



# Revised Nutrition and Food for Healthy Communities



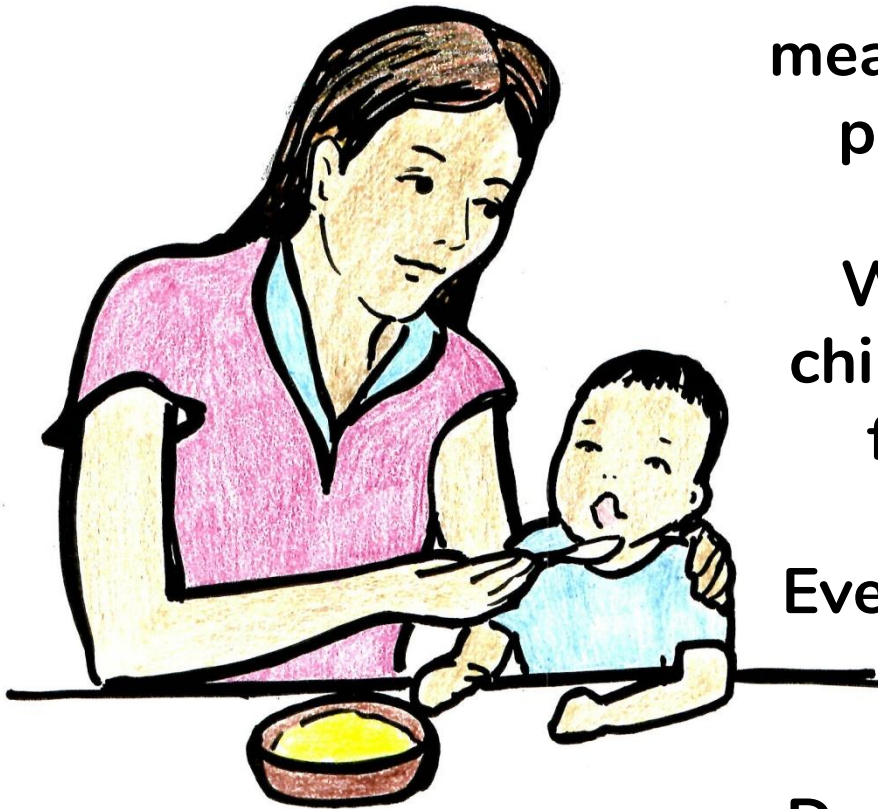


**What is your  
favorite  
food?**



**There are many foods  
that grow in our  
communities.**

**Like bananas, mangos,  
squash, corn, sweet  
potatoes, cabbage,  
carrots, beans and  
pineapples.**



We have learned to enjoy the meals that our parents produce, prepare, and give us to eat.

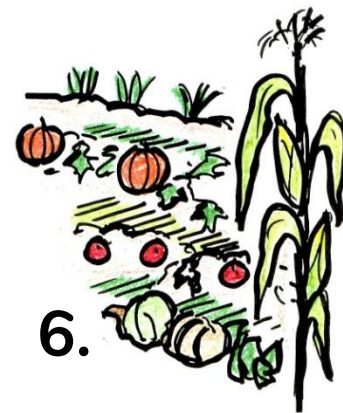
What we learned to love in childhood becomes part of our food habits and customs.

Every culture develops ways to produce food

Depending on where you were born your will be exposed to different foods and ways to grow and prepare foods



If you were born in a rural area you might describe some food customs like this:



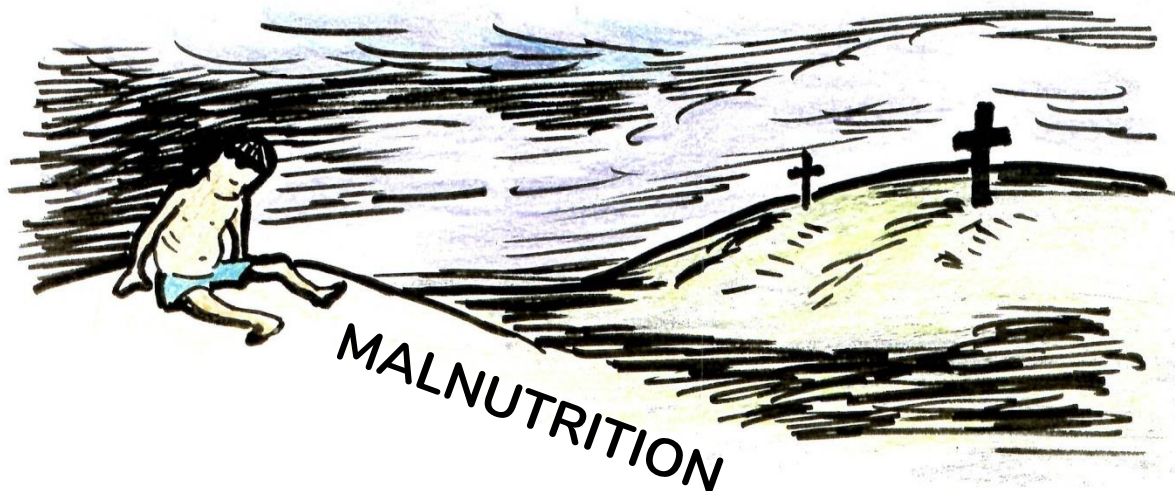
1. We breastfeed our children.
2. We make butter and cheese.
3. We raise animals for meat, milk, and eggs.

4. We sow and harvest fruits and vegetables.
5. We hunt and we fish.
6. We eat rice, tortillas, and beans.



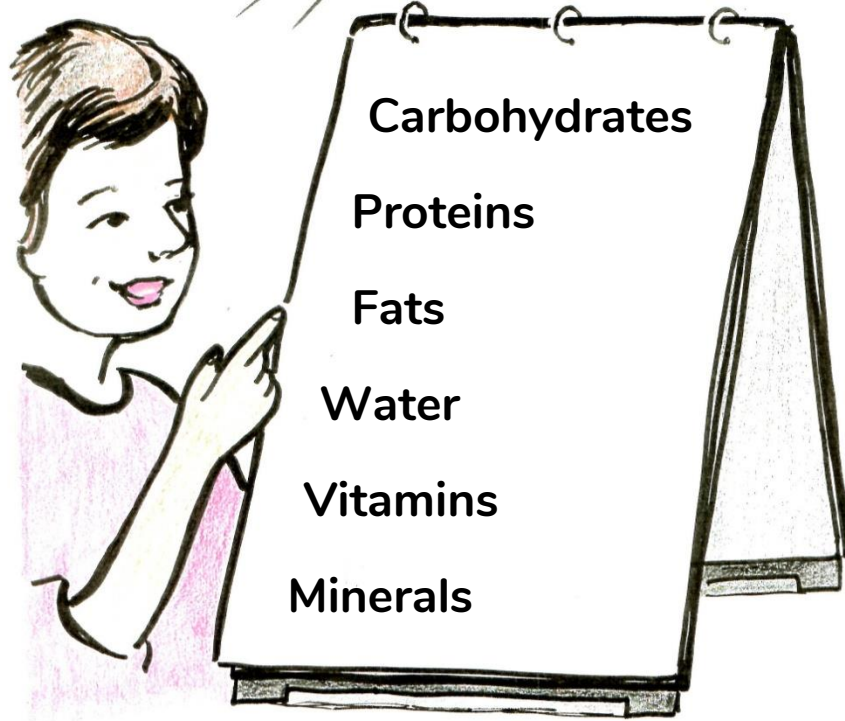
Good food customs in the community can make the difference between a healthy long life, or diseases that threaten to kill.

**It's a matter of LIFE AND DEATH!**



Good Foods  
Give Us **POWER**

What  
is  
in  
the  
food  
that  
we  
eat?



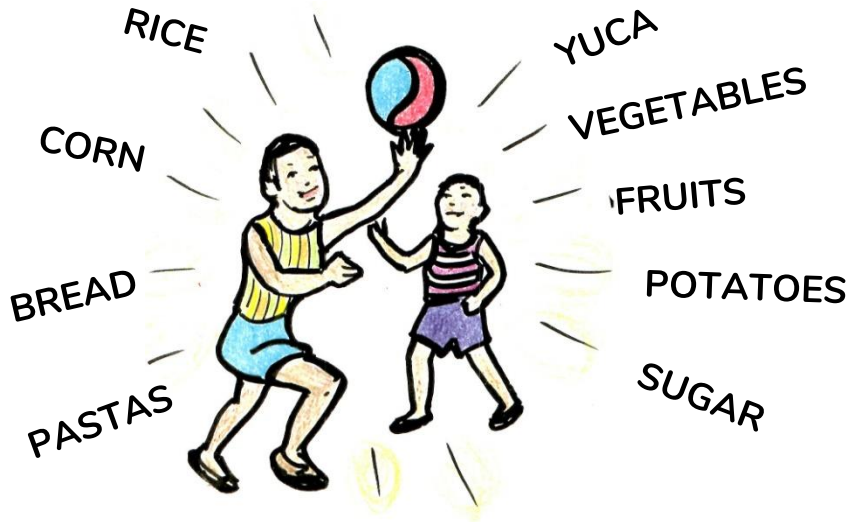
Let's repeat all these words out loud.

