



**Department of Health
Department of Agriculture
Kisumu County**



Kenya Ministry of Health



**Department of Health
Department of Agriculture
Migori County**



*Recipes for Complementary Feeding
Children 6 to 23 months of Age in Kisumu
and Migori Counties*

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Abbreviations

FAO	Food and Agriculture Organization of the United Nations
IYCN	Infant and Young Child Nutrition
MCSP	Maternal and Child Survival Program
OFSP	Orange-Fleshed Sweet Potato
TIPs	Trials of Improved Practices
USAID	United States Agency for International Development

Acknowledgements

We would like to thank the various institutions and individuals who contributed to the successful development of the complementary feeding recipes:

Department of Health, Nutrition Unit, Kisumu and Migori counties

Department of Agriculture, Home Economics Section, Kisumu and Migori counties

Kenya Ministry of Health, Nutrition and Dietetics Unit

Communities of Kisumu and Migori counties

The Maternal and Child Survival Program

This recipe booklet is made possible by the generous support of the American people through the United States Agency for International Development (USAID) under the terms of the Cooperative Agreement AID-OAA-A-14-00028. The contents are the responsibility of the Maternal and Child Survival Program and do not necessarily reflect the views of USAID or the United States Government.



Forward

In Kenya, only 22 % of children are fed in accordance with the three recommended infant and young child feeding practices.¹ According to a survey conducted in Kisumu county, 43% of children 6-23 months are fed according to the recommended infant and young child nutrition (IYCN) feeding practices.² Through the Maternal and Child Survival Program (MCSP), Trials for Improved Practices (TIPS) was undergone in Kisumu and Migori county on complementary feeding practices and findings revealed knowledge gaps among mothers reporting on challenges on specific foods, which deterred them from feeding these foods to their children.³ Cultural beliefs, practices, and misconceptions were also evident and influenced complementary feeding.

This contributed to the need of development of food recipes to promote good IYCN.

About the Recipe Booklet

This booklet is organized to provide information and guidance for caregivers (someone including a family member or a paid helper who takes care of the child) on how to prepare the meals for children 6-23 months of age with locally available foods in Kisumu and Migori countries, Kenya.

Overall Objective

To improve complementary feeding practices of children aged 6-23 months in Kisumu and Migori counties, Kenya.

Specific Objectives

1. To help mothers and caregivers understand the seven food groups and identify healthy meals and snacks for their young children.
2. To provide guidance on methods of food preparation and modification of locally available foods.

¹ Kenya National Bureau of statistics, Ministry of Health/Kenya, National AIDS Control Council/Kenya, Kenya Medical Research Institute, National Council for Population and Development/Kenya and ICF International, 2015. Kenya Demographic and Health Survey 2014. Rockville, MD, USA: Kenya National Bureau of Statistics, Ministry of Health/Kenya National AIDS Control Council/Kenya, Kenya Medical Research Institute, National Council for Population and Development/Kenya and ICF International.

² UNICEF and Kenya Ministry of Health. 2017. *Knowledge, Attitudes and Practices Survey: Status of Maternal Infant and Young Child Nutrition in Kisumu county*. Kisumu, Kenya: UNICEF.

³The Maternal and Child Survival Program (MCSP). 2017. *Complementary Feeding Practices: Using Trial for Improved Practice (TIPs) to Improve Complementary Feeding in Migori and Kisumu, Kenya*. Kisumu, Kenya: MCSP.

Introduction

The World Health Organization defines complementary feeding as the process of giving other foods in addition to breastmilk after six completed months. Breastmilk alone is no longer sufficient to meet the nutritional requirements of infants at this age and therefore other foods are needed.

The Kenyan Maternal Infant and Young Child Nutrition Policy Guidelines strives to promote, protect and support exclusive breastfeeding for the first 6 months.⁴ It also highlights the need to ensure timely, appropriate adequate and safe complementary feeding for children 6 to 23 months using locally available foods and continued breastfeeding up to 2 years and beyond. The Guide to complementary feeding⁵ enables users develop appropriate recipes based on locally available foods.

