

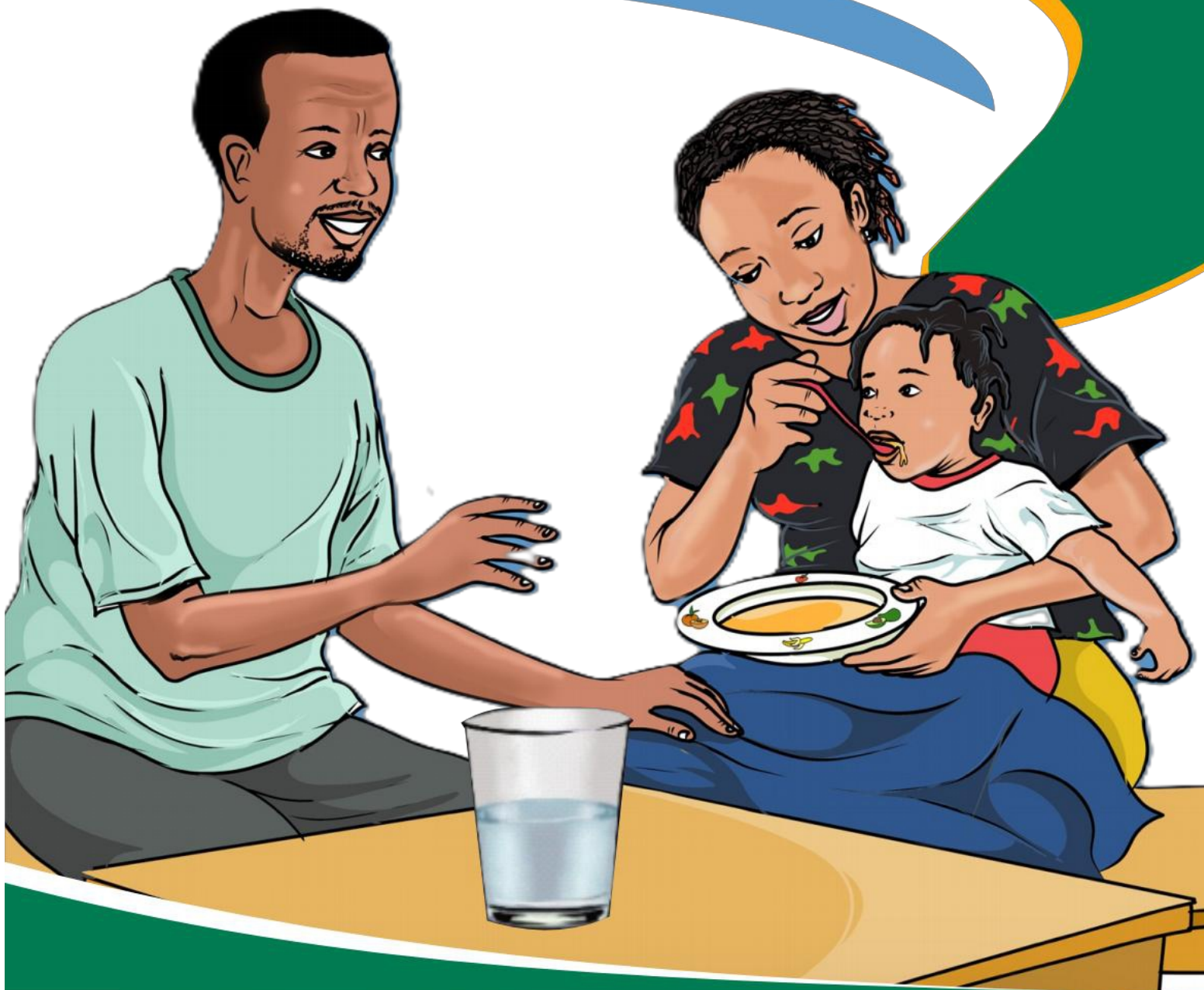


Republic of Liberia

Ministry of Health



NUTRITION RECIPE FOR INFANTS AND YOUNG CHILD FEEDING (IYCF) IN LIBERIA



Foreword

Good nutrition during infancy and early childhood is the cornerstone of child survival, healthy growth, cognitive development, learning, and lifelong well-being. The first two years of life — often referred to as the critical window of opportunity — represent a unique period during which appropriate infant and young child feeding practices have a profound influence on a child's physical growth, brain development, immune function, and future productivity.

