



# Counseling Cards for Preparation and Consumption of Super Cereal Plus with Amylase



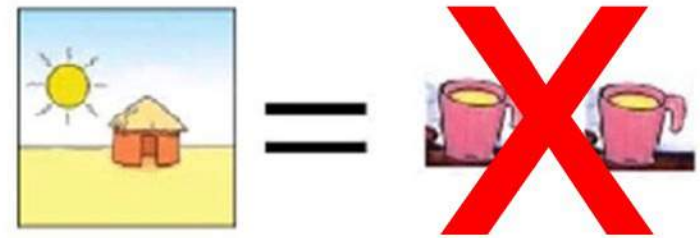
=



- Add the 1 baby feeding cup of blended filled to the top of the cup to 2 and a half baby feeding cups of cold (i.e. not warm) water. It is ok if the water was previously boiled, but it must be almost cold before adding in the blended
- Do not pour the blended directly into a pot of warm water, it is important that you mix the blended with regular water before boiling.
- Preparing the food according to the recipe will assist your child to become healthy so that they have the chance to live a good, long, and successful life. This is the purpose of the food, to help your child be healthy; when your child is healthy, they will get sick less often, they are happier and more playful, they grow.
- The pap should be somewhat thick when finished. Always boil the pap for at least 10 minutes before serving, it will be a brighter yellow color as it cooks
- Allow the cooked pap to cool before feeding to the child
- Always have drinking water available when feeding the child

### **KRIO**

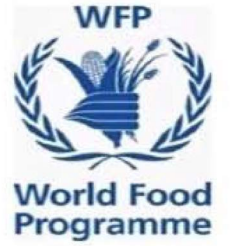
- Na for add 1 baby cup blended way full up pan di layn to 2 en haf baby feeding cup wata wae nor wam. E nor bad if di wata bin don boil, but e nor for wam wae yu dae use am.
- Nor for put di blended insai di pot wae get di wam wata, yu for mix am wit di blended en wata na bowl bifo yu put am na pot.
- Wae yu cook de blended de way wae di nurse show yu, e go mek yu pikin go well kwik en in bodi go worju pan am.
- Na dat de chop dae for, mek hep di pikin get well bodi. En wae di pikin well, e nor go dae sick sick nor mor, en e go grow fayn.
- Na for mek sure say yu allow de pap for boil tay e yala or lek for for 10 minutes so befo yu gii de pikin for it.
- En yu for allow di pap for kol bifo yu gee di pikin for it am
- Yu for get wata for drink na cup near yu all tem wae you dae feed di pikin



- The pap is meant to be consumed every day for 14 days; there is only enough in the bag for you to use one (1) cup a day for 14 days
- Using more than one (1) cup a day and you will run out of the food before you receive the next ration
- Using less than one (1) cup a day means the child will not receive all of the necessary dosages and could slow the child's recovery
- The pap does not need to be eaten all in one sitting, it is best to try to make the ration in the morning after the child has breastfed, then the child can eat the food in bits until it is finished.
- Do not keep the food overnight, it will spoil
- Follow the instructions given to you by the nurse, CHW and Lead mother on how to cook the food. Using a different dosage could slow recovery.

#### KRIO

- Di pikin for it de 1 bag blended for 14 days, en na 14 cups nor mor dae insai de bag.
- Na dat mek den kin advis say for cook 1 cup blended for di day, for mek de pap nor go don befo de neks supply cam.
- En bak, if yu cook les dan 1 cup, de pikin nor go get all de yamyam wae dae insai de pap wae go mek e well.
- De pikin nor get for it all de pap wan ten wan ten. E go beteh mek e it som wae e don suk de bobi wata na morning. Den e kin it de wan wae lef smol smol tay e don.
- Nor mek di pap sleep, e go pwel.
- Na for cook de pap de way, way de Nurse, CHW en de Lead mami den show u. If yu nor gee am di rayt dosage, som tem e kin umbug de pikin in wel wan.



- The food is meant for a child that is moderately malnourished, it is not for every child or for those that are severe. It is for your child because he/she is moderately malnourished
- Feeding the food to healthy children has no impact on their health and it could slow the recovery of the moderately malnourished child
- Selling the food at market will decrease the amount of the food that is available for the child
- Though friends or relatives may ask for the food, it is acceptable and appropriate to keep the food for your child. It is important for the health of your child that you save all of the food for the malnourished child
- Explain to family members that you cannot share with other members of the family or with friends to improve the recovery of your child

### **KRIO**

- De blended na for de pikin wae malnorish small nor mor, nor to for all oda pikin den wae nor malnorish or wae malnorish bad wan. Na for yu pikin
- If yu gi pikin wae nor get de sick, e nor go beteh am, but e go umbug de oda pikin wae malnorish small, bikos e nor go wel kwik
- Wen yu sel de blended na makit, da mean say u don pul pan de wan wae de sick pikin for it
- Som tem dae yu padi den or fambul den go aks for mek yu gi den pan de sick pikin in blended. E betteh en rayt for mek yu nor gee den. Na dat go fayn for di pikin in well bodi wan
- Mek yu fambul en padi den kno say yu nor gi dem bikos yu wan mek yu pikin get welbodi





- Breastfeed first before giving other foods. Continue breastfeeding on demand both day and night. This will maintain the health of your baby and strength as breast milk is the most important part of your baby's diet and supplies half of baby's energy needs.
- This bag does not contain enough food, calories, or nutrients to be able to feed your child EXCLUSIVELY for 2 weeks; it is not intended to be the only food you prepare for your child
- Feeding only this food to your child will not make the child well, the child will continue to be moderately malnourished; your baby needs other staple foods.
- Soft food from different food groups can be given to young children 6-24 months like mashed or porridge with rice/nuts/fish/pumpkin/sesame. You should also feed fruits (such as papaya, banana, etc.), vegetables (such as green leafy and yellow vegetables like cassava leaf, greens etc.) and foods high in protein (such as ground nuts/fish/chicken/meat, eggs) to older children.
- This food will not be continued after your child recovers, you will only receive this food for some short time, it's important that the child eat a nutritious and diverse diet so that they do not become sick again after the treatment
- You want the child to have an appetite, to want more food. After you have fed the ration for the day, feed the kid a normal diet in the same quantities you were feeding before. Do not decrease the amount of food you were feeding before you started receiving the blended; it is better to increase the amount of food

### **KRIO**

- Na for gi yu pikin bobi wata fors tin na mornin befo yu gi am any oda chop. En na for dae gi am bobi wata all tem as e want am day en net. Dis go mek yu pikin go grow fayn en trong, bikos bobi wata na gud chop for pikin, en na important part pan di pikin in chop way na in dae gee am haf in trenk.
- De blended wae dae na de bag nor mor nor get all de yam yam wae de pikin need for grow insai de 14 days. E nor min say na di blended nor mor for gee yu pikin for di day.
- Ge you young pikin (6-23 months) soft eat lek pap; mash poopoo, pumpkin, banana or potato with benin or pounded fish. Cook plassas wit pounded fish, beans, and ground nut. Also you kin ge big pikin (24-59 months) fruts lek ripe poopoo, banana, mangoe way e done eat.
- Den nor go dae gi yu dis blended egain wae yu pikin don wel, na dat mek yu for mek yu pikin yus for it oda chop den wae e go dae it wae de supply tap. If yu nor do dat, yu pikin go sick bak.
- Yu pikin for get apitite for it wel, na dat mek yu for dae gi am de kind food wae e blant it wae e nor bin don sick yate. Na for dae gi you pikin de sem kind chop wae e blant it befo yu begin gi am blended. E fin for add pa the chop way e be don de eat.