Factors to Consider for Complementary Feeding

- Age of the child – at the various stages in growth for children 6-23 months, the nutrient requirements increase.
- Locally available and accessible foods.
- Cultural beliefs and traditional practices affecting food choices for children.
- Responsive feeding and sensory stimulation.
- Health status of the child.
- The mother's/caregivers' knowledge, attitude and practices on optimal complementary feeding.

Criteria for Complementary Feeding

Foods should meet the basic criteria for complementary feeding which includes, **FATVAH**.

Frequency: The meal frequency should be based on age appropriate recommendations.

Amount: The amount of food given to the young child at each meal should be adequate for the age and provide sufficient energy, protein and micronutrients to meet the growing child's nutritional needs.

Texture: The food consistency should be age appropriate and adapted to the child's requirements and abilities.

Variety: A child should eat a variety of foods that provide different nutrients to meet the child's nutritional needs.

Active feeding: Encouraging and support a child to eat enough food at each meal.

Hygiene: Foods should be hygienically prepared, stored and fed with clean hands using clean utensils – bowls, cups, and spoons.

What is Food?

Food is anything we eat or drink that gives the body energy, protect, maintain and repair the tissues.

⁴ Ministry of Health. 2013. *National Maternal, Infant and Young Child Nutrition Policy Guidelines*. Nairobi, Kenya: Ministry of Health.

⁵ Ministry of Health. 2017. *A Guide to Complementary feeding 6-23months. Draft*. Nairobi, Kenya: Ministry of Health.

The Food Groups

Children need a variety of foods to get all the nutrients that the body needs in the right proportions. Food can be classified in different ways, depending on their nutrient contribution to the diet. According to the Food and Agriculture Organization of the United Nations (FAO) 2016 guidelines,⁶ feeding of children 6 to 23 months should focus on including foods from at least four of the seven food groups as below:

1. Grains, roots, tubers and plantains

This group of foods forms the largest part of our meals in terms of bulk or volume. They supply most of the energy and in Kenya; maize is the most common staple food. Examples include maize, millet, sorghum, rice, wheat, amaranth, oats, bread, pasta, spaghetti, sweet potatoes, Irish potatoes, cassava, arrowroots, yams, and plantain.



Photo Credit: Constance Gathi/MCSP

2. Legumes, nuts and seeds

Legumes (dried beans, lentils, peas, green grams), nuts (groundnuts, cashew nuts, Bambara nuts, macadamia) and seeds (pumpkin seeds, amaranth seeds, simsim, sun flower seeds) are good sources of protein, energy, essential fats, fiber and micronutrients.



Photo Credit: Constance Gathi/MCSP

3. Dairy

Dairy foods are rich sources of proteins, vitamins and minerals. Examples include milk from cows, goats, buffalo, sheep, and camels.



Photo Credit: Brenda Ahoya/MCSP

4. Flesh foods

Flesh foods – such as meat, fish, poultry, and insects – are excellent sources of nutrients, including protein, fat and micronutrients.

Liver is a very rich source of protein, iron, zinc, vitamin B complex vitamins and vitamin A.

Oily fish are rich sources of vitamin D, omega 3, and 6 fatty acids, which are important for the development of the brain.

Vitamin A, Iron and zinc are especially important for child growth and development.

Children who lack vitamin A, iron and zinc do not grow well and may grow up less intelligent than children who receive adequate amounts.



Photo Credit: Constance Gathi/MCSP

⁶ FAO and FHI 360. 2016. *Minimum Dietary Diversity for Women: A Guide for Measurement*. Rome: FAO.

5. Eggs

Eggs are a very good source of inexpensive high quality proteins. They also contain vitamins, minerals, and essential fatty acids. Examples are eggs from both domesticated poultry and wild birds.



Photo Credit: Brenda Ahoya/MCSP

6. Vitamin A rich fruits and vegetables

Vitamin A rich fruits and vegetables typically contain beta-carotene, which is important for good vision, normal growth and development and the control and prevention of infections. Examples include ripe mango, passion fruit, apricot, pawpaw, deep yellow flesh and orange-fleshed sweet potatoes, dark green leafy vegetables, carrots, and pumpkins.



