeutic care as part of community-based management of acute malnutrition.

### ESSENTIAL NUTRITION ACTIONS

- Nutrition for adolescents and women during pregnancy and lactation
- Exclusive breastfeeding during the first six months of life
- Complementary feeding starting at six months, with continued breastfeeding to two years of age and beyond
- Nutritional care of sick or malnourished children
- Prevention of vitamin A deficiency in women and children
- Prevention and control of anemia in women and children
- Consumption of iodized salt household members.

<sup>8</sup> World Health Organization (WHO), Essential Nutrition Actions: Improving Maternal, Newborn, Infant and Young Child Health and Nutrition. Geneva: WHO, 2013. [http://www.who.int/nutrition/publications/infantfeeding/essential\\_nutrition\\_actions/en/](http://www.who.int/nutrition/publications/infantfeeding/essential_nutrition_actions/en/).

<sup>9</sup> Guyon, Agnes, and Victoria Quinn. Understanding the Essential Nutrition Actions (ENA) Framework. Washington, DC: CORE Group. [http://www.jsi.com/JSIInternet/Inc/Common/download\\_pub.cfm?id=14139&lid=3](http://www.jsi.com/JSIInternet/Inc/Common/download_pub.cfm?id=14139&lid=3).

The appropriate messages and services are also integrated to the greatest extent possible into programs outside the health sector, such as at agriculture and food security contacts (e.g. homestead food production and agriculture extension agents), in education (e.g., pre-service and in primary and secondary schools) and literacy education, and as part of microcredit and livelihoods enhancement. Implementing the ENA framework entails building partnerships with all groups supporting maternal and child health and nutrition programs, so that messages are harmonized and all groups promote the same messages using the same job aids and information and education communication materials. Ideally, partners are brought together at regional and national levels to agree on the harmonized approaches and to advocate with policy leaders for the importance of nutrition to the nation's economic as well as social development.

Messages are crafted to highlight actions that are small and doable, and techniques of social and behavior change communications are used to promote adoption of these actions. Special emphasis is given to interpersonal communications—notably, during counseling of individual mothers or during group events—that are reinforced by mass media and at community festivals and other mobilizing events. Health and community agents are trained to employ negotiations for behavior change—visiting mothers in their households or at markets, at their chores, at women's group meetings, and at community meeting places—and helping them anticipate and overcome barriers to carrying out new practices.

Existing ENA training materials can strengthen those individuals' ability to promote ENA by negotiating for behavior change. Although content remains generally fixed from one country or region to the next, formative research can shape the details of adaption to the context.



## ABOUT THIS HANDBOOK

With the goal of supporting PCVs and CVs as they target counseling to individual family needs and negotiate for improved practices that are feasible and realistic for those individuals, this handbook will facilitate the training of PCVs and CVs in ENA and EHA and HFP activities. The purpose of this handbook is to provide information on 30 easy to follow practices ENA, EHA, and HFP. Each of the 30 recommended practices contains visuals, questions to ask, and messaging on how to do them.

Specifically, this handbook will:

- Provide key information on recommended ENA, EHA, and HFP practices, including their benefits that mothers, fathers, households, and communities need to adopt to improve the nutrition and health of women and children.
  - 🌿 The messages and information might change from one setting to another; however, the recommended practices remain the same.
  - 🌿 The nutritious foods given as examples, need to be adapted to the context of the countries and regions, and seasonal variability needs to be applied.
- Give simple tips to promote optimal behaviors among mothers, husbands, mothers-in-law, and other household members.
- Provide discussion topics for counseling sessions and group meetings, with illustrations and details.
  - 🌿 The illustrations are representative. They can be used for counseling/negotiation or use as a sample of potential local illustrations. Countries might also already have validated illustrations, health cards, and/or posters that can be used.
- Provide guidelines for group supervision to help PCVs and CVs conduct follow-up visits in the community.
  - 🌿 This manual should be provided, preferably in color, to all PCVs regardless of their sectors (Health, Agriculture/Environment, Education or Community Economic Development) as it serves as a basic reference for high impact nutrition interventions, hygiene, and HFP-related interventions.

# PRACTICE 1. NUTRITION FOR ADOLESCENT GIRLS AND NON-PREGNANT WOMEN

What do you see in this picture? How can we help adolescent girls eat what they need? In your community, do parents or teachers advise adolescent girls to eat additional diversified foods? Why or why not? *[Discussion.]*

## MESSAGES

Give at least three meals to your daughter daily, each with different types of colorful food. At least one meal includes fish, chicken, eggs, or meat. This extra food will make her strong and healthy for her future motherhood life.

Give weekly iron-folic acid (IFA) supplementation and de-worming medicine twice a year to prevent anemia or weak blood

## MORE INFORMATION

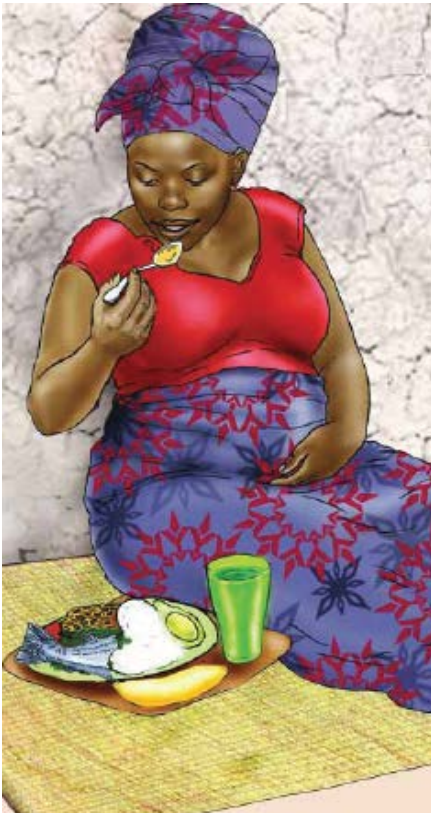
- A 10-20 year old girl is still growing and needs different types of food and IFA supplements to fully develop her body.
- An adolescent girl and a non-pregnant woman need to eat many different types of colorful foods: amaranth and red amaranth, country bean, yard-long bean, soybeans, peanuts, black beans, orange-flesh sweet potato, pumpkin, moringa, okra, papaya, and spinach.
- Eating fish, chicken, eggs, or meat at least once a day will make an adolescent girl strong and help her develop as a healthy adult.
- IFA and de-worming medications are available at schools or at health facilities.
- To allow the full development of the body and to have a strong baby, an adolescent must delay her first pregnancy until she is 20 years old.
- To allow the body to rest, pregnancies need to be spaced by a minimum of three years.



