

Nigeria: Complementary Feeding and Food Demonstration Training

Food Demonstration Manual



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.

Acknowledgments

Staff from many organizations and projects provided expertise and contributions to produce these materials. The materials included in this training curriculum have been adapted from the Working to Improve Nutrition in Northern Nigeria (WINNN) Project's *Complementary Feeding Manuals*, funded by the UK's Department for International Development.

SPRING would like to recognize the following members of the SPRING/Nigeria team as the lead authors in the adaptation of training curriculum: Beatrice Eluaka, Aisha Muhammed, Grace Essien, and Seun Okediran.

The following individuals on SPRING provided technical review and/or support to the finalization of the document: Philomena Orji, Bridget Rogers, Barry Chovitz, Altrena Mukuria, Steve Sara, and Veronique Porter. SPRING would like to thank the staff members of WINNN who contributed their time, experience, materials, and other resources for this training curriculum, including Adaeze Oramalu Ogwuche, Jumoke Oladapo, and Karina Lopez Enye.

We would also like to acknowledge all the individuals who participated in and contributed to our trainings in Cross River state, including the Government of Cross River state, the Cross River State Nutrition Officer Regina Adie, and STEER Nutrition Coordinator Happiness Simeon.

We have helped create what we hope is a useful curriculum for projects, civil society organizations, and community volunteers in Nigeria. While this curriculum has been adapted for use in Cross River and Akwa Ibom states, we hope this will serve as a guide for further adaptations to different state and community contexts in the future.

Recommended Citation

SPRING. 2016. *Nigeria: Complementary Feeding and Food Demonstration Training—Food Demonstration Manual*. Arlington, VA: Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project.

Disclaimer

This report is made possible by the generous support of the American people through the United States 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 U.S. Government.

This manual has been adapted from the WINNN Complementary Feeding Manuals funded by the UK's Department for International Development.

SPRING

JSI Research & Training Institute, Inc.
1616 Fort Myer Drive, 16th Floor
Arlington, VA 22209 USA
Phone: 703-528-7474
Fax: 703-528-7480
Email: info@spring-nutrition.org
Internet: www.spring-nutrition.org

Cover Photo Credit: SPRING/Nigeria

Contents

Abbreviations and Acronyms	v
Introduction to the Complementary Feeding Training Package	1
What is Food Demonstration?	3
What Is the Food Demonstration Approach?	3
Types of Food Demonstration	3
10 Steps to a Successful Food Demonstration.....	4
How to Conduct a Food Demonstration	5
Planning for Food Demonstration.....	5
The Day Before the Demonstration	5
Preparation for Food Demonstration.....	5
The Day of the Demonstration	6
Recommended Food Demonstration Site Set Up.....	8
Roles at the Food Demonstration Site.....	9
During the Demonstration	11
Proposed Agenda for the Food Demonstration	13
Handwashing Demonstration	14
How to Use Recipe Cards.....	15
Recipes	17
Preparation of Complementary Feeding Enrichment Powder and Paste	17
Complementary Food Recipes	19
Complementary Feeding of Children 9–12 Months	23
Complementary Food Recipes.....	23
Complementary Feeding a Child 12–23 Months	31
Complementary Food Recipes.....	31
Food Demonstration Evaluation	35
Foods Common to Cross River and Akwa Ibom States	37

Abbreviations and Acronyms

CV	community volunteer
EED	environmental enteric dysfunction
IYCF	infant and young child feeding
TOT	training-of-trainer
UNICEF	United Nations Children's Fund
WINNN	Working to Improve Nutrition in Northern Nigeria
WHO	World Health Organization

Introduction to the Complementary Feeding and Food Demonstration Training Package

This manual is the third component in a training package on food demonstrations for complementary feeding that includes—

- *Nigeria: Food Demonstration Training Facilitator’s Guide*
- *Nigeria: Complementary Feeding Manual*
- *Nigeria: Food Demonstration Manual*
- *Nigeria: Complementary Food Demonstration Training Handouts*
- *Nigeria: Complementary Food Demonstration PowerPoint Slides*
- *Nigeria: Food Demonstration Recipe Cards.*

All components of the *Nigeria Complementary Feeding Training Package* can be found on the Nigeria page of the SPRING website: <https://www.spring-nutrition.org/countries/nigeria>.

Note: For guidance on how to roll out a complementary feeding training, please see the *WINNN Complementary Feeding Training Strategy*. For more information, contact Dr. Liman Mohammed, National Programme Manager-WINNN at mohammed.liman@savethechildren.org.

What is Food Demonstration?

Food demonstration is a process of conveying nutritional information to a target group through cooking and sharing nutritional tips as it is being done. This includes discussing different available foods and how they can be used, as well as cooking the food together and tasting the foods prepared. Caregivers and women in the community are invited and they can be grouped into three categories by the ages of their children: 6–8 months, 9–11 months, and 12–24 months.

What Is the Food Demonstration Approach?

The approach adopted uses the platform of the infant and young child feeding (IYCF) support group. Every two or three months, the community volunteers (CVs), in collaboration with their support groups, will decide on the time for the food demonstration, what recipes will be prepared, and what ingredient(s) each person within an age category will contribute towards the food demonstration.

