

FSN FORUM DISCUSSION MATERIALS ON COMPLEMENTARY FOOD RECIPES AND COOKING DEMONSTRATIONS

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I. GENERAL INFORMATION

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| Duration: | 03. 09 - 17. 09. 2008 |
| Facilitator: | Silke Pietzsch, Action Against Hunger, USA |
| Number of participants: | 7 |
| Number of Contributions: | 7 |

II. INTRODUCTION OF THE TOPIC

Dear Forum Members,

ACF (Action Contre la Faim) deals in many countries with refugee populations, living in camps with limited access to fresh food. We do have some programme interventions which provide fresh foods to accompany the WFP general food ration. To facilitate this integration of fruits and vegetables, our teams have included nutrition education, cooking demonstrations and preparations together with mothers and caretakers of malnourished children.

We always look for new and other cooking recipes and materials for cooking demonstrations particularly focusing on veggies and fruits in Africa.

It would be great if others share and exchange materials and recipes to contribute to our work

against hunger and malnutrition.

Thank you very much and looking forward to hear from you

All the best

Silke
Food Security Advisor
Action Against Hunger - USA

III. LIST OF CONTRIBUTIONS

Contribution by Ellen Anneliese Muehlhoff, Nutritionist, FAO Rome

The attached recipe booklets and guidelines for infant and young child feeding in Zambia could be of interest.

http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=514

Regards,
Ellen Muehlhoff
Nutrition Education and Consumer Awareness Group
FAO, Rome

Contribution by Cristina Lopriore, Nutritionist, FAO Rome

Dear Silke,

The resources listed below could be of interest:

FAO Family Nutrition Guide contains recipes for FEEDING YOUNG CHILDREN AGED OVER SIX MONTHS <http://www.fao.org/docrep/007/y5740e/y5740e0a.htm>

FAO/WHO Living Well with HIV/AIDS A manual on nutritional care and support for PLWHA - See annex on Recipes and food for a healthy diet
http://www.fao.org/DOCREP/005/Y4168E/y4168e11.htm#P712_86595

FAO FOOD-BASED NUTRITION STRATEGIES IN BANGLADESH -chapter 6 on local recipees
<http://www.fao.org/docrep/010/ag126e/AG126E00.htm#Contents>

Check also discussion groups and publications available at:

ProNUTRITION <http://www.pronutrition.org/index.php>
ENN / Field Exchange <http://www.ennonline.net/>

Best Regards

Cristina Lopriore

Contribution by Raul Varela, Mozambique

Dear Silke!

Thank you for showing such interest. This is an area that has been usually neglected but that can make great difference to overcome food insecurity.

I would like to recommend you a book published in Brazil about this matter. I believe its called **"1000 receitas de pratos altamente nutritivas a custo de menos de 1 real"**. Such publication has a pro-poor approach and it meant to assist grass root and most vulnerable groups.

Regards, RV

Contribution by Lalita Bhattacharjee, Nutritionist from FAO, Bangladesh

Dear Silke,

Please find below a **sample recipe fact sheet on 'Complementary Feeding'(CF)** that was used as part of the Nutrition Education (NE) materials; these were developed into NE materials for sub district level facilitators and were translated in Bangla language. For details please refer to the document on "FAO Food Based Nutrition Strategies in Bangladesh" provided by Cristina Lopriore in her contribution (http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=519). This CF recipe was well accepted and we understand is being used widely by the rural mothers in the areas covered by the FAO programme as well as others.

The Fact sheet on 'Complementary Feeding' can be found at:
http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=535

Kind regards,

Lalita Bhattacharjee
Nutritionist
National food Policy Capacity Strengthening Programme
FAO – Bangladesh

Contribution by Ilaria Proietti,

Hi Silke,

I've just come across some materials which can be of interest to you.

1) OXFAM, Food Scarcity and Famine, Assessment and Response,
http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=545 , in particular the Appendix 11
"Recipes for supplementary feeding programmes" at :
http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=549

2) OXFAM, "Health Care for Refugees and Displaced People", Appendix 6 "Supplementary feeding recipes"
http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=546

3) WHO, Technical Background Paper on "Local production and provision of ready-to-use therapeutic food for the treatment of severe childhood malnutrition"
http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=547

4) WHO, Complementary Feeding - Family Foods for Breastfed Children (The consultation is for fee)
http://km.fao.org/fsn/resources/fsn_viewresdet.html?no_cache=1&r=548&nocache=1

Hope these are helpful.
Ilaria

Ilaria Proietti,
Food Safety and Quality technologist
FAO, Rome

Contribution by Charlotte Dufour, from FAO Afghanistan

Dear Silke,

FAO Nutrition Department has also been developing materials on complementary feeding recipes, using the **Trials of Improved Practices methodology**.

The recipes have all been field tested and are designed to meet children's nutritional requirements (where they do not –i.e. for some specific micronutrients), recommendations are given for snacks to complement the recipes)

One manual has been developed for the Zambia, and another for Afghanistan.

The recipe **manual for Zambia** has been already provided by Ellen Anneliese Muehlhoff and can be downloaded at: http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=514

The recipe **manual for Afghanistan** can be downloaded from:
http://km.fao.org/fsn/resources/fsn_viewresdet.html?no_cache=1&r=556&nocache=1

Note: ACF Afghanistan food security team has been using the recipes in conjunction with their vegetable gardening project in a remote area of Afghanistan; the cooking sessions there are extremely popular!

These manuals were prepared by Charity Dirorimwe (FAO consultant), with back-stopping support by Ellen Muehlhoff from FAO Nutrition Department in Rome.

All the best,
Charlotte