## PRACTICE 2. NUTRITION FOR PREGNANT WOMEN

What do you see in this picture? How can we help pregnant women eat what they need? In your community, do husbands advise their pregnant wives to eat additional food? Why or why not?

*[Discussion.]*



### MESSAGE FOR MOTHERS

If you are pregnant, eat one extra bowl of food every day to be healthy and active, and to give birth to a strong baby. This extra food will not make the baby too big—just strong and healthy.

### MORE INFORMATION

- To be strong and get vitamins, a pregnant woman needs to eat many different types of colorful foods: amaranth and red amaranth, country bean, yard-long bean, soybeans, peanuts, black beans, orange-flesh sweet potato, pumpkin, moringa, okra, papaya, and spinach.
- Eating fish, chicken, eggs, or meat at least once a day will make a pregnant woman strong and help her have a healthy baby.
- When you are pregnant, you need to eat one extra meal per day.
- When you are pregnant, you need to rest and avoid carrying heavy loads.

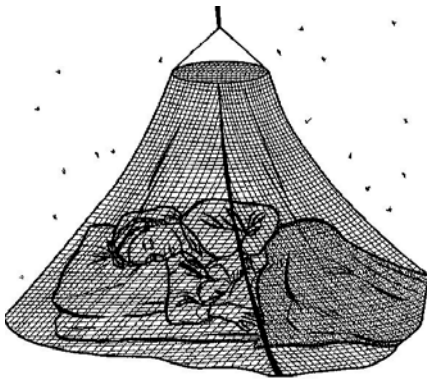
### MESSAGE FOR HUSBANDS

If your wife is pregnant, make sure that she has one extra meal each day, she rests adequately, and she does not carry heavy loads or do strenuous household chores so that she can deliver a strong and healthy baby.



## PRACTICE 3. PREVENTING ANEMIA AND MALARIA DURING PREGNANCY

What do you see in this picture? In your community, do pregnant women get iron supplementation from the health facility? *[Discussion.]*



### MESSAGE FOR MOTHERS

When you know you are pregnant, go to your health facility to get IFA tablets to maintain your strength and health during pregnancy, and to prevent anemia.

### MORE INFORMATION

- Anemia is a condition where the number of red blood cells in your body is too low, so that you feel sick and very weak.
- As a pregnant woman, you need plenty of iron to avoid becoming anemic.
- IFA tablets are important to stay strong.
- Ask a health worker for IFA tablets at each visit.
- Ask for a preventive treatment against malaria at each visit.
- Ask for deworming medicine at each visit.
- Take medications once a day as soon as you know you are pregnant, and continue taking medications for three months after delivery.
- Drink lots of water to avoid becoming constipated.
- Fish, meat, eggs, liver, and dark green leafy vegetables are good sources of iron.



### MESSAGE FOR HUSBANDS AND FATHERS

To prevent malaria, make sure that your family sleeps under an insecticide-treated mosquito net (ITN), especially pregnant women and children.

### MORE INFORMATION

- Malaria causes anemia, which will make family members unwell and very tired.
- Family members with a fever need to be treated immediately at a health facility.

## PRACTICE 4. USING IODIZED SALT

What do you see in the picture? Why is it important to use iodized salt? Can you find it in your community? *[Discussion.]*



### MESSAGE FOR MOTHERS AND CAREGIVERS

When cooking for the family, make sure to use iodized salt so that family members remain healthy.

### MORE INFORMATION

- Iodized salt is available almost everywhere.
- Pregnant women need to use iodized salt to ensure the health of their babies.
- Add the iodized salt at the end of the cooking.
- Store iodized salt in a tightly sealed dark container.

## PRACTICE 5. EARLY INITIATION OF BREASTFEEDING

What is happening in the picture? Do mothers in your community start breastfeeding immediately after birth, even before expelling the placenta? *[Discussion.]*



### MESSAGE FOR MOTHERS

Put your baby on the breast immediately after birth, even before expelling the placenta, to stimulate your milk production.

### MORE INFORMATION

- The first yellow milk (colostrum) does two important things, it helps to protect the infant from illness, and it helps the infant to expel its first dark stool.
- Putting the baby on the breast immediately after birth will help expel the placenta and reduce postpartum bleeding.
- Feeding the baby sugar water, honey, water, powdered milk, cow's milk, or goat's milk—rather than breastfeeding—may interfere with establishing good breastfeeding practices and could lead to diarrhea, pneumonia, or other illness in the baby.
- Support your breast with your whole hand. Putting your fingers around your nipple in a scissors position risks stopping the milk flow.
- If you have nipple or breast problems, see a health worker for care right away.

## PRACTICE 6. EXCLUSIVE BREASTFEEDING TO SIX MONTHS OF AGE

What do you feed a baby who is less than six months of age? *[Discussion.]*



### MESSAGE FOR MOTHERS

For your baby to grow healthy and strong, give only breast milk—and no water or other liquids or food—for their first six months of life. Breastfeed as often as your baby wants to eat—at least eight to 12 times over a 24 hour period—to help you produce enough milk and give your baby enough food to grow healthy and strong.

### MORE INFORMATION

- Breast milk provides the best possible nourishment for babies and protects them from diarrhea and respiratory infections.
- During your baby's first six months, even in hot weather, breast milk is enough to satisfy their thirst. Remember: If you give your baby water or other liquids, he/she will suck less on the breast, and that may keep them from growing as best they can.
- Frequent breastfeeding helps milk flow and ensures your baby's growth. Empty the first breast before you switch to the other. That way, your baby will receive all the nutrients and fat in the breast milk.
- Never use a bottle to feed your baby. Bottles are hard to keep clean and may become contaminated and cause illness.
- Your baby is smart and will tell you whenever she needs to eat to get strong and healthy.

## PRACTICE 7. POSITIONING YOUR BABY CORRECTLY FOR BREASTFEEDING

Do new mothers in your community have any problems with breastfeeding? Do they know how to hold their babies correctly so that they take in the most nourishment possible? What were your personal challenges? *[Discussion.]*



### MESSAGE FOR MOTHERS

When breastfeeding, sit comfortably and draw your baby toward you. Take care not to lean down over your baby.