It requires a demonstrator to explain the processes involved in preparing a nutritious meal; in this case, a complementary meal. The recipes are to be accessible, affordable, prepared within a hygienic environment, and retain a high nutrient content to meet most of the needs of the child who is still breastfed by his/her mother.

A food demonstration should take place at a venue agreed on by the target group. It is suggested that the demonstration be conducted before noon so as not to disturb prayers, chores, or the preparation of lunch for the household, or before the sun is at its peak.

All the ingredients are expected to be purchased in the community in order to show accessibility of the food. Some recipes may not be the best in a specific location or season as the ingredients may not be available, so the best ones should be selected. Also, it is advised to purchase all the food required for the demonstration at the weekly market.

Types of Food Demonstration

There are three main types of food demonstration: single ingredient, precooked, and cooking a meal.

Single ingredient

This is a demonstration typically used for fruits, vegetables, or foods that are unfamiliar to the target group. They are cut or cooked, and, if there is limited space and time, sampled in front of the audience.

Precooked

A recipe is cooked in advance and conveyed to the demonstration site for sampling. This is used for food that takes a long time to cook. It is imperative that proper handling of the food handling is observed in order not to cause food poisoning.

Cooking a meal

The entire recipe is prepared in front of the target group. Attention should be given to the time of preparation, while ensuring all the necessary equipment is available. It is also important that the facilitator has good demonstration skills.

10 Steps to a Successful Food Demonstration

1. Identify your target group—test their knowledge on the type of food in their locality and their knowledge of how the food helps the body.
2. Have a concise message on nutrition.
3. Be organized, confident, and courteous.
4. Use relevant recipes with available ingredients.
5. Be sure the demonstration area is clean and will capture the attention of the audience.
6. Emphasize nutrition messages while demonstrating.
7. Ensure active participation of the group members in the food preparation tasks.
8. Give all participants a taste of the prepared food.
9. Observe good food safety and handling habits and practices.
10. Obtain feedback through questions and answers for future improvement of the food demonstration.

How to Conduct a Food Demonstration

The success of a good food demonstration is dependent on good communication, planning, and timeliness.

The food demonstrator must possess the skills that will enable her to pass information to the target group, plan the day, and keep to the allotted time for each activity in the food demonstration.

Planning for Food Demonstration

1. Determine the date of the demonstration.
2. Determine the venue of the food demonstration with the community.
3. Ensure that the IYCF support group is informed about the day of the demonstration.
4. Determine the type of food demonstration method.
5. Use appropriate complementary food recipes for the age category.
6. The demonstrator should practice the recipes in her home before the day of the demonstration, taking note of the cooking time and flavour.
7. Identify and ensure that all of the required ingredients and materials are in place.
8. Have a list of the ingredients for the recipes handy.
9. Determine who will donate the ingredients for the recipes within the group.
10. Perishable items should be purchased a day before or on the day of the demonstration.
11. Remind the IYCF support group members of the food demonstration a month, two weeks, one week, and one day before the demonstration is to take place.

The Day Before the Demonstration

1. Purchase or collect the ingredients from the market* or members of the support group.
2. If taking prepared samples, store appropriately.
3. Pack equipment/materials and recipe card.
4. Ensure there is water available at the demonstration site for cooking, drinking, and washing.
5. Remind the IYCF support group members to come with their cups, plates, and spoons.

NOTE: Food demonstration ingredients should be purchased on the market day, hence the food demonstration should be conducted a day or two after the market day.*

Preparation for Food Demonstration

Ensure the demonstration site is clean and has the following:

- space
- shade against the sun/cover against the rain

- water
- seats/mats
- tables.

Utensils and materials needed

Utensils and materials needed for the food demonstration table are as follows:

Utensils	Materials
1. Pots: 3 small iron pots	1. Soap/ash for hand washing
2. Knives x 2	2. Sponge x 2 (soft and iron)
3. Spoons (cooking x 2 and eating x 6)	3. Firewood
4. Wooden spoon for stirring pap	4. Matches x 2
5. Chopping board x 2 (1 for vegetables and the other for fish only)	5. Water reservoir containers x 4
6. Sieve x 2 (dry and wet food)	6. Display table
7. Plates x 6	7. Washing up liquid/detergent
8. Bowls (2 small and 2 large) ¹	8. Seats: mats, benches, or chairs
9. Cups x 2	
10. Pestle and mortar	
11. Trays x 2	
12. Transparent containers for display	

The Day of the Demonstration

1. Dress appropriately:

Hair should be kept clean and covered with a clean hair restraint (e.g., scarf, hairnet).

Ensure nails are short and clean.

Do not apply nail polish/nail dyes or artificial nails.

Avoid wearing rings, earrings, and bangles.

¹ Small bowls are for rinsing of vegetables or grains, while the large bowls are for washing up and gathering of clean and dirty dishes.

Ensure you wear flat shoes.

2. Prepare before the food demonstration:

Arrive at least two hours before the demonstration to ensure adequate preparation/set up time.

Sweep the demonstration site.

Ensure there is water for cooking, drinking, and washing.