Photo Credit: Constance Gathi/MCSP

7. Other fruits and vegetables

This group includes vegetables not counted above as dark green leafy vegetables or as other vitamin A-rich vegetables. Diets rich in fruits and vegetables are associated with positive health outcomes. Examples include fresh peas, snow peas, snap peas or green beans, cucumber, and tomato.



Photo Credit: Constance Gathi/MCSP

Table I: Feeding Recommendations Based on Age

Age	Number of Meals & Snacks	Amount per Meal
6 months	2 meals per day Continue breastfeeding on demand	During the first two weeks, 2 tablespoons per meal During the 3 rd and 4 th week, 3 tablespoons per meal
7-8 months	3 meals Continue breastfeeding	1/2 cup per meal
9-11 months	3 meals 1 snack Continue breastfeeding	3/4 cup per meal
12-24 months	3 meals 2 snacks Continue breastfeeding	1 cup per meal

Modification of Foods to Suit the Child

Children from 6 months of age onward can eat foods from all the food groups. However, these foods have to be modified depending on the age of the child. There are various ways of modifying foods for children as listed below:

- Mashing e.g. beans, sweet potatoes, butter nut and fruits
- Shredding of flesh foods e.g. beef, fish, poultry
- Pounding e.g. omena
- Grating e.g. carrots, beetroots, boiled eggs
- Vertical slicing, dicing and mincing
- Grinding e.g. ground nuts



Grinding of Nuts. Photo Credit: Brenda Ahoya/MCSP

Specific modifications of foods should be made for children of different age groups. These include:

- At 6 months: Mashing
- At 7-8 months: Mashing, pounding, grating, shredding, grinding, mincing
- At 9-11 months: Mashing, mincing, grating, shredding, slicing, dicing, finger foods such as whole fruits e.g. banana, mango
- At 12-23 months: Finger foods, dicing, slicing, mincing, whole foods

What is a Recipe?

A recipe is a set of instructions for making or preparing different nutritious dishes.

Below are examples of recipes for some foods that are problematic in preparation or which caregivers have challenges in modifications for younger children.

PORRIDGES

From the TIPs findings, all children consume porridge. However, the porridge is either made with many flours mixed together, is not fermented (thus iron is not available), and the consistency is also very thin. The following steps can be used to make porridge that is thick enough and does not fall/drip off the spoon (to give more energy to the child), and ensure that iron is made available.

Germinating Grain for Porridge

Use wimbi or sorghum or any other grain.

Process of Germinating Grain

- Sort the grain
- Soak for 24 hours
- Drain and put in a clean jute bag or osinde* grass or use banana leaves
- Store in a dark warm place and leave for 2- 3 days until the grains germinate
- Sun dry the germinated grain then grind into flour

Porridge from Germinated Grain Flour

Ingredients

- 1 cup flour from germinated grain
- 2 cups water

Method

- Pour 1 cup of water in a sufuria and bring to boil
- Put the flour in a bowl, add one cup of water to the flour in the bowl and stir to make a paste
- Slowly add the paste to the boiling water as you stir

- Continue to stir the mixture until it thickens
- Let it cook under low heat for 10 minutes
- Serve amount according to age of the child
- Enrich with any of the food items as indicated below (under enriching porridge)

**Makes one cup of porridge

Benefits of Germination

- Sprouting reduces anti-nutritional compounds in raw legumes
- Sprouts are rich in digestible energy, bioavailable vitamins, minerals, amino acids, proteins, and phytochemicals
- Germinated cereals reduces anti-nutrients e.g. phytic acid which inhibit absorption of some minerals like iron and zinc
- It also increases the vitamin (B and C) and mineral content of the food
- It Improves digestibility and nutritional quality of the proteins and essential amino acids
- Examples of foods that can be germinated include cereals like millet sorghum, dried beans and lentils

Fermenting Flour for Porridge

A number of cereals are good sources of iron. However, the iron is bound and therefore not available. The process of fermentation makes the iron available. It also has additional benefits as:

- It makes the foods easier to digest and the nutrients easier to assimilate
- It also help retains beneficial enzymes, vitamins, and other nutrients that are usually destroyed by food processing
- Fermented foods are excellent sources of probiotics (good bacteria) which help improve digestion and help in detoxification
- They are also rich in Vitamin K and Vitamin B complex, which help protect against disease and enhance immune function
- Fermentation reduces the anti-nutritional factors, enhances flavor, color and texture

To ferment flour for porridge follow the following steps:

Use wimbi, sorghum, or any other available grain.