And now let's find out what they mean.



# CARBOHYDRATES

Are the main source that our body needs to have the energy that we need to work and play.



If children don't eat enough carbohydrates, they will be thin, tired, and irritated, and will not have energy to play and learn.



# PROTEINAS

Are the materials most necessary to grow, develop the muscles and repair the body after an illness or accident.



RICE AND BEANS TOGETHER OR ANY GRAINS TOGETHER (FOR EXAMPLE, WHEAT AND OATS)



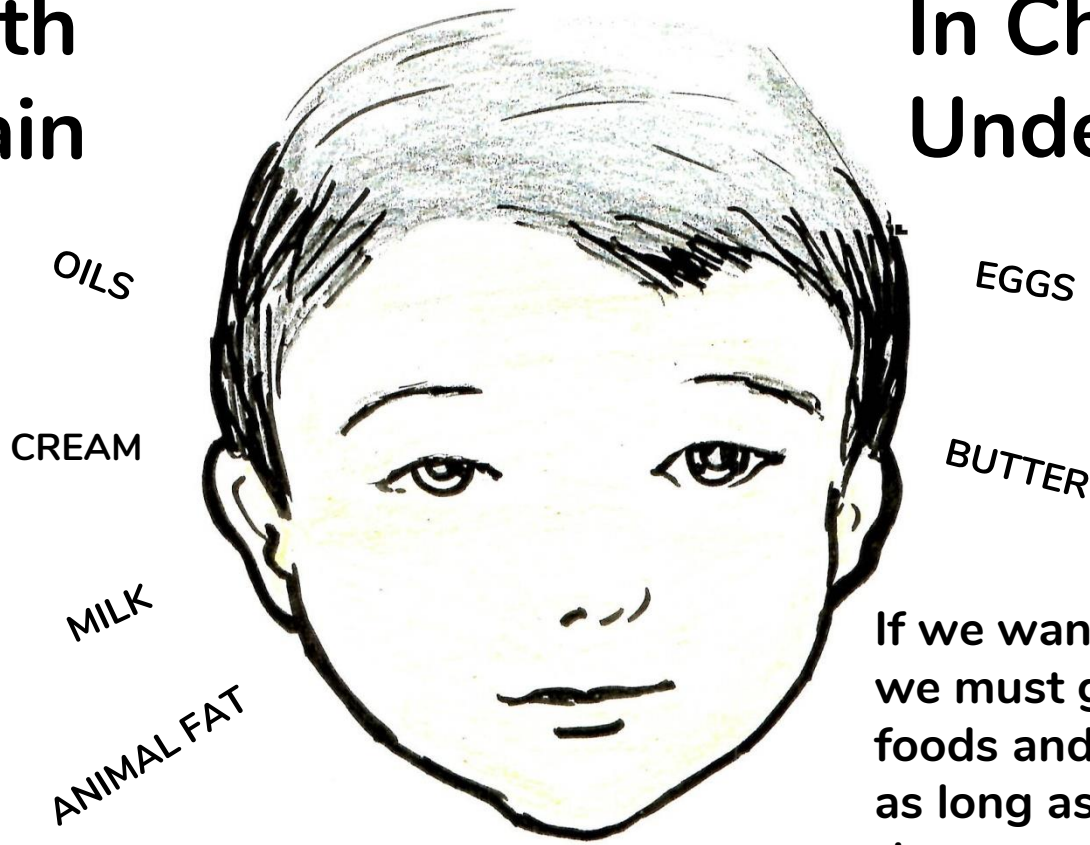
Children who do not consume enough protein do not grow well, can swell with water and be very sad.

# FATS

Produce energy and are important  
for brain growth in children under  
two years of age.

For Growth  
of the Brain

In Children  
Under Two:



If we want smart children,  
we must give them fat-rich  
foods and breastfeed them  
as long as possible when  
they are young.

BUT....