### MORE INFORMATION

- When you breastfeed, your infant is able to look up at your face. Hold them close to you, their stomach against your stomach. Their head, back, and buttocks are in a straight line, and their nose points straight toward your breast. Let one arm of your baby extend behind your back.
- Be sure to support your baby's whole body, not just its head and shoulders.
- Hold your breast with your fingers in a C shape. Put your thumb above the dark part of your breast (the areola) and your other fingers below.
- Do not put your fingers in a scissor hold around your nipple (with two fingers on either side of it); this puts pressure on the breast and can stop your milk flow and pull the nipple out of your baby's mouth.
- To stimulate the infant to open his mouth wide, tease their lower lip with your nipple.

### Signs of Proper Attachment

- Tease the infant's lower lip with the nipple, in order for the infant to open their mouth wide. The infant's chin touches the breast.
- Both lips are turned outward.
- The infant's mouth covers a large part of your areola, and more of the areola shows above the nipple than below.

### Signs of Efficient Suckling

- Sucking is slow and regular, with one swallow following each two sucks.
- Your infant's sucks are slow and deep, with occasional pauses.
- Sucking is comfortable and pain free for you.
- You hear your baby swallowing.
- Your breast is softened after the baby has finished feeding.



## PRACTICE 8. NUTRITION FOR LACTATING MOTHERS

What is happening in the picture? In your community, do you give additional meals to mothers who are breastfeeding? *[Discussion.]*



### MESSAGE FOR MOTHERS

Every day when you are breastfeeding, eat two extra bowls of food to maintain your baby's and your own strength and health, and to receive enough vitamins. Be sure to eat many different types of foods.

### MORE INFORMATION

- To be strong and get vitamins, a breastfeeding woman needs to eat many different types of colorful foods: amaranth and red amaranth, country bean, yard-long bean, soybeans, peanuts, black beans, orange-flesh sweet potato, pumpkin, moringa, okra, papaya, and spinach. Eating fish, chicken, eggs, or meat at least once a day will help make you strong. When you are lactating, you need to drink plenty of clean water.
- Continue taking IFA supplements for three months after delivery when you are breastfeeding.

### MESSAGE TO HUSBANDS

Make sure your wife eats different types of food every day to be strong and get vitamins.



## PRACTICE 9. INTRODUCING COMPLEMENTARY FEEDING

What is happening in the pictures? When should children start eating food other than breast milk? What kinds of food should they start with? *[Discussion.]*

### MESSAGE FOR MOTHERS AND FATHERS

For your baby to grow and stay healthy and strong, introduce pureed or mashed food twice a day when they are six months old, but also continue breastfeeding until they are two years old or older.

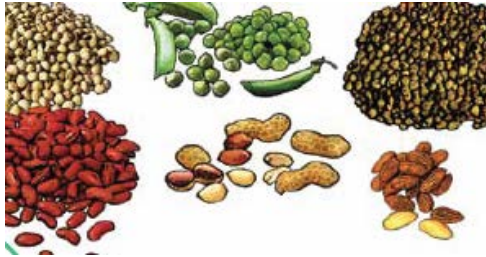
### MORE INFORMATION



- At six months, breast milk alone is not enough to keep your baby growing. Begin to give your baby rice, dark green leafy vegetables, fish, meat, and eggs every day, in addition to breast milk.
- Porridge can be made from local foods and might include rice, plantains, corn, sorghum, cassava, sweet potatoes, yams, eddo, or others
- Mash and soften the food you give to your baby so they can easily chew and swallow it. Keep the baby's food thick enough that it falls slowly off a spoon. It should not be watery. Food can be thicker as your baby grows older, but make sure it is not too thick to swallow easily without choking.
- Porridge made with water is not healthy for your baby: It does not provide enough nutrients for your child to grow strong and healthy. If you can, use breast milk or milk, not water, to cook the baby's porridge; it will be more nutritious.
- Use iodized salt whenever possible in family foods.
- Clean ingredients well and cook food thoroughly before giving to your baby.
- Wash your hands before feeding your baby.
- Help your baby learn to eat by feeding them patiently, encouraging them to eat all the food you offer. Force feeding or stuffing your baby discourages them from eating and can be harmful.
- Do not add pepper or chili to food, lest it kill your baby's appetite.
- Breast milk remains an important source of nutrients for babies and protects children from allergies, diarrhea, pneumonia, and other diseases. Keep breastfeeding as often as your baby wants to eat, at least through their second year.

## PRACTICE 10. A VARIED DIET

What do you see in this picture? How can you enrich the food you feed your baby or child to prevent malnutrition? *[Discussion.]*



### MESSAGE FOR MOTHERS

At each meal, to help your baby grow and get strong, enrich the food you give them with two to three different types of colorful food.

### MORE INFORMATION

- Add colorful foods to enrich your baby's diet: vegetables and fruits that are orange and red, such as carrots, orange-fleshed sweet potatoes, and ripe mango and papaya; dark green leafy vegetables such as kale and chard; and avocado, beans, eggs, peanuts, and peas or lentils.
- Add animal-source foods such as fish, eggs, chicken, liver, and other meat and milk whenever available. Animal-source foods help babies and children grow healthy and strong.
- Add a little butter, spoon oil, palm oil, vegetable oil, sesame seed or peanut paste to your baby's food.
- Every day, give your baby a little fruit, including those above, or banana, butter pear, mangoes and plums, or watermelon. Make sure the fruit is well washed, and for younger babies, well mashed or squeezed into juice.
- Mash and soften other family foods to make them easy for your baby or child to chew and swallow.
- Keep breastfeeding until your child is 23 months or older, as often as your child wants to eat or drink.



### MESSAGE FOR FATHERS

When you go to the market, buy nutritious food for your young child, such as eggs, liver, mangos, or papayas. These foods can also make healthy snacks.

## PRACTICE 11. FEEDING FREQUENCY AND QUANTITY FOR CHILDREN AGED SIX TO 11 MONTHS

What do you see in this picture? How many times do you feed your baby when he is six to 11 months old? [Discussion.]



### MESSAGE FOR MOTHERS

Between the ages of six and 11 months, make sure that your baby keeps growing healthy and strong by feeding them two to three times each day plus one or two nutritious pureed or mashed snacks.