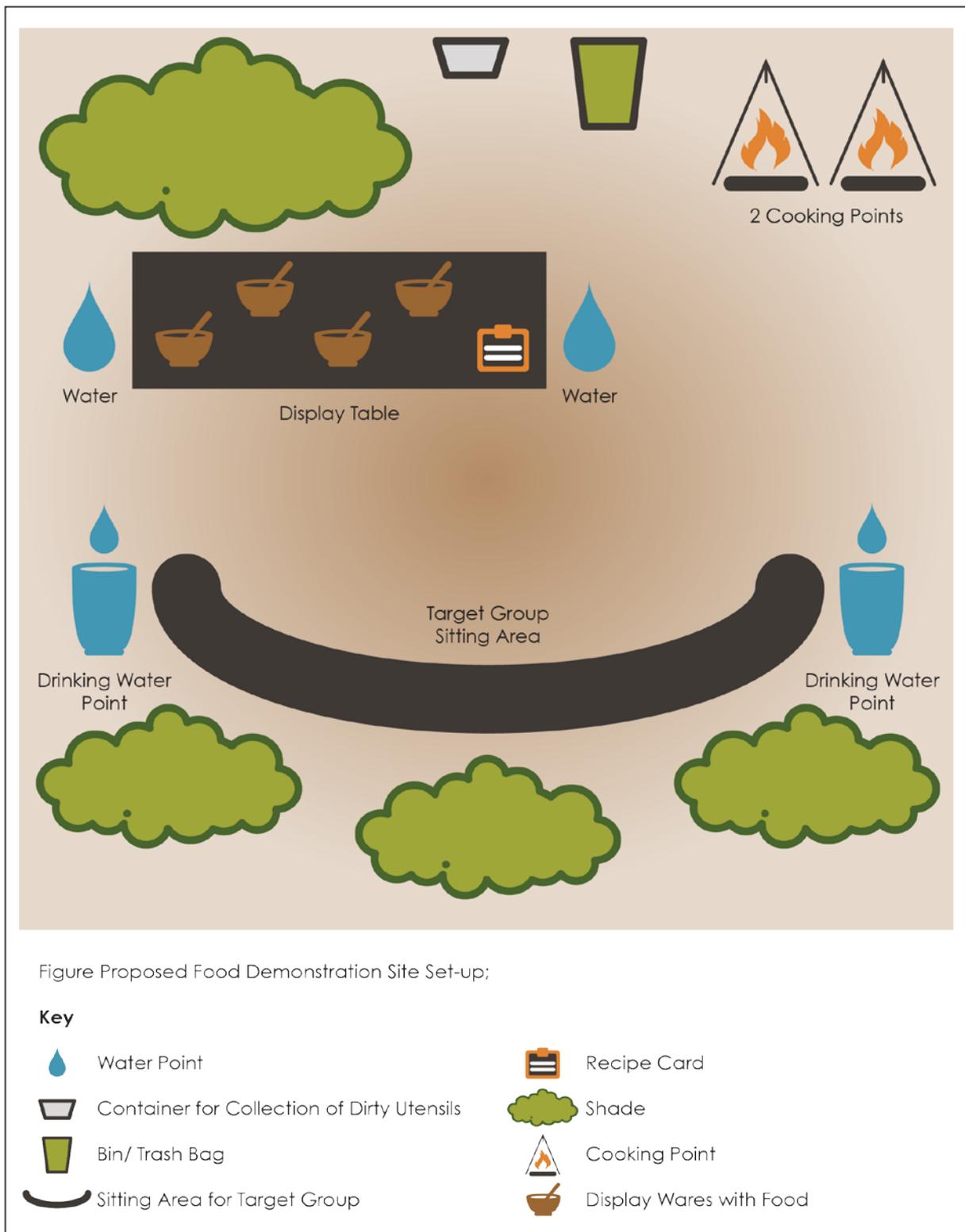
Set up the cooking station and preparation area.

Arrange the mats/chairs in a way that you will be seen by all without turning your back to the target group.

Place the recipe card on the table.

3. Do not conduct a food demonstration if you are unwell/sick or have a sore on your mouth, hands, fingers, or legs.

Figure 1. Recommended Food Demonstration Site Set Up



A suggested food demonstration site set up is shown in figure 1, with a display table also doubling as a work table.

Food items should be displayed and stored in appropriate containers and should represent the various stages of food preparation. All display wares should be stored in transparent containers with transparent lids.

Two water points should be set up on either side of the display table for the demonstrator. The water point closest to her is for cooking and must be in a container with a lid. The one further from the demonstrator is for washing dishes. Two drinking water points should be available on either side of the target group.

Roles at the Food Demonstration Site

A trained CV will ensure the date of the food demonstration is determined and shared with the support group. She will make sure that the foods are purchased or collected before the day of the food demonstration. She will ensure that the food demonstration is successful. She will delegate other CVs to coordinate the setting up of the food demonstration, as shown in the manual, ensuring that water is available, washing up is done, food is served to the children, and all utensils or materials are returned to the owners.