Although Liberia has made notable progress in improving the nutritional status of women and children, malnutrition remains a significant public health concern. Suboptimal infant and young child feeding practices continue to contribute to stunting, wasting, micronutrient deficiencies, and preventable childhood illnesses. Promoting appropriate complementary feeding through the use of locally available, affordable, and nutritious foods is therefore essential to ensuring that every Liberian child has the opportunity to survive, grow, and thrive.

The Nutrition Recipe Booklet for Infant and Young Child Feeding (IYCF) in Liberia has been developed as a practical resource to support caregivers, health workers, community health assistants, volunteers, and development partners in preparing safe, nutritious, and age-appropriate meals using foods that are readily available throughout Liberia. The recipes included in this booklet are culturally acceptable, cost-effective, and carefully designed to meet the nutritional requirements of infants and young children aged 6–24 months, while promoting recommended infant and young child feeding practices.

This recipe booklet complements Liberia's national Infant and Young Child Feeding (IYCF) guiding principles and supports the implementation of key national nutrition strategies and interventions, including the Essential Nutrition Actions (ENA), Integrated Management of Neonatal and Childhood Illness (IMNCI), Growth Monitoring and Promotion (GMP), and Community Health Services. It further reinforces the importance of exclusive breastfeeding during the first six months of life, continued breastfeeding up to two years of age and beyond, responsive feeding, proper food hygiene, and the consumption of diverse, nutrient-rich foods.

The Ministry of Health extends its sincere appreciation to all development partners, technical experts, nutrition professionals, County Health Teams, community representatives, and other stakeholders whose invaluable contributions made the development, review, and validation of this recipe booklet possible. Your commitment and collaboration continue to strengthen national efforts to improve infant and young child nutrition across Liberia.

We encourage all health workers, caregivers, families, community leaders, and partners to make full use of this booklet as a practical guide for preparing nutritious meals and promoting optimal feeding practices. Through our collective commitment, we can improve the nutritional status of infants and young children, reduce malnutrition, and ensure that every Liberian child receives the nourishment needed to grow, learn, and achieve their full potential.

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Acronyms

Acronym	Meaning
CFSNS	Comprehensive Food Security and Nutrition Survey
CRS	Catholic Relief Services
ENA	Essential Nutrition Actions
HIV	Human Immunodeficiency Virus
IMNCI	Integrated Management of Newborn and Childhood Illness
IYCF	Infant and Young Child Feeding
MAD	Minimum Acceptable Diet
MDD	Minimum Dietary Diversity
MMF	Minimum Meal Frequency
MoA	Ministry of Agriculture
MOH	Ministry of Health
PAL	Pediatric Association of Liberia
PMTCT	Prevention of Mother-to-Child Transmission
SADFONS	Smallholder Agriculture Development for Food and Nutrition Security
SBC	Social and Behaviour Change
WHO	World Health Organization

Acknowledgements

This recipe booklet was developed under the leadership of the Ministry of Health (MOH), through the Nutrition Unit, as part of ongoing efforts to promote optimal nutrition and healthy feeding practices across Liberia.

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We also acknowledge the dedicated members of the Social Behaviour Change (SBC) Core Team, whose tireless efforts, technical inputs, and collaboration played a vital role in ensuring the quality and relevance of the content presented in this booklet.

The Nutrition Unit further expresses its gratitude to all individuals and partners who contributed their time, knowledge, and experience during the preparation of this booklet.

Our deepest appreciation goes to the Ministry of Agriculture's Smallholder Agriculture Development for Food and Nutrition Security (SADFONS) project, Concern Worldwide, Catholic Relief Services (CRS), the Pediatric Association of Liberia (PAL), Samaritan's Purse, and all other nutrition partners.

Introduction

The first 1,000 days of life — from conception to a child's second birthday — are the most critical period for a child's growth, brain development, and lifelong health. Good maternal nutrition, exclusive breastfeeding for the first six months, and the timely introduction of safe, nutritious complementary foods, together with continued breastfeeding up to two years and beyond, are essential for preventing malnutrition. Timely intervention during this period gives every child the best opportunity to survive, grow, learn, and reach their full potential. In Liberia, the Government, with support from partners, has established guiding principles to promote appropriate infant and young child feeding practices.