### MORE INFORMATION

- Babies have small stomachs and need to be fed often to grow healthy and strong.
- Start by giving six- to eight-month-old babies half of a 250 ml. bowl of colorful food twice daily—three times daily as the baby gets older.
- Whenever available, include animal-source foods (i.e., fish, eggs, chicken, liver, and other meat, and milk).
- Serve your baby's food in their own bowl so you can see how much they are eating.
- One or two times daily, in addition to meals, give a nutritious snack such as ripe papaya and mango, banana, or jackfruit; boiled white potato or sweet potato; and fried sweet gourd, green banana, or potato.
- By eight months, your baby should be able to begin eating with its hands. Give small pieces of soft ripe fruit or soft cooked vegetables.
- Continue breastfeeding. Feed breast milk eight to 10 times every day.
- Before feeding your child, to avoid diarrhea, wash its hands and your own.
- Use iodized salt to prepare food for the whole family, including the child.
- Be patient. Play and sing to encourage your baby to eat, as it may take them a long time to adapt to foods other than breast milk. Force feeding them or stuffing them discourage them from eating.

### Avoid Bottle Feeding

- Feed your baby using a clean bowl or cup and never a bottle. Bottle feeding may cause your baby to get diarrhea.

## PRACTICE 12. FEEDING FREQUENCY AND QUANTITY FOR CHILDREN AGED 12 TO 23 MONTHS

What do you see in this picture? In your community, how many meals are given to a child 12 to 23 months of age? Or, how many times do you yourself feed your child when they are that age?

*[Discussion.]*



### MESSAGE FOR MOTHERS

At least three to four times a day when your child is between 12 and 23 months of age, feed them family foods plus one or two snacks—also solid food—to ensure healthy growth.

### MORE INFORMATION

- Young children have small stomachs and can eat only small amounts at each meal. Feed your child frequently throughout the day to help them grow healthy and strong.
- Give a 250 ml. bowl of family food three times every day.
- Make sure that family meals include a variety of colorful foods: orange and red vegetables and fruits, green leafy vegetables, and eggs, beans, lentils, or peanuts.
- Whenever available, include animal-source foods (i.e., fish, eggs, chicken, liver, and other meat and milk).
- Serve your child's food on their own plate—separate from the family plate—so you can see how much they are eating.
- At least twice a day, in addition to meals, give a nutritious snack such as ripe mango and papaya, avocado, banana, boiled potato, orange-fleshed sweet potato, other fruits and vegetables, and fresh and fried bread products. Before feeding your child, to avoid diarrhea, wash their hands and your own.
- Use iodized salt to prepare food for the whole family, including the child.
- Be patient and play with your baby, as it may take them a long time to adapt to foods other than breast milk.



## PRACTICE 13. FEEDING SICK CHILDREN DURING AND AFTER ILLNESS

What do you see in this picture? What do you do when your baby or child gets sick? *[Discussion.]*



### MESSAGE FOR MOTHERS

When your child is sick, breastfeed more often. Offer children aged six months and older additional food to help them recover faster. For two weeks after your child aged 6 to 23 months has recovered from illness, give one additional meal of solid food each day to speed recovery.

### MORE INFORMATION

*For all infants and young children up to 23 months:*

- When your baby is sick and afterwards, breastfeed more often and for longer each time to help them recover faster and lose less weight. Breastfeeding also comforts a sick child.
- Continue breastfeeding when he/she has diarrhea—ideally, more frequently than usual in order to replace the liquid lost.
- Continue breastfeeding even when you yourself are sick.

*For infants six months and older:*

- A sick child's appetite will fall off because of illness. Be patient in encouraging them to eat and offer its favorite foods.
- Give them food in small quantities throughout the day.
- Keep feeding family foods to a sick child to maintain its strength and prevent weight loss.



## PRACTICE 14. NUTRITIONAL CARE OF INFANTS AND CHILDREN WITH DIARRHEA OR MODERATE MALNUTRITION

What do you see in the picture? Zinc helps your baby recover much faster from diarrhea. *[Discussion.]*

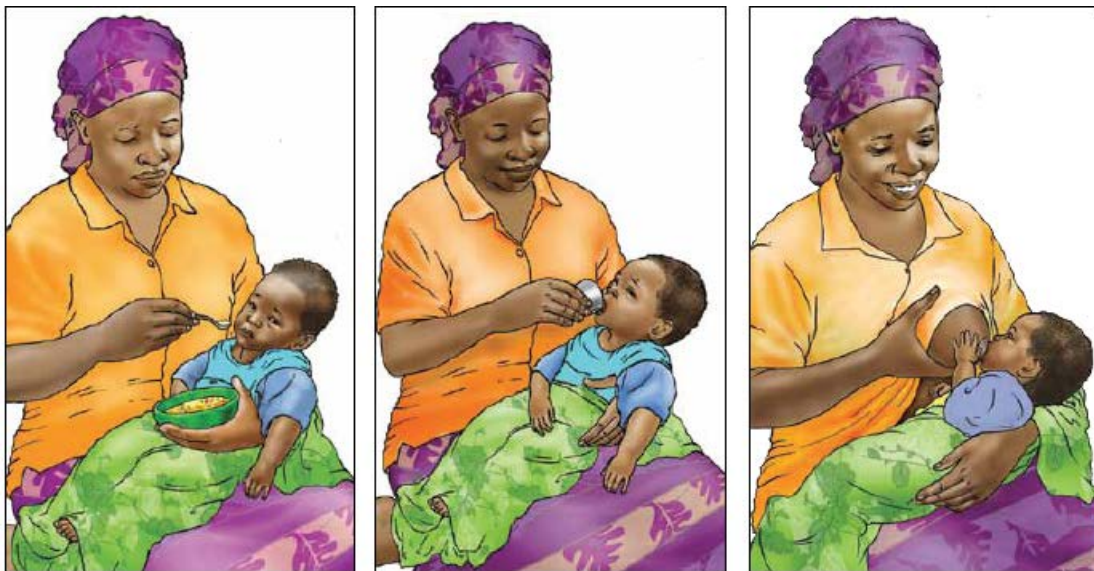
### MESSAGE FOR MOTHERS

If your child has diarrhea or is moderately malnourished, breastfeed more often. In addition, if your child is older than six months, provide one more bowl of food each day, in addition to any supplementary food you've been given, and offer breast milk more often.