Food Demonstration Display Table

Food items on display for the food demonstration table are as follows:

Food Group	Food Item	Forms for Display
Grains/staples	Maize	i. Whole ii. Ground into pap/flour
	Millet	i. Whole ii. Ground into pap/flour
	Rice	i. Whole
Animal source of protein	Fish ²	i. Smoked ii. Fried iii. Dried
	Crayfish	i. Whole ii. Dried iii. Cleaned iv. Ground
Legumes	Soya beans	i. Whole ii. Sprouted iii. With testa removed iv. Dried v. Roasted vi. Ground in flour
	Beans	i. Brown and white
	Groundnut	i. Raw ii. Roasted iii. Ground iv. Paste
Vitamin A-rich vegetables	Ugu leaves	i. Fresh leaves
	Carrots	i. Whole ii. Grated iii. Sliced iv. Diced
	Spinach	i. Fresh leaves
Other vegetables/fruits	Onion	i. Whole ii. Diced
	Tomatoes	i. Whole ii. Diced
Processed food	Dawadawa	i. Whole ii. Ground

² It will be ideal to display the three forms of fish, however any one of the three can be displayed.

During the Demonstration

1. Greet the participants.
2. Explain key messages in complementary feeding (see *Complementary Feeding Manual*), taking no more than 8 minutes to do so.
3. Ask for a volunteer to assist throughout the demonstration.
4. Demonstrate handwashing. Explain the benefits of handwashing, as well as washing the child's hands and face before and after meals.
 - a. The volunteer should wash her hands, too. Gently correct if done wrong.
5. Explain/inform the participants about the meals you are preparing; show them the ingredients on the table and explain their importance in the growth of a child.
6. Inform the participants about the recipes to be prepared.
7. Prepare a minimum of **THREE** meals, one meal for each age category.
 - a. Name the THREE recipes.
 - i. Point to and raise the ingredients in the transparent containers.
 - ii. List the key nutrients in the food, as well as the benefits to children.
 - b. Explain that the preparation will minimize nutrient loss in the food and allows for bioavailability of the nutrients in grains or staples.
 - c. Always make eye contact with the participants.
 - d. As much as possible, do not turn your back to the participants and allow them to see what you are doing.
 - e. Explain each step of the recipe in detail, seeking feedback from the participants at intervals.
 - f. Encourage the participants to volunteer by sharing tasks in the food preparation.
 - g. Show the finished meal to the participants.

8. Have the participants taste the food.
 - a. Have them taste the food for acceptability of the flavour and texture.
(All participants should have been told to bring spoons, plates, and cups.)
 - b. Serve a portion size appropriate to the age of the children.
 - c. Discuss the visual appeal, aroma, flavour, and texture with the participants.
9. Ask if there are any questions or feedback at the end of the demonstration.
10. Ask if they will prepare the recipe for their children.
11. Record the number of participants.
12. Thank them for attending.

NOTE: Speak audibly and always make eye contact with the participants.

Proposed Agenda for the Food Demonstration

S/N	Activities for Demonstration	Time Spent for Demonstration/ Minutes
1.	Welcome and introduction	3
2.	Key messages on complementary feeding	5
3.	Handwashing	4
4.	Introducing the recipe	
	Recipe 1	3
	Recipe 2	3
	Recipe 3	3
5.	Preparation of complementary feeding meal for 6–8 months	22
6.	Preparation of complementary feeding meal for 9–11 months	43
7.	Preparation of complementary feeding meal for 12–23 months	34
Total		120 minutes/2 hours

Handwashing Demonstration

Demonstrate handwashing to target group.

HANDWASHING

Materials

1. Bowls—2
2. Clean water
3. Soap—bar soap.

Method

1. Use a clean bowl with clean water.
2. With help from someone, pour water from a bowl on both hands.
3. Wash your hands with soap, including fingernails and between your fingers.
4. Allow lather to form.
5. Rinse with water into a sink or a bowl.
6. Pour dirty water away, rinsing the sink or bowl after use.
7. Allow the hands to air dry. (DO NOT USE A DIRTY NAPKIN/TOWEL.)

Note:

- Do not wash hands inside a bowl or bucket.
- Discard dirty water from the bowl as soon as you are done with washing your hands.

How to Use Recipe Cards

Time: 2 hours

Learning objectives

At the end of this section, you will be able to—

- Understand the purpose and contents of the recipe cards.
- Have basic knowledge on basic food safety and hygiene.
- Have a good understanding of the recipes listed in the recipe cards.

Materials required

- recipe cards
- a bowl
- the display table.

Community volunteers will use the recipe cards during the food demonstration. Many of the recipes include a pictorial guide of the steps to be taken during the food demonstration, in addition to illustrations of the ingredients to be used.

The recipe card includes sections on handwashing and complementary food recipes for the three age categories: 6–8 months, 9–11 months, and 12–24 months.

Recipes

Preparation of Complementary Feeding Enrichment Powder and Paste

Enrichment powders are a blend of energy dense foods that can be preserved in a flour form and sprinkled on a prepared meal, such as ready-made pap, porridge, rice, and other family foods.

Groundnut paste can be used to obtain groundnut milk or used while cooking to increase the energy and nutrient content of the food.

Below are the different options for enrichment powders and paste that can be used.