Despite these efforts, many children aged 6–24 months do not receive diets that are adequate in quantity, quality, and diversity, contributing to undernutrition (wasting and stunting). Findings from the Comprehensive Food Security and Nutrition Survey (CFSNS, 2025) indicate that Exclusive Breastfeeding stands at 41.1%, Minimum Meal Frequency at 25.9%, Minimum Dietary Diversity at 12.1% (very low), and Minimum Acceptable Diet at only 2.4%. These findings reveal that a large proportion of children are not receiving feeding that meets the recommended standards of the World Health Organization (WHO).

The period from six months onward is a critical window when breastmilk alone is no longer sufficient to meet a child's nutritional needs. This recipe booklet has been developed to support caregivers and service providers with practical guidance on preparing nutritious complementary foods using locally available ingredients.



DID YOU KNOW?

- Good nutrition in the first 1,000 days helps a child grow, learn, and stay healthy.
- Well-nourished children are less likely to fall sick.
- Good feeding and care today builds a brighter future for Liberia.



THE FIRST 1,000 DAYS OF LIFE



Pregnancy
270 Days



0–6 Months
Breastmilk only



6–24 Months
Breastmilk +
healthy foods



24 Months
and beyond

Purpose and Use of This Booklet

This recipe booklet is intended to guide complementary feeding practices in Liberia by providing practical, easy-to-use recipes for children aged 6–24 months. It is designed for caregivers, community nutrition promoters, peer educators, health workers, agricultural extension officers, and other service providers who support families and communities.

The booklet serves as a companion resource to the national IYCF counselling tools and Social Behaviour Change (SBC) materials. It can be used during household counselling, community nutrition sessions, cooking demonstrations, growth monitoring activities, and caregiver support group meetings.

By presenting clear instructions on food preparation, portion sizes, feeding frequency, and safe food handling, the booklet helps translate national nutrition principles into practical actions that caregivers can apply in their daily lives.



Complementary Feeding

Complementary feeding refers to the process of giving foods and liquids in addition to breastmilk once a child reaches six months of age. Before six months, breastmilk alone provides all the energy and nutrients an infant needs. From six months onward, however, breastmilk alone is no longer sufficient to meet the child's nutritional requirements, and the child should be introduced to other foods.

The term 'weaning' is commonly used but often causes confusion. Some caregivers understand weaning to mean stopping breastfeeding altogether, while others associate it with other unrelated practices. For this reason, 'complementary feeding' is the preferred term, as it clearly emphasizes that breastmilk should continue alongside other foods, introduced appropriately.



Appropriate complementary feeding means introducing safe, nutritious, and age-appropriate foods at six months, while continuing breastfeeding up to two years of age and beyond.



Infant and Young Child Feeding Problems in Liberia

Infant and young child feeding practices during early childhood are often inadequate and contribute to poor nutritional outcomes. Some of the common challenges include:

- 58.9% of infants (CFSNS, 2025) are not exclusively breastfed during the first six months of life, resulting in reduced intake of essential nutrients and protective factors found in breastmilk.
- Infants are frequently given water, herbal preparations, or other liquids during the first six months of life.
- Complementary foods are often introduced too early or too late. In most cases, the foods given to infants and children aged 6–24 months do not meet the required nutritional needs.

As a result, many children do not receive adequate nutrition during this critical period of growth and development, thereby increasing their risk of undernutrition, frequent illness, and poor developmental outcomes.

Development of the Recipes

The recipes included in this booklet were revised based on national nutrition recommendations, evidence from the Comprehensive Food Security and Nutrition Survey (CFSNS, 2025), and the Cost of Diet analysis conducted by Concern Worldwide in Liberia in 2019. The Cost of Diet analysis helped identify affordable, locally available foods that can meet the nutritional needs of children aged 6–24 months.

The recipes are grouped by age category — 6–8 months, 9–11 months, and 12–24 months — to reflect the changing nutritional needs and feeding abilities of young children. Guidance on feeding frequency, portion sizes, food texture, and hygiene practices is aligned with the Essential Nutrition Actions (ENA) package for IYCF.

All recipes use locally sourced ingredients that are commonly available in Liberian communities, demonstrating that nutritious, diverse, and affordable meals for young children can be prepared at the household level. The booklet is intended to support caregivers and service providers in improving complementary feeding practices and contributing to better health and nutrition outcomes.