### MORE INFORMATION

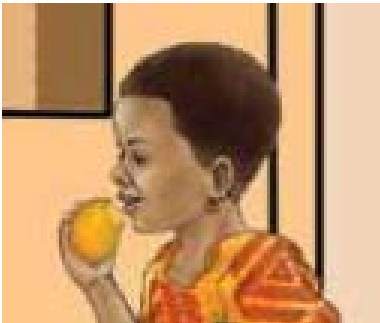
*For all infants and children up to 23 months*

- Breastfeed a sick child more frequently. It will help them recover faster.
- If your child has moderate malnutrition, give them one additional meal each day until they recover.
- After diarrhea, give your child an additional meal for two weeks to help them recover faster.
- If your infant has diarrhea, give them an oral rehydration solution (ORS) so that he/she does not become dehydrated.
- To help your baby recover more quickly from diarrhea, ask your health worker to give you zinc and follow instructions for its use. Give zinc for the exact time period specified—usually between 10 and 14 days.



## PRACTICE 15. IMPORTANCE OF VITAMIN A

What do you see on this picture? Where can you get vitamin A in your community? Why is a varied diet important? *[Discussion.]*



### MESSAGE FOR HUSBANDS

Make sure that the pregnant and lactating women and the children between six months and two years of age in your household eat papaya, mango, and other orange and yellow fruits, as well as orange-fleshed sweet potatoes, dark green leafy vegetables, liver, and milk for their health.

### MORE INFORMATION

- Food rich in vitamin A will enrich breast milk with important nutrients to keep your baby healthy and strong.
- A varied diet provides all the vitamins needed by women, children, and the family.
- Give as much animal-source food (i.e., fish, eggs, chicken, liver, and other meat and milk) as possible to enrich the diet of pregnant women, breastfeeding women, and children aged six months to two years.
- Eat fortified foods when they are available for purchase in stores.

### MESSAGE FOR MOTHERS

When your baby is six months old, make sure they obtain vitamin A supplementation to stay strong and healthy

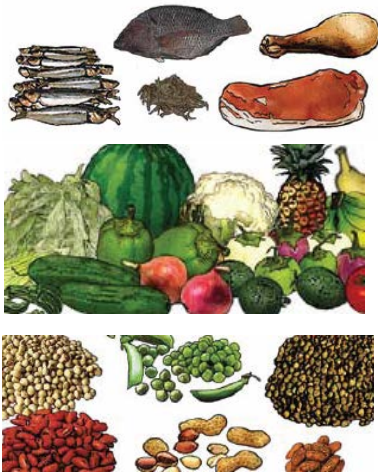
### MORE INFORMATION

- Vitamin A is essential to your child's eyesight and helps them fight illness.
- Ask a health worker to give vitamin A supplementation twice a year from six to 59 months of age.
- Bring your child to vitamin A supplementation sessions on national immunization days or other events where vitamin A supplementation is provided *[PCVs and CVs should know the places and times for these events for each locality they visit.]*



## PRACTICE 16. PREVENTING ANEMIA

Where can you get your children deworming medicine? Why is a varied diet important? Why sleep under an ITN? [Discussion.]



### MESSAGE FOR HUSBANDS

Make sure that the pregnant and breastfeeding women and the children between six months and two years of age in your household eat papaya, mango, and other orange and yellow fruits, as well as orange-fleshed sweet potatoes, dark green leafy vegetables, liver, and milk for their health.

### MORE INFORMATION

- A varied diet will provide all the vitamins needed by women, children, and the family.
- Give as much animal-source food (i.e., fish, eggs, chicken, liver, and other meat and milk) as possible to enrich the diet of pregnant women, lactating women, and children aged six months to two years.
- Eat fortified foods when they are available for purchase in stores.

### MESSAGE FOR MOTHERS

When your child is two years old, make sure they are given deworming medicine every six months to maintain healthy growth.

### MORE INFORMATION

- Intestinal parasites cause young children to become anemic, which will make them tired and unwell.
- Ask a health worker for deworming medicine to be given twice a year. Continue up to five years.
- Deworming is also offered on national immunization days.

### MESSAGE FOR ALL CAREGIVERS

All family members should sleep under an ITN—in particular, pregnant and lactating women and young children—to prevent malaria.

### MORE INFORMATION

- Malaria causes anemia.
- All family members with a fever need to be taken to a health facility for immediate treatment.

## PRACTICE 17. KEEPING THE ENVIRONMENT CLEAN

What do you see in the picture? Why is it important to use a sanitary latrine? *[Discussion.]*



### MESSAGE FOR MOTHERS, FATHERS, AND CAREGIVERS

To keep your environment clean and prevent illnesses, use a sanitary latrine, and teach your children how to use it.

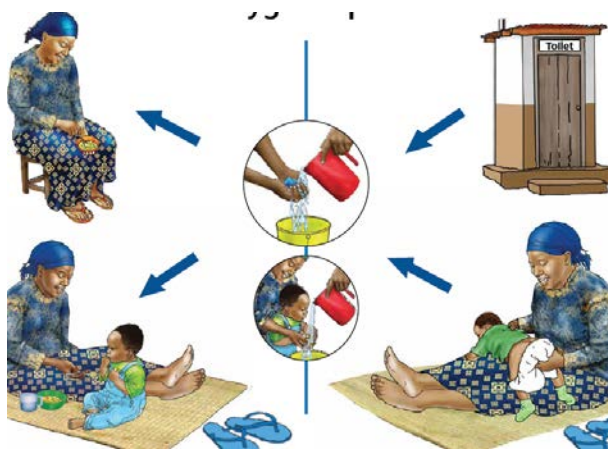
### MORE INFORMATION

- Family members, especially young children, will get diarrhea or other diseases in a dirty environment.
- Build a sanitary latrine if you don't have one.
- Keep your latrine clean to protect your environment, the water around your house, and your fields.
- To prevent flies, cover the hole of the latrine, and keep your entire compound clean and free of garbage.
- Keep enough water in the latrine to clean it.



## PRACTICE 18. HANDWASHING

What do you see in the picture? Why is it important to wash your hands? *[Discussion.]*



### MESSAGE FOR MOTHERS, FATHERS, AND CAREGIVERS

Wash your hands with water and soap after using the toilet, cleaning children's bottoms, before preparing food, and before eating or feeding your family, including your babies and children.