1. Soya beans + groundnut/benniseed (sesame seeds) + crayfish.
2. Groundnut paste.

Preparation of Enrichment Mix

1. Preparation of Soya Bean and Groundnut Mix

Ingredients

1.	Soya bean	1 mudu
2.	Groundnuts/benniseed	4 milk tins
3.	Crayfish	2 milk tins

Number of servings: 20 (1 serving of small pap spoon = 100 grams)

Preparation time: 2 days

A. Soya beans

1. Sort out soya beans from stones and dirt.
2. Wash with water to remove traces of dirt.
3. Soak overnight, changing the water at least 2 times (Do not cover in order to release the gas).
4. Alternatively, soak in hot water for 2 hours and then rinse.
5. Strain the water the next day and wash and remove the testa (the skin/coat).
6. Sun dry in an area where rodents and insects will not contaminate.
7. Dry fry (roast) until golden brown.

B. Groundnuts/Benniseed

1. Sort out groundnuts/benniseed from stones and dirt.
2. Roast groundnuts/benniseed for 5 minutes for easy removal of husks and testa.

C. Crayfish

1. Pick out stones and dirt, separate crayfish from sand.

2. Dry roast or dry fry for 3–5 minutes.
3. Grind using pestle and mortar.
4. Sift and store in a dry airtight container for use.

Preparation Method

1. Grind all the ingredients together.
2. Spread the enrichment powder mix on a tray to cool before storing in an airtight tin.
3. The ground mixture—enrichment powder can be stored for one week.

The enrichment mix can be stored in a cool place for 1 week in an airtight tin or briefly in a polythene bag.

2. Preparation of Groundnut Paste

Ingredients

1.	Groundnuts	2 milk tins
----	------------	-------------

Number of servings: 20 (1 serving of small pap spoon = 100 grams)

Preparation time: 3 hours

Preparation Method

1. Sort out groundnuts from stones and dirt.
2. Roast groundnuts for 5 minutes for easy removal of husks and testa, then continue roasting groundnut until golden brown. Allow to cool.
3. Mill or grind the groundnuts until it forms a paste.
4. Put into a container with a lid and use within 24 hours.
5. To avoid contaminating the paste, use a clean spoon each time you take some out instead of directly touching with your hands.

Complementary Feeding of Infants 6–8 months

1. Continue breastfeeding before each meal.
2. Give complementary food 2–3 times per day.
3. Introduce semi-solid food (not liquid) made up of the five food groups (staples, legumes, vitamin A-rich fruits and vegetables, animal source foods, and oil and fat).
4. Common complementary foods and methods of preparation for this age are listed below.

Complementary Food Recipes

1. Maize Pap with Crayfish, Groundnut Paste, and Palm Oil

Ingredients

1.	Maize paste (akamu)	100 grams/1 milk tin
2.	Groundnut paste	100 grams
3.	Crayfish	2 tablespoons
4.	Palm oil	1 tablespoon
5.	Water	3 cups

Number of servings: 13 (1 serving of small pap spoon = 100 grams)

Preparation time: 22 minutes

Preparation Method

1. Wash all cooking utensils with clean water, and wash your own hands with soap and clean water, before you start cooking.
2. To make maize paste, use one mudu of maize; pick, wash, and soak maize overnight; grind to paste and strain with fine cloth or sieve, adding water all the time, then allow to settle. To get your paste, measure out 1 tin (100 grams).
3. In a bowl, mix the water and groundnut paste to prepare groundnut milk. Pour the groundnut milk in a cooking pot; place it on the fire and bring to a boil.
4. Mix the paste to a smooth consistency, stir into boiling groundnut milk, then add the palm oil and ground crayfish (for preparation of crayfish, see Enrichment Mix Recipe–1 c). Stir continuously until it thickens and the pap sticks to the spoon for a few seconds before dropping.
5. Remove from the fire and allow to cool.
6. Put a serving of the pap in a cup or bowl, add enrichment mix/paste or pureed fruit, and serve.

2. Tom Brown

Ingredients

1.	Maize or millet or guinea corn*	6 tins
2.	Soya bean	3 tins
3.	Groundnut	1 tin

Number of servings: 20 (1 serving of small pap spoon = 100 grams)

Preparation time: 2 days

Preparation Method

Pre-preparation of Tom Brown mix

- a. Wash your hands with soap and water.
 - b. Select grain of choice and pick out the dirt and stones.
 - c. Wash several times with clean water and dry in a clean place.
 - d. Soak the soya beans for 1 day and sprout, then dry in a clean place.
 - e. Pan fry the groundnut, grain, and soya bean separately.
 - f. Mix and grind the groundnut, grain of choice,* and the soya bean.
 - g. Grind Tom Brown mix into powder and sieve into a clean dry airtight container with cover.
1. Mix 2 cups of Tom Brown mix with a little quantity of cool water to a thick constituency.
 2. Boil water and remove from the fire.
 3. Add the Tom Brown paste to the hot water, stirring vigorously to avoid lumps.
 4. Return to boil, while still stirring.
 5. Cook until it thickens and remove from the fire.

* Boiled groundnut milk can be used instead of ordinary boiled water, if available. (See recipe above.)