Feeding Infants and Young Children

Young children grow very fast and are very active. To support their growth and daily activities, they need nutritious meals prepared from regular family food appropriate to their age group. These may include beans, ground pea (peanut dust), palm oil, fresh or dried fish (such as dried bonny), eggs, meat, leafy vegetables such as cassava leaves, potato greens, palava sauce, pumpkin leaves, bitterball leaves and okra leaves, as well as carbohydrate foods such as eddoes, cassava, rice, and sweet potatoes.

When these foods are combined, they provide the body with enough energy and the nutrients that help children grow strong, think well, and stay healthy.

Local foods supply essential vitamins and minerals needed by young children. Dark green leafy vegetables such as cassava leaves and potato greens provide vitamin A, iron, and folate, which support good eyesight, healthy blood, and healthy growth. Beans, ground peas, eggs, fish, and meat provide protein and iron, which help build the body, strengthen muscles, and prevent weakness and tiredness. Fish also provides calcium, which helps build strong bones and teeth. Fruits commonly found in Liberia, such as oranges, pineapple, mango (plum), and guava, provide vitamin C, which helps protect the body from sickness and improves the absorption of iron.

Fats and oils, such as red palm oil, coconut oil, agro-oil, or palm kernel oil, are very important in children's meals because they provide a lot of energy in small amounts. Adding a spoon of oil to a child's food increases its nutritional content without increasing its size. This is important for children under two years of age, since their stomachs are small and cannot hold large portions at one time. Young children should therefore be fed small, nutritious meals frequently throughout the day.

When a child is well fed, they are more active, happier, and cry less. Good feeding helps prevent frequent illness, allowing the child to grow strong and healthy. This also reduces the burden on caregivers, especially mothers, giving them more time and strength to care for the household and engage in other productive activities that support the family.



Breastfeeding

Breastmilk is the most ideal food for infants from birth until six months of age. It is safe, clean, always available, and provides all the essential nutrients, water, and energy needed for healthy growth and development. Exclusive breastfeeding during the first six months of life supports optimal physical and brain development while protecting infants from common illnesses such as diarrhoea, pneumonia, and other infections.

The first milk, known as colostrum, is especially important because it helps protect the baby from disease and strengthens the immune system. Breastmilk is also easy to digest, making it the ideal food for infants during the first six months of life.

After six months, breastmilk continues to provide valuable nutrients and energy and should be given alongside safe, diverse, and nutritious complementary foods. Continued breastfeeding up to two years of age or beyond contributes to the child's ongoing growth, development, and protection from illness.



HIV and Breastfeeding

HIV can be transmitted from a mother to her infant during breastfeeding. For this reason, women are encouraged to know their HIV status by getting tested before or during pregnancy so that they can receive appropriate counselling and make informed decisions about infant feeding.

When a woman is confirmed to be HIV-positive, she should seek guidance from the nearest health facility to understand the risks and benefits of the available infant feeding options. These options include exclusive breastfeeding and replacement feeding, and the choice should always be made with the support of trained health workers.

Exclusive breastfeeding means feeding the baby only breastmilk from birth to six months, either directly from the breast or as expressed breastmilk, with no other foods or liquids given. When practiced correctly and supported through Prevention of Mother-to-Child Transmission (PMTCT) services, the risk of HIV transmission can be significantly reduced — especially when the mother is healthy, has no cracked nipples, and the baby has no mouth sores or thrush.

Replacement feeding involves giving the infant a suitable breastmilk substitute, such as commercial infant formula, instead of breastfeeding. While this option eliminates the risk of HIV transmission through breastmilk, it carries a higher risk of diarrhoea, infection, and malnutrition, particularly in settings where access to clean water, adequate sanitation, and safe food preparation practices is limited. Incorrect preparation, unsafe water, and poor hygiene can seriously endanger the child's health. Feeding both breastmilk and other foods or liquids together — known as mixed feeding — greatly increases the risk of HIV transmission and should be strongly discouraged.



As part of PMTCT services, health facilities should provide individualised counselling to HIV-positive mothers and support them in choosing and practicing the safest feeding option for their situation. Health workers

should also demonstrate correct feeding practices — whether exclusive breastfeeding or replacement feeding — and provide ongoing follow-up and support at the household level.