### MORE INFORMATION

- Thorough handwashing will help keep you and your family from getting sick.
- Wash your hands before preparing and eating food.
- Wash your hands before feeding your infants, babies, and children.
- Wash your hands after using the toilet or latrine.

### STEPS TO THOROUGH HANDWASHING

- Rub your palms together.
- Interlock your finger webs and rub them together.
- Rub each palm against the back of the opposite hand.
- Rub each palm over knuckles and finger tips on the opposite hand.
- Rub each thumb.
- Rub around your wrist and a ways up your forearms.
- Rinse your hands with warm water suitable for drinking.
- Dry your hands in the air or on a clean, hygienic cloth.

## PRACTICE 19. WASHING A CHILD'S HANDS BEFORE FEEDING

What do you see in the picture? Why is it important to wash your hands before feeding a baby or young child? *[Discussion.]*



### MESSAGE FOR CAREGIVERS

Thoroughly wash your child's hands and your own hands before mealtimes—before preparing food, before feeding your child, and before eating. Always use soap and water.

### MORE INFORMATION

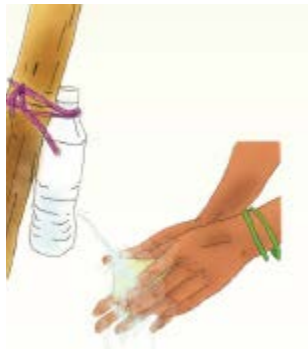
- Learn to wash your hands properly so you do not pass on any illnesses.
- Teach children to do the same.

### STEPS TO THOROUGH HAND WASHING

- Apply soap and water to your hands.
- Rub your palms together.
- Interlock your finger webs and rub them together.
- Rub each palm against the back of the opposite hand.
- Rub each palm over knuckles and finger tips on the opposite hand.
- Rub each thumb.
- Rub around your wrist and a ways up your forearms.
- Rinse your hands with warm water suitable for drinking.
- Dry your hands in the air or on a clean, hygienic cloth.

## PRACTICE 20. WASHING YOUR HANDS EASILY USING MINIMUM WATER

What do you see in the picture? How can you continue to wash hands during emergencies? *[Discussion.]*



### MESSAGE FOR MOTHERS, FATHERS, AND CAREGIVERS

Washing your hands is always important so that you and your family stay healthy and free from disease. Rigging a special water source in every location where you need to wash your hands will help you do so—using minimum water.

### MORE INFORMATION

- Rig up water sources, known as “tippy taps,” near the cooking area, the child feeding area, and the toilet.
- Tippy taps prevent waste of water and motivate people to wash their hands.

### HOW TO MAKE AND USE A TIPPY TAP

- Warm a nail. Then, using the nail, make a hole on one side of a salvaged water bottle, preferably one that can contain about five liters, or 1½ gallons.
- Place the bottle in a raised position or hang up the bottle using a rope.
- Fill the bottle with water, then close it with its cap.
- Place soap next to the hanging water bottle.
- To use the tippy tap, open the cap when you wash your hands and close it again when you’ve finished.

## PRACTICE 21. KEEPING FOOD AND FOOD CONTAINERS CLEAN

What do you see in the picture? Why is it important to keep containers clean, particularly containers for water storage and young children's food bowls or plates? *[Discussion.]*



### MESSAGE FOR MOTHERS

Clean bowls and spoons with soap and water before you use them to feed babies and young children. Keep your drinking water in a narrow-necked container, and clean the container well before filling, to keep water clean. Always cover your family's food and water to keep dirt and flies away.

### MORE INFORMATION

- Clean water can get dirty if it is left uncovered in the open air.
- Flies bring germs and dirt, and infect your food and your baby's food.
- Your baby or young child can get diarrhea if their feeding bowl is dirty.

## PRACTICE 22. RAISING DIVERSE CROPS AND SMALL ANIMALS, AND CONSUMING A VARIED DIET

Why is it important for farmers to diversify their crops and to grow small animals? How does crop variety affect a family's nutrition? *[Discuss with farmers, both male and female, wherever you find them: in locations where they seek financial services (e.g., for savings and credit and from self-help savings and loan groups); at venues where they buy such inputs as seeds, fertilizer, and fingerlings; and where they obtain veterinary services.]*



### MESSAGE FOR FARMERS

Grow different types of vegetables and fruits to increase the likelihood that one of your agricultural products will be in demand at market, and to provide your family with a more varied and more nutritious diet.

### MORE INFORMATION

- To keep your family members strong and give them vitamins, they should eat many different types of colorful foods: amaranth and red amaranth, country bean, yard-long bean, soybeans, peanuts, black beans, orange-flesh sweet potato, pumpkin, moringa, okra, papaya, and spinach.
- When you diversify your diet, you increase the chances that some crops will survive, despite too much or too little rainfall or extreme temperatures. You can also decrease market and weather risks and improve your family's diet by rearing poultry (e.g., ducks and chickens) and small ruminants (e.g., goats and sheep). So, if possible, leave space around the house to raise small livestock to provide animal-source foods (i.e., fish, eggs, chicken, liver, and other meat and milk) to your pregnant or lactating wife and to your children aged six months to two years.
- For pregnant and lactating women and for children aged six months to two years to have all the vitamins they need and be strong and healthy, they should eat at least three or four different types of food at each meal.

## PRACTICE 23. DIVERSIFYING CROPS FOR A VARIED DIET

Why is it important for farmers to diversify their crops and for women and young children to have a varied diet? *[Discuss with agricultural extension agents and male and female farmers during visits in households and courtyards, to farmer nutrition schools, and in other farmer groups.]*

### MESSAGE FOR FARMERS

Plant a variety of crops in your garden to yield harvests all year round and to be able to include at least two or three different types of colorful foods at each family meal.

### MORE INFORMATION

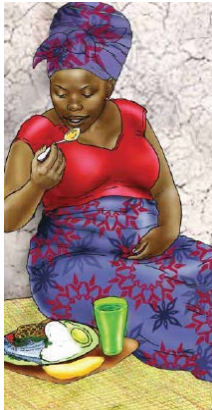
- Although babies under six months of age need only breast milk to grow strong and healthy, pregnant and lactating women and children aged six months to two years need a varied diet.
- To keep your family members strong and give them vitamins, they should eat many different types of colorful foods: amaranth and red amaranth, country bean, yard-long bean, soybeans, peanuts, black beans, orange-flesh sweet potato, pumpkin, moringa, okra, papaya, spinach, and tomato. In order for the vegetables and fruit you grow to be as nutritious as possible, harvest them at peak ripeness.
- Supplement the foods you grow by gathering wild fruit and plants.
- When you sell the products of your harvest, keep some to provide a varied diet for your family, so that you can give two or three different types of food to your babies and young children at each meal to make them strong.
- Dry or process some of your fruit and vegetable harvest to eat or sell later.
- Store your grain in facilities that are rat- and insect-proof.