Food is not all that is needed to  
keep our children intelligent,  
healthy, and happy



1. Keep the children clean and safe.
2. Embrace them lovingly.
3. Talk to them.

4. Play with your children.
5. Smile with them.
6. Answer and comfort them when they cry for food and water.



**Do not leave your child alone when eating!**

**Hold your child on your lap, and put food into their mouth. Make mealtime happy. Sing, talk, and smile. Be loving and gentle. Look into your child's face and let them know that they are loved and treasured.**

**Give your child nothing except breast milk until they are 6 months old. Then start to give mashed food the rest of the family is eating. Start with easily digested foods like sweet potatoes and eggs. Always add a little oil, a small sprinkle of iodized salt, and if you can, at 6 months, start to fortify their food.**



# WATER: PURE AND ENOUGH

Drink a lot of water, especially in times of disease.

Infants and children can dehydrate very quickly especially when they have diarrhea or fever.

Give children more water and oral rehydration therapy if they have diarrhea.



Store purified water in a bucket with a spigot. Keep it covered.  
See the MAMA Water Filtration and Chlorination Powerpoint for more information.



**Now fill your cup  
with pure,  
filtered and  
chlorinated  
water.**



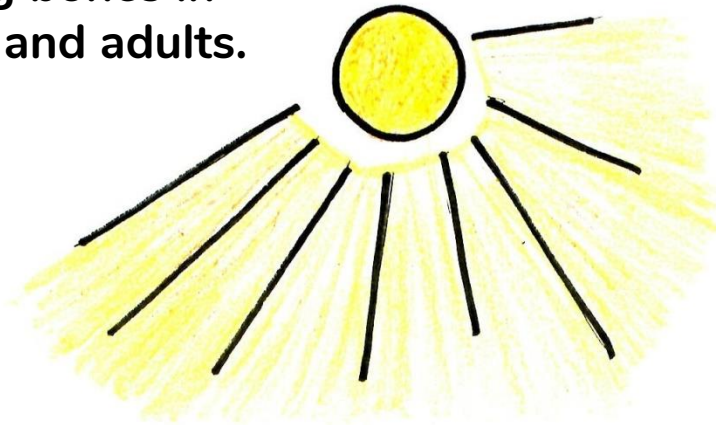
# VITAMINS

ARE:

Special substances in  
foods that are vital for life!

# VITAMIN “D”

Helps the construction  
of strong bones in  
children and adults.



**A WONDERFUL TRUTH:**  
The human body uses sunlight for  
manufacturing of Vitamin D in the skin.



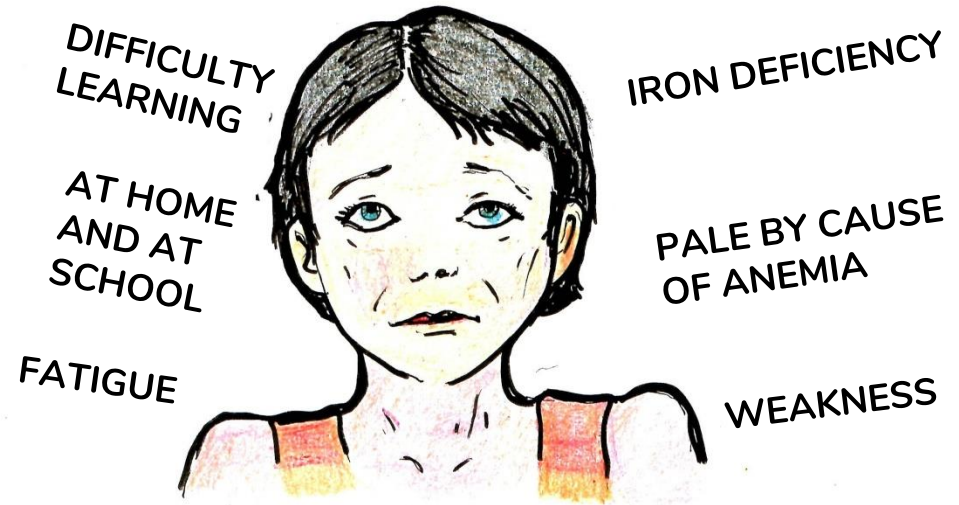
Strong bones allow  
you to work and play  
better.



# MINERALS

Are natural elements that are necessary for human health.