Ingredients

- ¾ cups warm water
- 1 cup ground millet flour

Method

- Put the flour in a plastic container or earthen pot or stainless steel container



Porridge paste prepared for fermentation. Photo Credit: Brenda Ahoya/MCSP

- Pour the warm water into the flour and stir to make a smooth paste
- Leave for one day to ferment

Preparation of Porridge from Fermented Flour

Ingredients

- 1 cup fermented flour paste
- 2¾ cups water

Method

- Pour 1 cup of water in a sufuria and bring to boil
- Add the prepared paste slowly and continue stirring until it thickens
- Simmer for ten minutes
- Serve amount according to age of the child
- Enrich with any of the food items as indicated below

**Makes 2¼ cup of porridge



Cooked fermented porridge of the correct thickness. Photo Credit: Brenda Ahoya/MCSP

Benefits of Fermentation

- Fermentation makes the foods easier to digest and the nutrients easier to assimilate
- It also helps retain beneficial enzymes, vitamins, and other nutrients that are usually destroyed by food processing
- Fermented foods are excellent sources of probiotics (good bacteria), which help improve digestion and help in detoxification
- They are also rich in Vitamin K and Vitamin B complex, which help protect against disease and enhance immune function
- Fermentation reduces the anti-nutritional factors, enhances flavor, color and texture

Enriching Porridge

Porridge can be enriched with any of the following: avocado, ripe banana, soya paste, groundnut paste, simsim paste, or oil.

Note: Ensure you only use one of the above.

Avocado Enriched Porridge

Ingredients

- 2/3 cup porridge made from germinated or fermented flour
- 1/3 slice of avocado
- 1/2 a piece of a medium sized orange (used to prevent the avocado from browning)

Method

- Cut the 1/3 slice of avocado into small pieces in a bowl and mash
- Remove any seeds from the orange and squeeze the orange into the mashed Avocado and mix to form a smooth paste
- Add the avocado/orange paste into the 2/3 cup of porridge and stir until fully mixed



Porridge enriched with avocado.

Photo Credit: Brenda Ahoya/MCSP

DAIRY

Children can be given the fresh milk to drink. However, ensure that the milk has either been boiled or heat-treated through pasteurization. Fermented milk and yoghurt are also good for children since they help to restore the 'good bacteria'. These can be given either as a snack or with a meal.

Preparation of Fermented Milk

Ingredients

- 1 liter of fresh milk

Method

- Sieve the milk
- Boil
- Let it cool
- Put in a fermentation container {guard or stainless steel} enamel containers or melamine containers.
- Leave for 2-3 days to ferment
- Serve as a snack or with orange-fleshed sweet potato (OFSP) or ugali.



Fermented milk served with OFSP and pumpkin leaves (mashed). Photo Credit: Brenda Ahoya/MCSP

PULSES, LEGUMES AND NUTS

Pulses and legumes are important source of protein. There are several ways to prepare them for your child. They can either be cooked whole or sprouted e.g. green grams. After preparation of the pulses and legumes, it can be fed completely to an older child or mashed for a younger child.

Preparation of Bean Stew

Ingredients

- 1 kilogram dried beans
- 1 large size onion, chopped
- 4 tomatoes, chopped
- Salt to taste
- 2 carrots, diced
- 3 tablespoons of cooking oil
- 2.5 litres of water

Method

- Sort the beans
- Wash and soak for 12 hours or overnight
- Discard the soaking water
- Boil the soaked beans in 2.5 liters of water for 45 minutes to 1 hour or until soft
- Drain the beans and keep the stock
- Put oil in a sufuria and heat then add onions, and fry until soft
- Add tomatoes and cook until tender
- Add carrots, stir and simmer for 2 minutes
- Add cooked beans and stir well
- Add the stock, cover with a lid and leave to simmer for 5 minutes until the soup is thick
- Add salt to taste and stir then serve

Serve with rice, ugali, green bananas, or sweet potato.