All HIV-positive mothers require continued counselling and support, including when an infant is tested for HIV, regardless of the result. For women who are HIV-negative or whose status is unknown, breastfeeding should be actively promoted and protected. Group education sessions should therefore focus on promoting optimal breastfeeding practices and avoid discussing infant feeding alternatives that could unintentionally discourage breastfeeding.

Table 1: Types of Food Groups

A variety of foods below should be added in a child's daily diet to ensure adequate energy, growth, and protection from illness.

Food Group	Description	Common Local Examples
Grains, Roots, and Tubers	Give the body energy.	Rice, cassava (fufu, farina/gari, GB), sweet potatoes, yams, plantains, eddoes, bread
Pulses (Legumes and Peas)	Build and repair the body.	Groundnuts (ground pea), beans
Nuts and Seeds	Provide healthy fats, protein, and energy.	Peanuts (groundnut), cashew nuts, sesame seeds (benny seeds), pumpkin seeds, almonds
Dairy and Dairy Products	Help build strong bones and teeth.	Milk, yogurt, cheese and other milk products
Meat, Poultry, Fish, and Other Animal-Source Foods	Help build strong muscles and healthy blood.	Organ meat (liver, kidney, gizzard); red meat (beef, pork, goat); poultry and white meat (chicken, turkey, duck); fish and seafood (fresh or dried fish, snail, crayfish, and other seafood)
Eggs	Support growth and development.	Chicken eggs, duck eggs, turkey eggs
Dark Green Leafy Vegetables	Help build healthy blood and protect against illness.	Potato greens, cassava leaves, palava sauce (plato leaves), bitterball leaves, collard greens, water greens (spinach)
Other Vitamin A–Rich Foods	Support good eyesight and immunity.	Carrots, pumpkin, tomatoes, orange-fleshed sweet potato, ripe mango, ripe papaya (pawpaw), red palm oil
Other Vegetables	Provide vitamins, minerals, and fibre.	Pumpkin, mushroom, bitterball, okra, eggplant, green beans, lettuce, green pepper, broccoli, carrot, cabbage, cucumber, onions
Other Fruits	Help keep the body healthy and hydrated.	Oranges, bananas, pineapple, guava, watermelon, apples, tangerine, avocado, berries, coconut



Guiding Principles for Complementary Feeding of Children 6–24 Months



Proper nutrition during the first two years of life is important for healthy growth, brain development, and protection from illness. Caregivers should ensure that children receive a diversified diet every day alongside continued breastfeeding.

Energy Requirements by Age Group

Table 2: Breastfed Children

Age Group	Total Daily Energy Need	Energy Needed from Complementary Foods	Energy Needed from Breastmilk
6–8 Months	600–750 kcal/day	600 kcal/day	150 kcal/day
9–11 Months	750–900 kcal/day	750 kcal/day	150 kcal/day
12–24 Months	900–1,000 kcal/day	900 kcal/day	100 kcal/day

Table 3: Non-Breastfed Children

Age Group	Total Daily Energy Need	Energy Needed from Complementary Foods
6–8 Months	600–750 kcal/day	750 kcal/day
9–11 Months	750–900 kcal/day	900 kcal/day
12–24 Months	900–1,000 kcal/day	1,000 kcal/day

Key Feeding Principles for Children 6–24 Months

1. Use soft, easy-to-digest foods appropriate for the child's age.
2. Include energy-giving foods such as rice, cassava, sweet potatoes, eddoes, and plantain.
3. Include plant-source protein-rich foods such as beans, bennyseed, and groundnuts.
4. Include animal-source protein foods such as fish, meat, crayfish, crab, snail, and egg.
5. Include vitamin A-rich foods such as red palm oil, sweet potatoes, and pumpkin.



Food Combinations for Children 6–8 Months



First, mix one food from the energy food group along with any one food from the protein food group as seen in table 4 and cook it for five minutes before adding any type of oil and a pinch of salt or cube.

