Counseling Cards for Preparation and Consumption of Ready-to-use-Supplementary Food
The peanut paste is meant to be consumed every day for 14 days; there is only enough in the black plastic bag for you to use one (1) sachet a day for 14 days

Using more than one (1) sachet a day and you will run out of the peanut paste before you receive the next ration

Using less than one (1) sachet a day means the child will not receive all of the necessary dosages and could slow the child’s recovery

The peanut paste does not need to be eaten all in one sitting, it is best to try to feed the dosage in the morning after the child has breastfed, then the child can eat the food throughout the day until it is finished.

Follow the instructions given to you by the nurse, CHW and Lead mother on how to serve the food. Using a different dosage could slow recovery.

KRIO

Di pikin for it de 1 pakit granat paste evriday for 14 days, en na 14 pakit granat paste nor mor dae insai de black plastik bag.

If yu yus pas 1 pakit per day, de granat paste go don befo yu get de neks supply

En bak, if yu feed yu pikin les dan de 1 pakit wae den say, yu pikin nor go get all de value wae dae insai de 1 pakit, en e nor go wel kwik

De pikin nor get for it all de 1 pakit granat paste 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.

Na for us den peanut paste 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 granat paste 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 granat paste. 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 is not 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 peanut paste; 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.

• Yu nor get all de yam yam wae de pikin need for grow insai de 14 days. E nor min say na di granat paste nor mor for gee yu pikin for di day.

• Ge you young pikin (6-23 months) soft eat lek pap; mash poopo, 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 poopo, banana, mangoe way e done eat.

• Den nor go dae gi yu dis granat paste 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 yu pikin de sem kind chop wae e blant it befo yu begin gi am granat paste. E fin for add pa the chop way e be don de eat.