Sprouting Legumes

Sprouting is the process through which plants grow from a seed. Green-grams or beans or cowpeas seeds or pigeon peas can be sprouted.

Benefits of Sprouting

- It increases the vitamin, mineral and protein content of foods
- It helps in the digestion of food
- It cuts down on cooking time.

Process of Sprouting Beans

Ingredients

- 1 kilogram beans
- 3 litres of water

Method

- Soak the beans for 12 hours
- Drain water
- Keep the seeds in the dark until sprouting begins
- The sprouts are ready to cook
- Cook as bean stew

Preparation of Soya Stew

Method

- Sort out the soya bean
- Put enough quantity of water in a sufuria (1 part of soya to 3 parts of water)
- Heat the water to boiling point
- Drop in the soya beans little at a time maintaining the same boiling point
- Boil for 30-45 minutes
- Remove from the fire
- Put the boiled beans in cold water immediately to stop boiling
- Stew as beans



Soya stew served with vegetables and rice. .Photo Credit: Brenda Ahoya/MCSP

Serve with rice, chapati, or bananas.

Note:

- For making flour, sundry the beans well and mill
- For soya milk, chunk and sauce, blend/mash the beans.

FRUITS

It is important to ensure that children are fed fruits. Fruits will improve your baby's appetite and growth. Fruits contain vitamins and minerals important to the baby to help prevent and protect from illnesses, diseases and

support immunity.⁷ In addition, children like the sweetness of the fruits. It is better to give whole fruits as opposed to making juice from the fruits. For younger children who are starting complementary feeding, fruits can be mashed into a smooth paste and fed to the child.

Examples of fruits include pawpaw, avocado, watermelon, bananas, mangoes, guavas, pears, apples, passion fruit, zambarao, plums, loquats, oranges or any other available fruit. Fruits can be given whole as finger foods or mashed based on the age of the child. Use fruits that are locally available and in season.

One example is given of how to mash pawpaw for the child. This method can be repeated with other fruits for children being introduced to complementary foods.

Mashed Avocado

Ingredients

- 1/3 avocado
- 1/4 orange

Method

- Wash the avocado and leave to dry
- Peel and cut into small pieces
- Put in a container and mash using a food masher or a wooden spoon
- Remove any seeds in the orange
- Squeeze the juice from the orange onto the avocado and mix well
- Put in a feeding cup or plate

Note:

- 7-8 months, give mashed fruits
- 9-23 months, give whole fruits as finger foods



Mashed avocado with orange. Photo Credit: Brenda Ahoya/MCSP

ANIMAL SOURCE FOODS – FLESH FOODS

Flesh foods are excellent sources of nutrients including; protein, fat and micronutrients such as iron and zinc that will prevent anaemia and help the child grow well. Examples of flesh foods include meat, fish, poultry, birds,

⁷ Justine Kavle, Sohair Mehanna, Gulsen Saleh, Mervat Foad, Magda Ramzy, Doaa Hamed, Mohamed Hassan, Ghada Khan, and Rae Galloway. 2014. *Examining Factors Associated with Stunting in Lower Egypt in Comparison to Upper Egypt. Bridging the Gap between Cultural Beliefs and Feasible Feeding Practices through Trials for Improved Practices*. Cairo, Egypt: Maternal and Child Health Integrated Program.

insects, liver and other organ meats. These flesh foods can be prepared as per the recipes described. The flesh foods can be minced (any meat) or pounded (omena) or mashed (fresh fish) for younger children and shredded, or sliced for older children.