## PRACTICE 24. IMPORTANCE OF A VARIED DIET FOR PREGNANT AND LACTATING FARMERS

Do woman farmers in your community understand the importance of a varied diet to the health of their babies and children? How do you manage your garden and farming practices to provide nutritious meals for your family? *[Discuss in households or among groups of male and female farmers.]*



### MESSAGE FOR FEMALE FARMERS

If you are pregnant or lactating, talk with your husband about how important it is to your baby's health for you to eat a varied diet containing as much animal-source food as possible. If you are pregnant, work with him to make a plan for you to attend to your house work and rest more. If you are lactating, discuss how you can continue breastfeeding when you go back to working in the field.

### MORE INFORMATION

- When a woman is pregnant or lactating, she needs more food and a varied diet to stay strong and to have a baby who is healthy and strong. It is a good idea to keep some animal-source food (i.e., fish, eggs, chicken, liver, and other meat and milk) to consume at home.
- To prevent illness and grow well, a child from birth to six months of age needs only breast milk—no water or other liquids and no food.
- At six months, a child needs additional food as well as breastfeeding until the age of two.



### TIPS FOR FEMALE FARMERS WHO ARE BREASTFEEDING

- Before you leave your baby to go to the field, breastfeed for half an hour.
- If possible, ask an older child to bring your baby to the field during the day for breastfeeding.
- As much as possible, take the baby with you to the field.

### MESSAGE FOR MALE FARMERS

If your wife is pregnant or lactating, encourage her to eat a varied diet containing animal-source foods. During her pregnancy, help her with chores so that she gets enough rest. While she is breastfeeding, discuss how she can do so after she goes back to working in the field.



## PRACTICE 25. RAISING AND EATING FISH

How much fish is raised and eaten in your community? Why or why not? How much fish is consumed in your home? *[Discuss in a household or a group of male or female farmers.]*



### MESSAGE FOR FARMERS

Raising fish in a small pond near your house will help you diversify your family diet and make it more nutritious, and earn additional income.

### MORE INFORMATION

- Different types of fishes can be raised, including *[Ask participants for names of local fish.]*
- Small fish are rich in vitamins, iron, and zinc.
- Every day, try to keep at least one fish for your family's meal especially if you have pregnant or lactating woman or children aged six months to two years in your household.
- Dry surplus fish harvests for later consumption.
- Complement your aquaculture with a garden full of vegetables and fruits to enrich the diets of pregnant and lactating women and of children under two.

To keep the pond productive and the fish healthy:

- Keep your pond and its water clean; remove excess mud and unwanted fish.
- Lime at recommended doses and frequency *[give names of local brands or products]*.
- Fertilize at recommended doses and frequency *[give names of local brands or products]*.
- Stock fish in the number and size recommended given the space you have.
- Protect fish from predators.
- Regularly monitor fish growth and health.
- Provide supplementary feed.
- If feasible, harvest fish partially on a regular basis.

## PRACTICE 26. HAVING SMALL-ANIMAL PRODUCTS

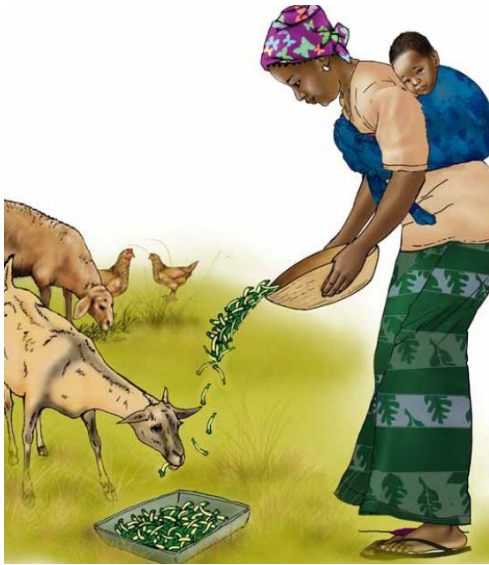
Do members of your community understand the importance of small-animal products to the health of families? How have you changed your farming practices to enrich your family meals with small-animal products? *[Discuss in households or among groups of male and female farmers.]*

### MESSAGE FOR FARMERS

Rear poultry and/or small animals to obtain animal-source foods and help diversify and enrich the family diet. Always keep some milk, eggs, and/or meat to eat at home, particularly if your household includes a woman who is pregnant or lactating or a child aged six months to two years.

### MORE INFORMATION

- Eggs are rich in protein, vitamins, and minerals.
- Try to set aside at least one or two eggs each day for your family's meal—in particular for the health of pregnant and lactating women and children under two years. Eggs will help them grow strong and healthy.
- Raising poultry will provide additional household income.
- Growing a household garden will enable you to diversify your family's diet with vegetables and fruits.
- Plant at least three different types of fruits and vegetables to ensure a varied diet for your family.
- Cultivate both longer-maturity crops and shorter-maturity crops (e.g., okra or bean with red amaranth).
- Choose colorful vegetables to grow to enrich your family's diet.
- To meet your family's nutrition needs, cultivate vegetables year round such as soybeans, peanuts, black beans, orange-flesh sweet potato, pumpkin, moringa, amaranth and red amaranth, spinach, okra, papaya, country bean, and yard-long bean to provide vitamins and help children grow strong and healthy.



## PRACTICE 27. TAKING CARE OF POULTRY OR SMALL LIVESTOCK

Among community members who raise poultry and small livestock, what are typical feeding and care practices? What hygienic measures are typically observed? What challenges have you yourself faced, and what have you learned about keeping animals healthy and their environment clean. *[Discussion or group meeting with farmers.]*



### MESSAGE FOR FARMERS

To have healthy livestock and provide animal-source foods for your family, you must give your animals appropriate shelter, feed, and health care.