3. Millet and Ground Nut Pap with Palm Oil

Ingredients

1.	Millet	3 tins
2.	Roasted groundnut paste	1 tin
3.	Palm oil	1 teaspoon
4.	Water	4–5 cups

Number of servings: 20 (1 serving of small pap spoon = 100 grams)

Preparation time: 2 days

Preparation Method

Pre-preparation of millet paste

- a. Soak the millet for 4–6 hours and wash. Grind the millet and sieve.
Allow settling for 3–4 hours. Pour out the water that settled at the top, and it is ready for use.
1. Wash hands with soap.
2. Boil groundnut milk in a pot.
3. Remove from the fire and add millet paste.
4. Stir continuously until it cooks and thickens.
5. Add 1 teaspoon of palm oil to a serving of pap.

Complementary Feeding of Children 9–12 Months

1. Continue breastfeeding before each meal.
2. Increase food frequency to 3–4 times a day.
3. Increase the quantity of food ingredients into the meal, which is made up of five food groups (staples, legumes, vitamin A-rich fruits and vegetables, animal source foods, and oil and fat).
4. Increase the food consistency by mashing the food item.
5. Increase quantity of the food (at least ½ cup or 1 milk tin full).
6. Common complementary foods and methods of preparation for this age are listed below.

Complementary Food Recipes

1. Agidi Jollof with Fish

Ingredients

1.	Corn paste	2 cups
2.	Smoke fish	1 medium-size fish
3.	Palm oil	1 tablespoon
4.	Fresh tomatoes	3 medium/100 grams
5.	Onions	1 medium/100 grams
6.	Moimoi leaves for wrapping	1 bundle (as required)
7.	Water	2 cups
8.	Crayfish	2 tablespoons

One serving = 140 grams = 1 cooking spoon

Number of servings = 14

Time: 43 minutes

Preparation Method

Pre-preparation of maize (see recipe 3 in 6–8 months)

- Wash fish, debone it, mash it, and keep on a plate.
- Chop onions and fresh tomatoes into small pieces.
- Sieve crayfish to get rid of dirt, pan fry and dry, pound, filter into a clean container, and cover.
- Wash moimoi leaves with clean water and keep on a clean tray.

Preparation Method

- Wash all cooking utensils with clean water and wash your hands with soap and clean water before you start cooking.
- Place pot on fire with 6 cups of water and allow to boil.
- Add onions and tomatoes.
- Add mashed fish and 2 tablespoons of crayfish.
- Add 3 tablespoons of oil and salt to taste cover and allow to cook for 10–15 minutes.
- Gradually add diluted corn paste while you vigorously stir to avoid developing lumps, and continue to stir until the corn paste is cooked.
- Allow to steam for a short time (2 minutes) while it's still open.
- Lower the heat and start scooping 1–2 cooking spoons into leaves, wrap, and keep on a tray to cool and solidify. Serve when it is cold.

Agidi Jollof with Bone Marrow

Ingredients

1.	Corn paste	2 cups
2.	Bone marrow	2 medium-size bones
3.	Vegetable oil	1 tablespoon
4.	Tomatoes	3 medium/100 grams
5.	Onions	1 medium/100 grams
6.	Moimoi leaves for wrapping	1 bundle (as required)
7.	Water	2 cups
8.	Crayfish	2 tablespoons

1 serving = 140 grams = 1 cooking spoon

Number of servings = 14

Time: 43 minutes

Preparation Method

Pre-preparation of maize (see recipe 3 in 6–8 months)

- Wash bone thoroughly.

- b. Place in a pot of boiling water, add salt and onions, and allow to cook until soft.

Preparation Method

1. Wash all cooking utensils with clean water and wash your hands with soap and clean water before you start cooking.
2. Place pot on fire with 6 cups of water and allow to boil.
3. Add crayfish, salt, and the remaining chopped onions.
4. Add cooked bone marrow into the pot and allow to boil for 10 minutes. Stir and taste for salt.
5. Dilute the corn paste with a little water to ensure there are no lumps.
6. While stirring the content with one hand, add corn paste into the pot.
7. Continue stirring vigorously until it is cooked.
8. Leave it open and allow steaming for another 3 minutes.
9. Wash wrapping leaves clean. Scoop one or two spoons into each leaf and add a piece of bone marrow and wrap.

Place on tray to cool and allow to solidify, then serve.

3. Water Yam/Yam Pottage with Fish and Vegetables

Ingredients

1.	Water yam/yam	1 tuber
2.	Smoked fish	1 medium
3.	Crayfish	2 tablespoons
4.	Palm oil	1 serving spoon
5.	Onions	1 medium/100 grams
6.	Spinach or pumpkin leaves	1 bundle/250 grams
7.	Water	6 cups
8.	Iodized salt	1 teaspoon

1 serving = 140 grams = 1 cooking spoon

Number of servings = 14

Time: 43 minutes

Preparation Method

1. Wash all cooking utensils with clean water and wash your hands with soap and clean water before you start cooking.
2. Peel and wash the water yam/yam.
3. Place cooking pot with water on fire, add diced yam or water yam/yam into pot, and boil for 10 minutes.

4. Debone fish and mash into smaller pieces, then add to cooking pot.
5. Add sliced onions, ground crayfish, and palm oil.
6. Allow to cook until the water yam/yam softens.
7. Add chopped spinach and allow cooking for 2 minutes.
8. Add more water, as desired, and allow it to cook until the water yam/yam softens; then, wash and tear spinach into pieces, add to cooking pot, and allow it to cook for 2 minutes.
9. Mash into smooth consistency and serve when warm.

