

How Can We Ensure Dietary Diversity in the Sahel?

SUBTITLES

00:02-00:05 - COMPLEMENTARY FEEDING-2 "How can we ensure dietary diversity in the Sahel?"

00:08-00:11 - today we are visiting the village of Katare Moussa in Gidan Roudji, Maradi region.

00:13-00:24 - In this video, we will see the importance of learning how to feed babies with a variety of food, especially from the age of 6 to 12 months.

00:20-00:33 - Babies at this age group can eat what adults eat, it only needs to be crushed or pounded.

00:34-00:41 - Well done Madame! You have served your baby food with more sauce in his plate.

00:42-00:53 - and also a varied diet, I can see tomatoes, beans, and various food items in the sauce. You have obviously adopted the sensitization messages we shared with you.

00:58-01:01 - *How can a varied diet be recognized?*

01:03-01:24 - *A varied diet is a diet which has multiple colors and contains ingredients other than cereal and water.*

01:16-01:23 - *Try to add to the cereals food like beans, or peanuts, fruits and vegetables, and some kind of food from animal source.*

01:25-01:31 - Madame, I can see you have meat in the sauce for the family, but you did not put any for your baby?

01:30-01:31 - My baby girl does not yet have teeth to eat meat.

01:32-01:40 - Even if the baby is toothless, the meat should be pounded then mixed and stirred in the sauce to enable her to eat easily until she is satisfied.

02:22-02:32 - *At what age should you start to give a child some food of animal source origin? Example: meat, eggs, fish, milk, etc.*

02:34-02:43 - At 6 months of life, a baby should start eating small quantities of animal source food to help build his/her blood and his/her body.

03:08-03:18 - My friend, why are you collecting these Moringa leaves? I collect things like tomatoes, Moringa leaves and other food items as savings because I have a baby who is less than 2 years old.

03:19-03:28 - I collect them to dry at home for savings that can be used during the dry season in which there is shortage of food. We pound it and feed our children with it.

03:36-03:43 - My friend, you are proactive, you are such a caring father.

03:30-03:35 - Because you save food for your baby, for the dry season when food is scarce.

03:43-03:47 - Thank you my friend for such an encouragement. I am happy indeed!!!

03:57-04:07 - I am investing today so that my child will be a healthy, smart and intelligent person tomorrow.

04:34-04:36 - After 10 days.

04:37-04:44 - Let me pack the tomatoes so that worms, flies or rats will not attack them. I will store them in the barn.

04:49-04:52 - I will pack even the moringa for hygienic purposes.

05:21-05:31 - *Taking into account the seasons, how do you ensure that a child has access to a varied diet?*

05:32-05:35 - Household heads, who have pregnant women and children of 6 to 24 months old, can dry and store food

05:35 - 05:47 - which they can add to the pregnant woman's and breastfeeding woman's diet and the children's diet during seasons in which food is scarce.

05:48-05:52 - My neighbor! Come see, my wife is preparing porridge with various ingredients.

05:56-06:00 - Peace be with you! Peace be with you too! How are you? I am fine.

06:04-06:10 - My husband dried tomatoes and moringa leaves for me, now I can pound them and add to my baby's porridge.

06:45-06:47 - My neighbor, you see, I will take two spoons of millet powder, and one spoon of beans powder.

06:55-06:57 - Tomatoes and Moringa leaves powder will also be added.

07:12-07:17 - My neighbor, you see how I am making porridge. I will add a little of boiled water.

07:30-07:32 - I will add little milk.

07:44-07:47 - I will add little milk again.

08:24-08:30 - *How thick should the porridge be of a baby of 6 to 8 months?*

08:32-08:39 - *The food of the baby must have the same consistency as that of an older child and it must be thick enough that it does not easily flow from a spoon.*

08:41-08:51 - If we want our children between the age of 6 to 24 months to be strong and intelligent, we have to diversify their food.

08:52-09:01 - Therefore, we have to add bean powder, peanut powder, vegetables and food from animal source to their meals.

09:03-09:10 - The porridge of our babies must have the same consistency as that of older children.

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09:14-09:24 - We appeal to our communities to continue to give a varied diet to their children age 6 to 24 months.

09:45- 09:47-THANKS

- ✓ -Ai Sala
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- ✓ Ila Ali

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09:50-09:51- STORY, CAMERA, LIGHT

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09:52-09:53- LOCATION

Katare Moussa, Maradi

Niger Republic

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09:58-10:05-This video was produced by SPRING/ DIGITAL GREEN project Niger

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