Preparation of Beef Stew

Ingredients

- 1/4 kilogram of beef
- 1 medium onion, chopped
- 2 medium tomatoes, chopped
- Salt to taste
- 1 table spoon of cooking oil
- 1 cup of water

Method

- Wash the meat before slicing
- Cut the meat into small pieces
- Boil the meat until tender
- Shred the meat
- Put oil in sufuria and heat
- Add onions and fry until soft
- Add tomatoes stir and simmer for 2 minutes
- Add cooked meat and stir
- Add 1 cup of water and mix well
- Simmer for 5 minutes
- Add salt to taste



Beef stew served with rice and vegetable.
Photo Credit: Brenda Ahoya/MCSP

Serve with spinach or amaranth leaves or pumpkin leaves with ugali, rice, or OFSP.

Preparation of Chicken Stew

Ingredients

- 1/4 kilogram of chicken
- 1 medium tomato, chopped
- 1 medium onion, chopped

- Salt to taste
- 1 cup of water
- 1 teaspoon of cooking oil

Method

- Wash the chicken
- Slice or cut into small pieces
- Boil until tender
- Put oil in sufuria and heat
- Fry the onion until soft
- Add tomatoes and simmer until tender
- Add cooked chicken
- Stir well then add water
- Cook under low heat for 5 minutes
- Add salt to taste



Shredding chicken that is already cooked. Photo Credit: Brenda Ahoya/MCSP

Serve with spinach or amaranth leaves or pumpkin leaves with ugali, rice, or OFSP.

Note: After cooking a full chicken for the family, the liver and heart should be given to the child since it is a good source of iron. Mash the liver or heart for the younger ones, and or cut into small cubes for the older child.

Preparation of Fresh Fish Stew

Ingredients

- Fresh, medium sized fish
- 2 medium size tomatoes, chopped
- 1 medium size onion, chopped
- 1 table spoon of cooking oil
- 2 cups of water
- Salt to taste

Method

- Remove scales, intestines, wash the mouth and gills
- Wash the whole fish
- Cut into three pieces
- Put oil in a sufuria and heat
- Fry the onions until soft
- Add tomatoes, simmer until soft
- Add water and bring to boil
- Add fish and simmer for 20 minutes until it is well cooked
- Add salt to taste

- Flake the fish and ensure there are no bones left in the fish

Serve with ugali or rice and vegetables.

Preparation of Fresh Omena Stew

Ingredients

- 1/2 kilogram fresh omena
- 1 large onion, chopped
- 2 medium size tomatoes, chopped
- 2 grated carrots
- 2 tablespoons of oil
- Salt to taste
- 2 cups of water

Method

- Sort the omena
- Wash with cold water
- Heat oil in a sufuria
- Add and fry the onions till soft, then add tomatoes and simmer until soft
- Add 2 cups of water and bring to boil
- Add omena and simmer for 20 minutes
- Add carrots and continue to simmer for 2 minutes
- Add salt to taste



Omena stew mashed for a younger child. Photo Credit: Brenda Ahoya/MCSP

Serve with ugali or rice or green bananas or OFSP and vegetables. For a child who is seven months, the cooked omena can then be pounded as shown in the picture.

Preparation of Dried Omena Stew

Ingredients

- 1/2 kilogram dried omena
- 1 large onion, chopped
- 2 medium tomatoes, chopped
- 2 grated carrots

- 2 tablespoons of oil
- Salt to taste
- 3 cups of water

Method

- Sort the omena, wash with warm water and rinse with cold water
- Bring to boil for 10 minutes and simmer for 5 minutes
- Drain the omena and keep the stock
- Heat oil on a sufuria
- Add the onions and fry until soft , add tomatoes then simmer until tender
- Add omena
- Add little water or stock and simmer for 2 minutes
- Add carrots and simmer for 2 minutes
- Add salt to taste



Dried omena stew being served. Photo Credit: Brenda Ahoya/MCSP

Serve with ugali, rice, green bananas, or OFSP and vegetables.

EGGS

Eggs are a very good source of inexpensive high quality proteins. They also contain vitamins, minerals, and essential fatty acids. Eggs can be prepared in a variety of ways e.g. poaching, boiling and scrambled. Once cooked, eggs can be mashed for younger children.