Table 4: Measurement and Calories per Serving (6–8 Months)

Ingredient	Measurement per Feed	kcal per Serving
Rice dust	2 tablespoons	80 kcal
Eddoes dust	1 tablespoon	60 kcal
Plantain dust	1 tablespoon	60 kcal
Potatoes (mashed)	1 small potato, boiled	70 kcal
Cassava dust	1 tablespoon	32 kcal
Fish or bonny dust	1 tablespoon	60 kcal
Beans dust	2 tablespoons	56 kcal
Benny seed dust	1 tablespoon	40 kcal
Peanut dust	2 tablespoons	60 kcal
Egg yolk	1 medium egg yolk	50 kcal
Palm oil, coconut oil, palm kernel oil, agro-oil, or butter	1 teaspoon	45 kcal
Cube or salt	A pinch	—

Table 5: Feeding Combinations for Children 6–8 Months

Energy Food	Combination	Preparation Time
Rice dust	Rice dust (2 Tbsp) + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust, or 2 Tbsp peanut dust + 1 tsp oil + a pinch of salt or cube	5 minutes
Eddoes dust	Eddoes dust (1 Tbsp) + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust, or 2 Tbsp peanut dust + 1 tsp oil + a pinch of salt or cube	5 minutes
Plantain dust	Plantain dust (1 Tbsp) + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust, or 2 Tbsp peanut dust + 1 tsp oil + a pinch of salt or cube	5 minutes
Potatoes (mashed)	1 boiled potato + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust + 1 tsp oil + a pinch of salt or cube	5 minutes
Cassava dust	Cassava dust (1 Tbsp) + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust, or 2 Tbsp peanut dust + 1 tsp oil + a pinch of salt or cube	5 minutes

Feeding Frequency (6–8 Months)

- Breastfed children should be fed 2–3 times a day to obtain the recommended calories needed per day.
- Non-breastfed children should be fed at least 4 times a day to meet the daily recommended calorie requirement.

Food Combination for Children 9–11 Months

Table 6: Measurement and Calories per Serving (9–11 Months)

Ingredient	Measurement per Feed	kcal per Serving
Rice dust	3 tablespoons	120 kcal
Eddoes dust	2 tablespoons	120 kcal
Plantain dust	2 tablespoons	120 kcal
Potatoes (mashed)	1 small potato, boiled	70 kcal
Cassava dust	2 tablespoons	64 kcal
Fish or bonny dust	1 tablespoon	60 kcal
Beans dust	2 tablespoons	56 kcal
Benny seed dust	1 tablespoon	40 kcal
Peanut dust	2 tablespoons	60 kcal
Egg yolk	1 medium egg yolk	50 kcal
Palm oil, coconut oil, palm kernel oil, agro-oil, or butter	1 teaspoon	45 kcal
cube or salt	A pinch	—

Table 7: Feeding Combinations for Children 9–11 Months

Energy Food	Combination	Preparation Time
Rice dust	Rice dust (3 Tbsp) + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust, or 2 Tbsp peanut dust + 1 tsp oil + a pinch of salt or cube	5 minutes
Eddoes dust	Eddoes dust (2 Tbsp) + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust, or 2 Tbsp peanut dust + 1 tsp oil + a pinch of salt or cube	5 minutes
Plantain dust	Plantain dust (2 Tbsp) + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust, or 2 Tbsp peanut dust + 1 tsp oil + a pinch of salt or cube	5 minutes
Potatoes (mashed)	1 small boiled potato + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust + 1 tsp oil + a pinch of salt or cube	5 minutes
Cassava dust	Cassava dust (2 Tbsp) + 1 egg yolk, or 1 Tbsp bonny dust, or 1 Tbsp benny seed dust, or 2 Tbsp beans dust, or 2 Tbsp peanut dust + 1 tsp oil + a pinch of salt or cube	5 minutes

Feeding Frequency (9–11 Months)

- Breastfed children should be fed 3–4 times a day to obtain the recommended calories needed per day.
- Non-breastfed children should be fed 4–5 times a day to obtain the recommended calories needed per day.

First, mix any food from the energy food group with any food from the protein food group as shown in the tables above, and cook the mixture for five minutes before adding any type of oil and a pinch of salt or cube.

Steps for Preparation

The following seven steps apply to the preparation of most complementary food combinations described in this booklet, regardless of the child's age group:

1. Wash your hands thoroughly with soap and clean water.
2. Measure the energy-food dust into a clean cup or bowl and mix with a little clean water to form a smooth paste.
3. Pour the mixture into a clean cooking pot.
4. Place the pot on the fire and allow it to boil, stirring continuously.
5. Add the chosen protein food (fish/bonny dust, benny seed, beans dust, peanut dust, or egg yolk).
6. Add a teaspoon of oil and a pinch of salt or cube, and stir well.
7. Cook for about five minutes, then serve to the child in a clean bowl once cooled to a safe temperature.