4. Mashed Sweet Potatoes with Vegetables

Ingredients

1.	Sweet potatoes*	3 medium
2.	Fish	100 grams
3.	Carrot	1 small (grated)/ 50 grams
4.	Spinach	50 grams
5.	Tomatoes	3 medium/ 100 grams
6.	Grated ginger	¼ teaspoon (optional)
7.	Red palm oil	2 tablespoons

1 serving = 100 grams

7 servings from the dish

Time: 45 minutes

Preparation Method

Pre-preparation

- a. Wash and boil the fish in a pot with onion and ginger until tender. Retain stock to boil potatoes.*
- b. Remove from boil, debone and mash fish.
- c. Cover and keep in a food container.

1. Wash your hands with soap and water.
2. Wash and scrub the potatoes skin, ensuring that all traces of sand/dirt are removed.
3. Cut the potatoes into two or three pieces in fish stock and cook until soft.
4. In a pot, mash hot potatoes. Add mashed fish, tomatoes, onions, and grated carrot.
5. Add palm oil and remove from boil.
6. Cover the pot, allow the vegetables and oil to cook in their heat.

*Irish potatoes/yam/cocoyam can also be used.

5. Beans Pottage

Ingredients

1.	Beans	2 tins
2.	Mashed fish	100 grams
3.	Spinach	100 grams
4.	Tomatoes	3 medium/100 grams
5.	Onions	3 small/100 grams
6.	Red palm oil	1 serving spoon
7.	Iodized salt	To taste

1 serving = 100 grams

Number of servings: 7

Time: 1 hour

Preparation Method

1. Wash your hands with soap and water.
2. Pick beans and wash to remove the chaff and testa.
3. Boil the fish with onion and ginger.
4. Wash and dice tomatoes and onions, cover and set aside.
5. Debone cooked fish and mash.
6. Add some water to the fish stock and leave it to boil.
7. Pour the beans and onions* into the boiling water until they are soft.
8. Add tomatoes and fish.
9. Leave to boil until it is well cooked.
10. Add the red palm oil and stir.
11. Serve warm.

6. Beans and Plantain Pottage

Ingredients

1.	Beans/cowpeas	1 mudu
2.	Half-ripe plantain	2 medium
3.	Crayfish	2 tins
4.	Onion	1 medium
5.	Red palm oil	2 serving spoons
6.	Frozen fish (optional)	1 small size
7.	Green vegetable	1 bundle/50 grams
8.	Iodized salt	To taste
9.	Water	10 cups

1 serving = 100 grams

Number of servings: 7

Time: 1 hour

Preparation Method

Pre-preparation

- a. Wash and boil the fish in a pot with onion until tender. Retain stock to boil beans.
 - b. Remove from the fire, debone and mash fish.
 - c. Cover and keep in a food container.
-
1. Wash your hands with soap and water.
 2. Wash all cooking utensils with soap and water.
 3. Pick beans and wash vigorously to dehull (remove the seed coat and testes) and boil in water until soft. Add fish stock.
 4. Wash the plantain, peel and cut into small pieces, and add to beans.
 5. Add fish and crayfish.
 6. Cover the pot, allow to boil until well cooked, and mix all ingredients together.
 7. Add palm oil and remove from the fire.
 8. Serve warm.

Complementary Feeding a Child 12–23 Months

- Continue breastfeeding on demand.
- Give chopped or mashed family food with little or no pepper.
- Continue to feed the baby 3–4 times plus 1–2 snacks.
- Give $\frac{3}{4}$ times or 1 full milk tin size of the most common complementary food.
- Give clean water on demand.
- Ensure proper hygiene and sanitation.
- Prepare and serve appropriate complementary foods, as described for children 9–12 months.

Complementary Food Recipes

1. Jollof Rice with Fish, Locust Beans/Dawadawa

Ingredients

1.	White rice	1 tin/150 grams
2.	Locust beans/dawadawa	2 tablespoons/50 grams
3.	Spinach	50 grams
4.	Fish	1 medium
5.	Palm oil	30 grams/2 tablespoons
6.	Crayfish	1 tablespoon (optional)
7.	Tomatoes	2 medium size
8.	Onion	3 medium/100 grams
9.	Water	2.5 tins /500 ml
10.	Ginger	20 grams (optional)

1 serving = 150 grams

Number of servings: 6

Time: 45 minutes

Preparation Method

Pre-preparation

- a. Wash and boil the fish* in a pot with onion and ginger until tender. Retain the stock.**
- b. Remove from boil, debone and mash fish.
- c. Cover and set aside.

1. Wash dishes and cooking utensils.
2. Wash the rice, ensuring the removal of sand and stones.
3. Wash onions and tomatoes and put aside, dice half an onion.
4. Grind fresh tomatoes, crayfish, dawadawa, and remaining onions.
5. Heat the palm oil for 1 minute.
6. Add the ground tomatoes, onions, crayfish, and dawadawa while stirring to avoid burning the food.
7. Stir and add fish stock, allow to simmer for 1 minute.
8. Add washed rice and water, and stir.
9. Allow to come to boil and simmer on medium heat until rice is soft, or check after 15 minutes to see if stock or water is required.
10. Add spinach and simmer until rice is cooked, and stir at intervals for 3 minutes.
11. Mash the rice to make pottage.