### MORE INFORMATION

- Confine poultry (e.g., ducks and chickens) and small ruminants (e.g., goats and sheep) in sheds or pens—it is cleaner and healthier for humans and animals and makes it easier to collect manure for the garden.
- Set up a poultry shed with plenty of air, light, and in a hygienic place, cleaning it daily.
- Separate chicks from brood hens right away for the health of the chicks and to keep egg production high.
- Use vegetable wastes to feed small ruminants and chickens.
- Take chicks to a veterinarian for vaccinations at the right time. Keep some cow, goat, or sheep milk for your family, especially if your household contains a pregnant or lactating woman or a child aged six months to two years.
- Add milk to family food for young children when they are older than six months. (Give only breast milk, and no water or food until the child is six months of age.)
- Dry any surplus meat for later consumption.
- Raise poultry and small ruminants to ensure a healthy diet for your family, particularly if your household includes a pregnant or lactating woman or children aged six months to two years.
- Keep at least one egg every day for family consumption—even more if you can—for consumption by pregnant or lactating women and children aged six month to two years. Raising poultry and/or small animals will also bring additional income.

### Immunization Schedule for poultry and small ruminants

AGE IN DAYS	VACCINES	DISEASES	ROUTE OF VACCINATION	DOSE
1–7	BCRDV	Ranikhet	Eye drop	1 drop in each eye
14–21	BCRDV, booster dose	Ranikhet	Eye drop	1 drop in each eye
28–30	Fowl pox	Pox	Punching with needle under wing (triangular shape)	1 drop
60	RDV	Ranikhet	Intramuscular injection	1 cc
75	Fowl cholera	Cholera	Subcutaneous injection	1 cc
90	Fowl cholera, booster dose	Cholera	Subcutaneous injection	1 cc

## PRACTICE 28. COMPOSTING

Do members of your community practice composting? Do you? What are the challenges and drawbacks to composting that you have seen? *[Discuss in households or among groups of male and female farmers.]*

### MESSAGE

Preparing compost fertilizer is an easy technique to improve the yield of your household garden.

### MORE INFORMATION

- Compost can be prepared at a low cost or no cost from such organic materials as animal excrement, tree trunks, branches, leaves, vegetable peelings, and other organic household waste.
- Using compost increases water retention and soil fertility. Compost aerates the soil, improves its texture and structure, and helps prevent erosion.
- Adding compost adds nutrients and microorganisms to the soil to make plants healthy, increases earthworms' ability to loosen the soil, and decreases its proportion of sand and salinity.



### How to Prepare Compost for Fertilizer

- Make a hole, then add a layer of clay soil.
- Surrounding the hole, make a raised border of soil.
- Above the hole, add a roof of tin or other material to shade and protect the compost bed from sunshine and rain.
- Heap the hole with layers of organic material: grain stalks, cow dung, household waste (e.g., putrefied leaves, ash, plant residue), and the like.
- When the hole is full, let it sit for three to four weeks, turning every few days, until it becomes like black, fertile soil. Then work it into the soil of your garden.

## PRACTICE 29. WATER MANAGEMENT THROUGH MULCHING

Do members of your community practice mulching to manage water supply in their garden? Do you? What challenges have you experienced? What have you learned? *[Discuss in households or among groups of male and female farmers.]*



### MESSAGE FOR MALE AND FEMALE FARMERS

Harvest water to obtain a year round water supply to support the growth of your diversified crops and enable you to give your family a healthy diet.

### HOW TO MANAGE YOUR WATER SUPPLY YEAR ROUND

- Save and reuse water previously used for household work (e.g., cooking, cleaning, washing hands, washing).
- Collect water in the rainy season to use in the field during dry season.
- Use mulches—materials placed on top of the soil surface—to protect the soil from evaporation, maintain moisture, minimize the need for watering, and improve soil conditions.
- As mulches, consider using water hyacinth, straw, leaves, wood dust, or coconut hulls.
- Use mulch for pit crops in your household garden.
- Use compost in conjunction with mulch to increase water retention, enhance the fertility of soil, and decrease the proportion of sand and salinity in the soil.

## PRACTICE 30. FARMERS' ROLE IN PROVIDING A VARIED DIET TO THEIR PREGNANT AND LACTATING WIVES AND CHILDREN UNDER TWO

What role do farmers in your community play in providing a varied diet for their families? How do you as a farmer support your family nutrition? What challenges have you experienced? What have you learned? How can market managers be encouraged to add variety to the food on sale in the market, so that there are many different types of colorful food? *[Discuss when you see farmers or men selling their harvest or buying foods, and during household visits and group meetings with farmers.]*



### MESSAGE FOR FATHERS AND MALE FARMERS

A varied diet will keep your pregnant or lactating wife and your children aged six months to two years growing strong and healthy. Keep a variety of foods in your home. Buy two or three different types of foods to supplement what you grow.

### MORE INFORMATION

- If you have a household garden and fruit trees, and raise poultry and/or small livestock, always keep some of what you produce to ensure a variety of food for your family at each meal, with at least two different types of colorful food in addition to porridge and/or rice.
- As much as possible, retain some milk, eggs, fish, or meat (fresh or dried) especially for consumption by pregnant or lactating women and children aged six months to two years.
- When you have cash, buy nutritious, colorful foods such as amaranth and red amaranth, country bean, yard-long bean, ash gourd, bitter gourd, bottle gourd, sweet gourd, okra, papaya, radish, Indian spinach, and tomato. These foods are full of vitamins and help strengthen your family.
- Always keep some cash on hand to buy fish or eggs for your pregnant or lactating wife and for your children aged six months to two years.
- For your children's optimal health, ensure that your babies receive breast milk only, and no water or food, until they are six months old; and that your wife continues breastfeeding until your baby's second birthday.

## ANNEX 1. GALIDRAA NEGOTIATION CHECKLIST

- G**reet the mother and be friendly. Establish her confidence.
- A**sk about feeding practices, her children's ages, and their feeding status.
- L**isten to the mother.
- I**dentify feeding challenges and their causes. With the mother, choose one challenge to work to overcome.
- D**iscuss different feasible options with the mother.
- R**ecommend and negotiate doable actions. Present options and negotiate with the mother to help her choose one practice to try.
- A**gree on which practice the mother will try; ask her to repeat the agreed-upon practice back to you.
- A**ppointment made for follow-up visit.