Food Combination for Children 12–24 Months

Table 8: Family Food Combination

Age	Category	Energy	Body-Building	Protective	Fruit & Vegetable	Frequency
12–24 months (1–2 years)	Family food	Rice, eddoes, plantain, potatoes, cassava, yam, or breadfruit	Fish, bonny, beans, meat, benny seed, crawfish, snail, peanut dust/paste, egg, or chicken	Palm oil, palm nut, pumpkin, coconut oil, palm kernel oil, agro-oil, onions, bitterball, cassava leaves, potato leaves, garlic, okra, palava sauce, eggplant, cabbage	Banana, plum, orange, pawpaw, butter pear, pineapple, cucumber, watermelon, tomatoes	At least 4–5 times per day, including healthy snacks

When your child eats a diversified diet — combining carbohydrates, protein, and protective food they will grow strong, healthy, and mentally sharp.

For a child to be adequately fed, they should consume a nutrient-dense, diversified diet using the food plate concept below.



A plate should contain: half carbohydrates, one-quarter protein, and one-quarter fruits and vegetables.

Key Considerations

1. Always wash your hands with soap and clean water before preparing your child's food and before feeding the child.
2. Wash the child's hands with soap and clean water immediately before and after feeding them.
3. Use clean utensils to prepare and serve food.
4. Do not overcook the food.
5. A child's food should contain minimal pepper, seasoning cube, and salt.
6. Do not cook more than one protein food at a time (fish, meat, chicken, crayfish).
7. The child's daily meal should include 4–5 regular meals, plus fruits, vegetables, and snacks in between meals.
8. Add micronutrient powder to your child's food before feeding, if available.
9. Store food and water in covered containers to protect them from dust and pests, which carry germs.



Preparation of Individual Food Ingredients

Rice Dust Recipe: Wash, Destone (rock) and soak the rice for 2–3 hours. Remove from the water, place in a sifter, and air-dry. Pound very well into dust and sifter. Parch the rice dust after sifting and store in a clean, dry, and sealed container.

Plantain Dust

Wash, peel, and wash the plantain again before slicing and drying it. Pound very well into a fine dust, sift, and store in a clean, dry, sealed container.

Eddoes Dust

Wash, peel, wash, slice, and dry the eddoes. Pound very well into a fine dust, sift, and store in a clean, dry, sealed container.

Cassava Dust

Wash, peel, wash, slice, and dry the cassava. Pound very well into a fine dust, sift, and store in a clean, dry, sealed container.

Mashed Potato

Wash, peel, wash, and boil the potatoes, then mash them in the child's bowl. Add egg yolk and mix well before serving.

Bonny/Fish Dust

Ensure that the bonny fish is thoroughly dried, peeled, and has all bones removed, then parch it. Pound very well into a fine dust, sift, and store in a clean, dry, sealed container.

Benny Seed Dust

Wash very well, drain, air-dry, and parch. Pound very well into a fine dust, sift, and store in a clean, dry, sealed container.

Bean Dust

Soak for 2–3 hours, wash clean, drain, air-dry, and parch. Pound very well into a fine dust, sift, and store in a clean, dry, sealed container.

Peanut Dust

Wash clean, drain, air-dry, parch, and peel. Pound very well into a fine dust, sift, and store in a clean, dry, sealed container.

Red (Palm) Oil

Store and seal red palm oil in a clean, dry container.

Recipe Ingredients

The photographs below show the raw and processed forms of the key ingredients used in each recipe.

Rice Dust Recipe

Ingredients: rice dust, fish dust or benny seed dust or beans dust, peanut butter, and palm oil.



Plantain Dust Recipe

Ingredients: plantain dust, palm oil, bonny or fish dust or benny seed dust or beans dust, and peanut dust.

Ingredients:



Eddoes Dust Recipe

Ingredients: eddoes dust, fish dust/benny seed or beans dust, peanut butter, and palm oil.



Cassava Dust Recipe

Cassava dust, fish dust/bonny dust, benny seed or beans dust, peanut dust, and palm oil.

Ingredients:



Boiled and mashed potatoes, egg yolk, fish dust/bonny dust, benny seed dust or beans dust, peanut dust, and red palm oil.



Notes

Notes