Ready to serve.

*Soft cooked beef or chicken can be used in place of fish.

**Can be served with fried plantain.

2. Agidi with Okro Soup

Ingredients

1.	Dried/fresh/frozen fish	250 grams
2.	Okra	100 grams
3.	Onions	50 grams/2 medium
4.	Ground locust beans	25 grams (¼ of a milk tin)
5.	Ground crayfish, periwinkle, or crayfish	50 grams (½ a milk tin) 1 tin
6.	Red palm oil	2 tablespoons
7.	Maize paste	6 cups
8.	Wrapping leaves	1 bundle

1 serving = 140 grams = 1 cooking spoon

Number of servings: 7

Time: 35 minutes

Preparation Method

Okro Soup

1. Add diced onions and two tins of water.
2. Add ground locust beans and crayfish and allow to simmer for 2 minutes.
3. Add mashed fish, allow to simmer for 2 minutes.
4. Add diced okro.
5. Add red palm oil to the soup; allow to simmer for 3 minutes.
6. Add washed periwinkle.
7. Allow to simmer for 2 minutes and serve with agidi.

Agidi

1. Mix the maize paste with 3 cups of cold water and place in a cooking pot to boil.
2. Keep stirring as the mix starts to thicken and until the mixture is completely solid.
3. Remove from fire and wrap with leaves or pudding bowls and allow to cool.
4. Serve with okro soup.

*To prepare maize paste, see recipe 3 for 6–8 months.

3. Grated Unripe Banana Pottage with Fish and Vegetable

Ingredients

*Unripe banana can be replaced with 100 grams of grated water yam/yam.

1.	Unripe banana/water yam	6 medium bananas
2.	Smoked/ice fish	1 medium fish
3.	Ground crayfish	2 tablespoons
4.	Palm oil	1 serving spoon
5.	Onions	1 medium/100 grams
6.	Green vegetable (green or mmeme)	½ cup chopped or ½ a bundle
7.	Water	3 cups
8.	Iodized salt	1 teaspoon

1 serving = 140 grams = 1 cooking spoon

Number of servings = 14

Time: 43 minutes

Preparation Method

1. Wash all cooking utensils with clean water and wash your hands with soap and clean water before you start cooking.
2. Wash, debone, and mash the smoked fish or ice fish with a wooden spoon.
3. Place cooking pot on fire with water and allow to boil. Add crayfish, mashed smoked fish salt, and chopped onions into the pot.
4. Allow to boil for 5–10 minutes.
5. Wash hands. Gradually cut water yam or banana paste into the cooking pot in small balls.
6. Cover pot and allow to cook for another 10 minutes.
7. Add palm oil, stir gently, and allow to cook for 2 minutes.
8. Add chopped green vegetables, stir and allow to cook.
9. Add salt to taste and remove from fire.
10. Allow to cool and serve warm.

Food Demonstration Evaluation

Recipe Name:	
Date:	
Demonstrator:	

Thank you for your time.

S/N	Questions	Yes	No
1.	I liked the sample I tasted at this demonstration.		
	I plan to use this recipe at home.		
3.	This demonstration taught me the skills I need to make this recipe at home.		
4.	I learned new ways to help my children eat healthier with the foods locally available and affordable to me.		
5.	The ingredients used in this demonstration are items that I use at home.		
6.	The ingredients used in this demonstration are items that I am able to buy.		
7.	I participated in food demonstrations before.		
Suggestion/comment, if any.			

Note:

This applies at the end of the demonstration.

The entire target group who attended the food demonstration should fill out this.

Where possible, the person other than the moderator and demonstrator should handle this tool.

Name of Administrator: _____

Signature: _____

Foods Common to Cross River and Akwa Ibom States

S/ N	Grains, Roots, and Tubers	Legumes and Nuts	Dairy Products	Flesh Foods (meat, fish, poultry, and liver/organ meats)	Eggs	Vitamin A-Rich Fruits and Vegetables		Other Fruits and Vegetables	
						Fruits	Vegetables	Fruits	Vegetables
1.	Maize	Beans	Cow milk	Fish	Chicken eggs	Mango seasonal	Waterleaf	Banana	Okro
2.	Guinea corn	Soya beans	Yoghurt	Seafood (crayfish, crabs, periwinkle, etc.)		Oranges	Pumpkin leaves (ugu)	Oranges	Onion
3.	Millet	Ground nut		Beef		Carrot seasonal		Pear (avocado)	Amanranthus
4.	Rice	Egusi		Liver				Tomatoes	
5.	Water yam/yam	Bambara nuts							
6.	Cocoyam	Locust beans/ dawadawa							
7.	Unripe banana								
8.	Unripe plantain								
9.	Sweet potato								

SPRING

JSI Research & Training Institute, Inc.
1616 Fort Myer Drive, 16th Floor
Arlington, VA 22209 USA
Tel: 703-528-7474
Fax: 703-528-7480
Email: info@spring-nutrition.org
Web: www.spring-nutrition.org