Preparation of Poached Eggs

Ingredients

- 3 Eggs
- 2 cups of water
- Salt to taste

Method

- Bring a shallow sufuria of water (2 inches) to boil
- Add salt and stir
- Wash the eggs
- Break the eggs and slide them gently into the water
- Simmer for 3-5 minutes till the eggs have set
- Remove the eggs using a “mandazi” spoon



Poached eggs. Photo Credit: Brenda Ahoya/MCSP

Served with rice or ugali, and vegetable or any other staple food.

Preparation of Scrambled Egg

Ingredients

- 1 egg
- Salt (optional)
- 1 teaspoon oil
- Few leaves of dhania
- 1 small size tomato, chopped
- 1 small size onion, chopped

Method

- Wash the egg
- Break the egg and beat using a fork
- Heat the oil in a shallow sufuria on medium heat
- Pour the beaten egg and add all the other ingredients
- Stir using a wooden spoon as you cook under low heat for 5 minutes
- Add salt to taste

Served with rice, ugali, or any other staple food and vegetable.



Ugali with scrambled eggs and vegetables for an older child. Photo Credit: Brenda Ahoya/MCSP



Ugali with scrambled eggs and vegetables mashed together for a younger child. Photo Credit: Brenda Ahoya/MCSP

Preparation of Groundnut Sauce

Nuts provide both protein and fats. Fat is also an important source of energy.

Ingredients

- 1 kilogram groundnuts
- Salt to taste

Method

- Sort out the groundnuts and wash
- Roast the groundnuts in a sufuria
- Grind or blend to get the powder
- Add fermented milk or water to the powder and mix to make a paste
- Put the mixture on fire, cook and continue stirring until the sauce is smooth
- Add salt to taste (optional)



Groundnut sauce. Photo Credit: Brenda Ahoya/MCSP

Served with sweet potatoes or green bananas or Irish potatoes or rice and vegetables.

Preparation of Butternut

Ingredients

- 1 medium size butternut
- 2 cups of water

Method

- Wash the butter nut
- Put in a sufuria and add water
- Cover with a tight fitting lid or banana leaves
- Boil for 15-20 minutes
- Peel the thinner layer and mash or give as a finger food



Butternut boiled whole with skin being cut in slices. Photo Credit: Brenda Ahoya/MCSP

Serve with a groundnut sauce or fermented milk or beans and vegetables.

VITAMIN A RICH FRUITS AND VEGETABLES

Sautéing is a quick method of cooking that requires only a very small amount of oil, fat or even water.

Vegetables only require partial cooking before being consumed. Nutritional value of vegetables remains particularly high. No nutrients are being lost in discarded liquid.⁸

Preparation of Vegetables

Cooking Vegetables

This is applicable for spider weed, black nightshade, sweet potato leaves, amaranthus, and cowpeas.

Ingredients

- 2 bunches of tender spider weed
- 2 medium size tomatoes, chopped
- 1 medium size onions, chopped
- 1 tablespoon of oil
- Salt to taste

Method

- Remove the stalk, wash and cut the vegetable



Vegetable stew. Photo Credit: Brenda Ahoya/MCSP

⁸ Ministry of Health. 2017. *A Guide to Complementary feeding 6-23months. Draft.* Nairobi, Kenya: Ministry of Health.

- Put oil in a sufuria and heat Add the chopped onions and fry till tender
- Add chopped tomatoes and stir till soft
- Add the cut vegetables and cook for 10 minutes

Serve with ugali and omena (or any other starch or protein).

Steamed Vegetables

This is applicable for spider weed, black nightshade, sweet potato leaves, amaranthus and cowpeas.

Ingredients

- 2 bunches of tender spider weed
- 2 medium size tomatoes, chopped
- 1 medium size onion, chopped
- 1 tablespoon of oil
- Salt to taste

Method

- Remove the stalk, wash and cut the vegetables
- Put water in a sufuria with a lid and bring to boil
- Mix all the ingredients in a smaller sufuria and cover with a clean banana leaf or foil paper
- Place the smaller pan with the vegetables in the bigger sufuria with boiling water and cover the bigger sufuria with a lid
- Steam for 15 to 20 minutes.

Served with rice or ugali or any other staple food and protein.



