

**SUMMARY OF THE FSN FORUM DISCUSSION**  
**MATERIALS ON COMPLEMENTARY FOOD RECIPES AND COOKING**  
**DEMONSTRATIONS**  
**FROM 3<sup>RD</sup> TO 24<sup>TH</sup> SEPTEMBER 2008**

**Proceedings available at**

[http://km.fao.org/fileadmin/user\\_upload/fsn/docs/PROCEEDINGS\\_CookingRecipes\\_Demonstrations.doc](http://km.fao.org/fileadmin/user_upload/fsn/docs/PROCEEDINGS_CookingRecipes_Demonstrations.doc)

Reference materials contributed by FSN Forum members in response to the query of Ms Silke Pietzsch, from Action Against Hunger, USA, requesting materials on complementary food recipes and cooking demonstrations and preparations, focusing particularly on African fruits and vegetables.

## **I. COUNTRY-SPECIFIC FOOD RECIPES**

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- **Improved Complementary Foods Recipe Booklet**, Family Foods for Breastfed Children in Zambia. (A.Muehlhoff)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=514](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=514)
- **Improved Feeding Practices and Recipes for Afghan Children and Mothers**. (Charlotte Dufour)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?no\\_cache=1&r=556&nocache=1](http://km.fao.org/fsn/resources/fsn_viewresdet.html?no_cache=1&r=556&nocache=1)
- **FAO Food-Based Nutrition Strategies in Bangladesh** - For local recipes see chapter 6. (C.Lopriore)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=519](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=519)
- **Brazil - "1000 receitas de pratos altamente nutritivas a custo de menos de 1 real"**. Publication with a pro-poor approach, meant to assist grassroots and most vulnerable groups. (R. Varela)

## **II. MANUALS AND GUIDELINES**

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- **FAO Family Nutrition Guide** - For specific information on recipes for feeding young children aged over six months, see Topic 7. (C.Lopriore)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=516](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=516)
- **Fact sheet on 'Complementary Feeding'(CF)** (Lalita Bhattacharjee)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=519](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=519)
- **FAO/WHO Living Well with HIV/AIDS**. A manual on nutritional care and support for PLWHA, with an interesting annex on recipes and food for a healthy diet. (C.Lopriore)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=517](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=517)
- **OXFAM, Food Scarcity and Famine, Assessment and Response**. (I.Proietti)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=545](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](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=549)
- **OXFAM, "Health Care for Refugees and Displaced People"**, Appendix 6

“Supplementary feeding recipes”. (I.Proietti)

[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=546](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=546)

- **WHO, Technical Background Paper on “Local production and provision of ready-to-use therapeutic food for the treatment of severe childhood malnutrition”.** (I.Proietti)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=547](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=547)
- **WHO, Complementary Feeding - Family Foods for Breastfed Children.** (I.Proietti)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?no\\_cache=1&r=548&nocache=1](http://km.fao.org/fsn/resources/fsn_viewresdet.html?no_cache=1&r=548&nocache=1)

### **III. KNOWLEDGE SHARING RESOURCES ON NUTRITION**

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- **ProNUTRITION** - an information resource that supports health care providers, community health workers, policy makers, and program managers with current, relevant, and practical knowledge and tools for decision-making. (C.Lopriore)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=520](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=520)
- **Emergency Nutrition Network (ENN) - Field Exchange** - set up in 1996 by an international group of humanitarian agencies to accelerate learning and strengthen institutional memory in the emergency food and nutrition sector. (C.Lopriore)  
[http://km.fao.org/fsn/resources/fsn\\_viewresdet.html?r=521](http://km.fao.org/fsn/resources/fsn_viewresdet.html?r=521)