**IRON:** A mineral found in beans, leaves, and meats. iron is one of the minerals that prevent anaemia



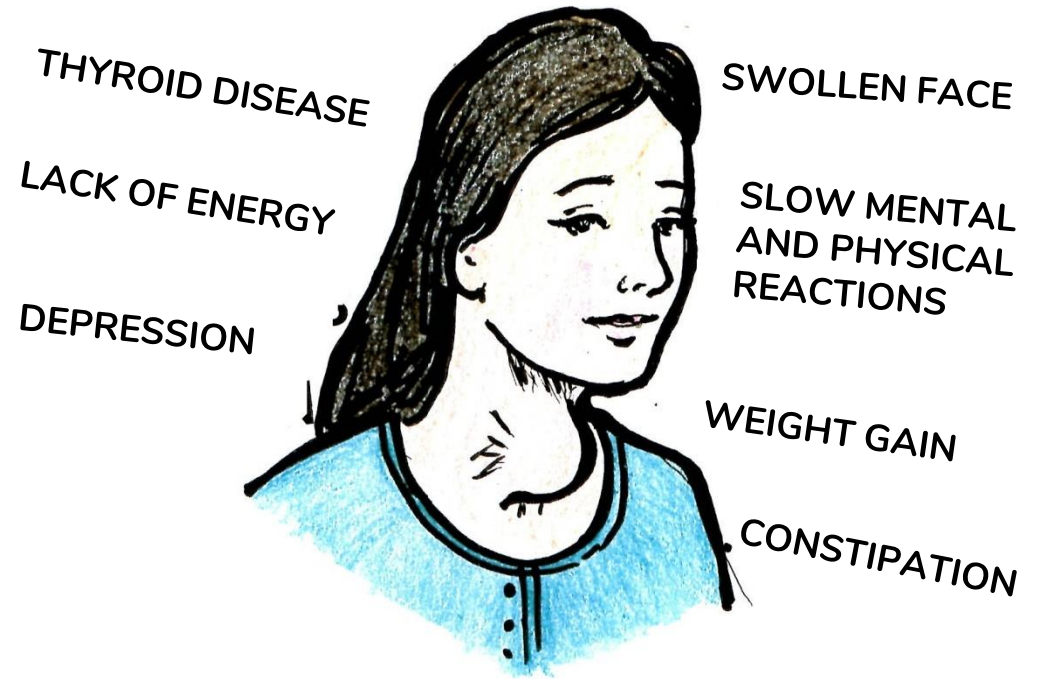
## WHAT TO DO?

- Treat parasites
- Prevent a reinfection through good hygiene, food and water habits.
- Eating food rich in iron.
- When it is necessary, treat yourself with iron supplements.
- Fortify food with micronutrient mix.

# IODINE

Is a mineral usually found in the natural world. But in many regions the soil is low in iodine, and many problems occur from iodine deficiency.

Therefore always use iodized salt.

