

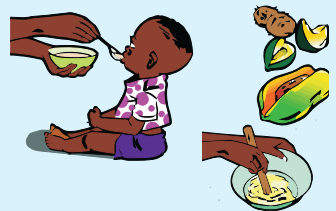
FOOD FOR 6 TO 24 MONTHS OLD CHILDREN



At six months, parents and other care givers like you need to start giving the baby other nutritious drinks and foods. But mothers must continue breast feeding the baby. This helps the child to grow well and start standing and walking at the right age.

How to feed a 6 -24 months old child:

- Between six and nine months the baby should be breastfed first and then given other nutritious soft foods.
- The child should be started on soft foods and fruits.
- The child should be given at least three small main meals and three snacks in between meals daily.
- Ensure the baby has enough food for his or her small size.
- Meal should be made from a mixture of different foods mashed together.
- Feed the child on different foods at each meal every day.
- Prepare porridge from maize, millet and sorghum flour.



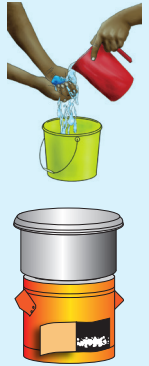
Food nutrients need to be improved by adding:

- Little sugar and oil/ blue band margarine/ butter in porridge or mashed foods.
- A spoonful of groundnut paste in baby porridge and mashed food.
- A spoonful of mashed avocado into the baby food.
- A spoonful of mukene flour.
- A spoonful of mashed beans, milled beans, chickpeas, milled pumpkin, or greens.
- Give molted porridge from fermented cereals (ferment or germinate millet, sorghum or maize seeds before milling into flour).



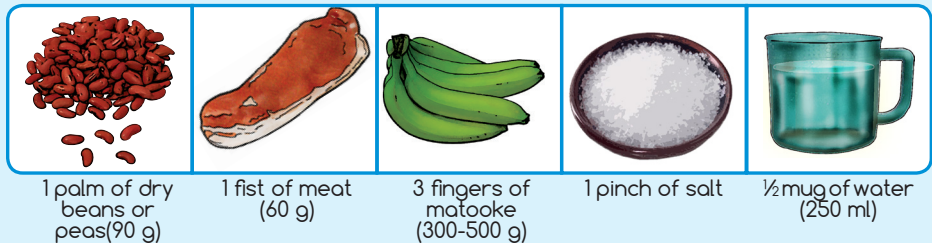
Food preparation

- Anyone preparing the food must keep good hygiene while preparing food for young children. It helps to prevent diseases like worms and diarrhea.
- Wash hands before preparing the food
- Cover the food when cooking to avoid making the food unclean.
- Serve the food on a clean plate and drinks in clean cups.
- Wash hands before serving the food.
- Wash hands before giving the baby food.
- Keep the food in a clean and covered container.



How to prepare a meal from beans, meat and matooke mixture.

Ingredients:



METHOD

1. Measure the dry beans and soak overnight or for about 6 hours. Remove the skins and wash them. The skinned beans having expanded, now becomes 2 palmful.
2. Scrape the meat, mix it with clean water which had been boiled and cooled, in a container and dry to separate the particles of the meat.
3. Peel the matooke, cut them into small pieces and wash them.
4. Mix the skinned beans, scrapped meat, pieces of matoke, water and salt into a clean saucepan. Cover and steam for 3 hours. When the food is ready, mash it.
5. Feed the child when food is still hot.

Note: Irish potatoes, sweet potatoes, cassava, yams can be prepared the same way as matooke. Dry peas can be prepared the same way as dry beans.



USAID
FROM THE AMERICAN PEOPLE

Community Connector
The Integrated Nutrition and Agriculture Project



REPUBLIC OF UGANDA

unicef 