Steamed vegetables. Photo Credit: Brenda Ahoya/MCSP



Steamed vegetables mixed with rice and beef. Photo Credit: Brenda Ahoya/MCSP

Orange Fleshed Sweet Potatoes

Ingredients

- 5 medium pieces of OFSP
- ½ liter of water

Method

- Select the potatoes, wash and put the unpeeled potatoes in a sufuria and add half a liter of water ensuring they are not submerged
- Cover with a tight fitting lid or banana leaves
- Boil for 15-20 minutes
- Peel the thinner layer and mash or give as a finger food

Serve with a groundnut sauce, fermented milk, or beans and vegetables.

HEALTHY SNACKS

A snack is any nutritious food eaten in-between meals. Examples include milk, whole fruits, groundnuts, porridge, soya chunks, soya nuts, soya crunches, and OFSP.

Soya Milk

- Put 1 cup of soya paste in a container, add 2 cups of water, stir well and sieve
- Add a pinch of salt and sugar to taste

Note: Use the left over from the sieve to enrich the green leafy vegetables.

Soya Chunks

- Use the soya left over to make chunks
- Season the left over to make chunks
- Bind the mixture with egg white or bread crumbs
- Make balls
- Deep fry in oil until golden brown then serve.

Serve as a snack.



Vegetable stew mixed with OFSP and eggs. Photo Credit: Brenda Ahoya/MCSP



A yellow-fleshed sweet potato boiled with skin and being peeled. Photo Credit: Brenda Ahoya/MCSP

Soya Nuts

Ingredients

- 1/2 kilogram boiled soya beans
- Salt to taste
- 4 tablespoon. cooking oil

Method

- Shallow fry boiled beans until brown and crispy
- Sprinkle salt

Serve as snack when warm or cold.

Meal Plan

Children should consume a minimum of foods from four out of the seven food described earlier groups (grains roots tubers and plantains; flesh foods; eggs; dairy; vitamin A rich fruits and vegetables; other fruits and vegetables, pulses and nuts) per day. Intake of animal source foods daily for the child also helps to improve their iron stores. For the amount/quantity of food to be fed to the child as per the age, please refer to Table I on page five on feeding recommendations based on age.

The following is a sample of a meal plan for a week. The meals can be prepared and modified to suit the age of the child as described earlier.

Table II: Sample Meal Plan

DAY	BREAKFAST	10 OCLOCK SNACK	LUNCH	4 OCLOCK SNACK	SUPPER
MONDAY	Fermented millet porridge enriched with orange (freshly squeezed) on avocado	Fruits (banana)	Orange-fleshed sweet potatoes with bean stew and vegetables	Fermented milk	Ugali served with omena and vegetables
TUESDAY	Orange-fleshed sweet potatoes with fermented milk and fruit (orange squeezed on avocado)	Fermented millet porridge enriched with banana	Butternut with groundnut sauce and steamed vegetables	Fruits (mango)	Ugali served with scrambled eggs and steamed vegetables
WEDNESDAY	Butternut with fermented milk and fruit	Germinated millet porridge enriched with banana	Rice served with beef stew and vegetables	Fresh Milk	Green bananas with groundnut sauce and vegetables
THURSDAY	Fermented millet porridge enriched with groundnut sauce and fruit (banana)	Fermented milk	Rice served with fish stew and fried vegetables	Orange-fleshed sweet potatoes	Ugali served with omena stew and steamed vegetables
FRIDAY	Fermented millet porridge enriched with orange squeezed on avocado	Fruits (pawpaw)	Ugali served with poached eggs and vegetables	Fermented milk	Irish potatoes with beef stew and vegetables
SATURDAY	Butternut with fermented milk and fruit (mango)	Fruits (pineapple)	Rice served with soya stew and vegetables	Germinated millet porridge enriched with banana	Orange-fleshed sweet potatoes served with fermented milk and fried vegetables
SUNDAY	Orange fleshed sweet potatoes with fermented milk and fruit (passion)	Germinated millet porridge enriched with banana	Chapatti served with bean stew and fried vegetables	Fruits (banana)	Butternut served with chicken stew and steamed vegetables

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