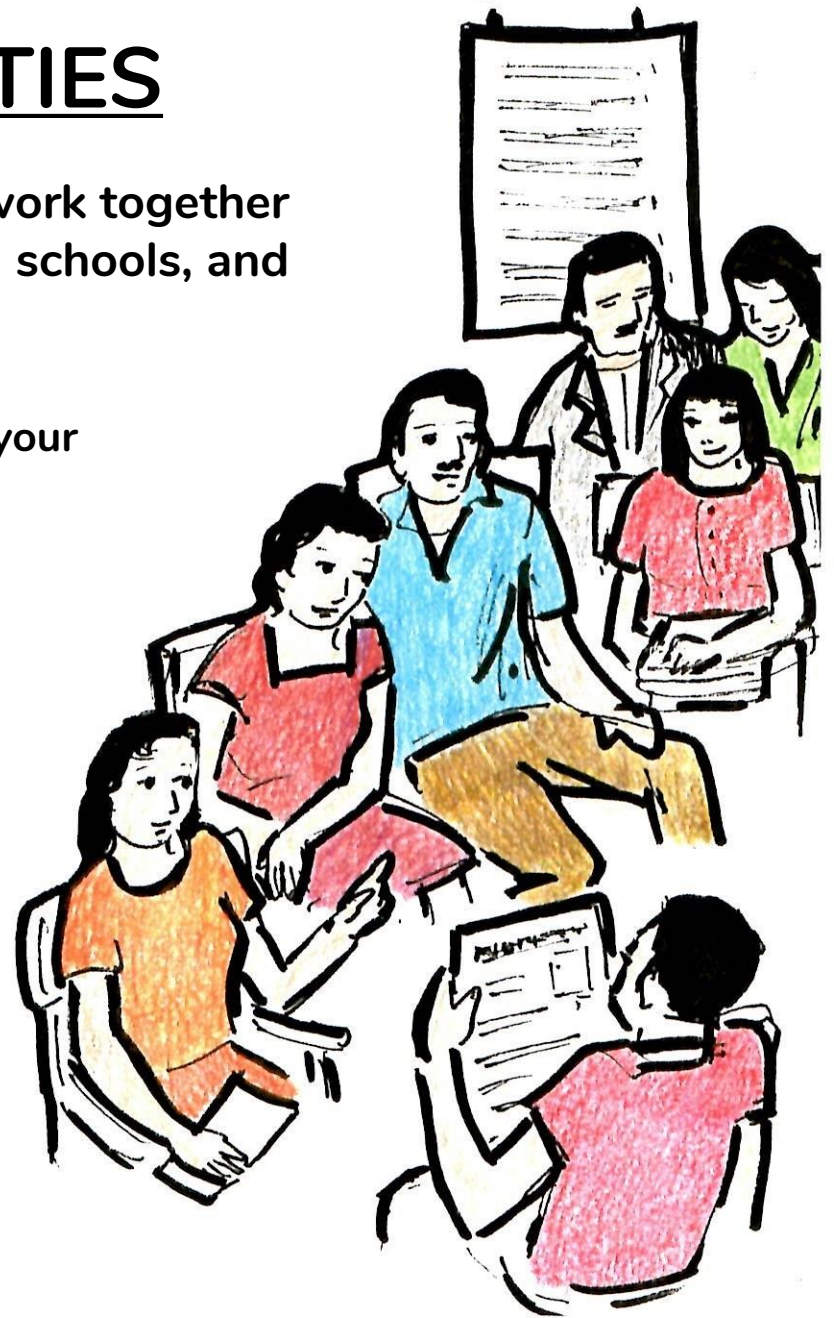


Iodine deficiency may cause mental retardation in children if mother has iodine deficiency during pregnancy.

# COMMUNITY ACTIVITIES

Each community can carry out activities to work together with the community leaders, health officials, schools, and other groups. These activities can help:

- Evaluate your community – your resources and your problems
- Take a census of the population of your village
- Observe the growth of the children to know how many are healthy and how many are malnourished and what is the degree of malnutrition
- Have seminars, trainings, and orientations
- Learn from the elderly: for example, to recognize edible wild plants to improve the diet of the malnourished children
- Facilitate and promote campaigns of environmental hygiene, deworming, and distribution of Vitamin A.



# The most vulnerable members of the community...

They are especially at risk of diseases brought on by bad nutrition.

As a community it is vitally important to detect and help those who are most severely affected, prevent diseases from infecting others and prevent unnecessary suffering and deaths.



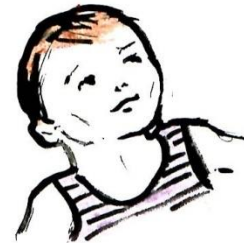
The Poorest.



The elderly.



The sick.



The smallest children.



The disabled.



# How can we get the most necessary and nutritious meals every day?



1. Ask questions and for advice from the elders.



2. Do not spend your money on alcohol, candy, cigars, or sodas.

BUY:

- Milk
- Eggs
- Fruits
- Vegetables



3. Cultivate and Raise:

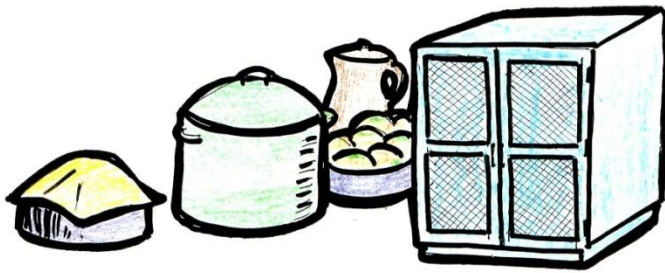
- Chickens/Guineas

- Fruit trees

- Home gardens

# HYGIENE HABITS WITH MEALS

Protect your food!  
Keep it clean.  
Keep it covered.



Touch your food only with  
your clean hands.

Do not share your meals with insects,  
flies, mice, cockroaches, or other  
animals.

# BON APPETITE!



Let's thank God for daily bread, and enjoy the fruits of our labors