

USING SPRINKLES

The following steps should be followed at all times when preparing food and mixing it with **Sprinkles**. These instructions are also found on the caregiver pamphlet.

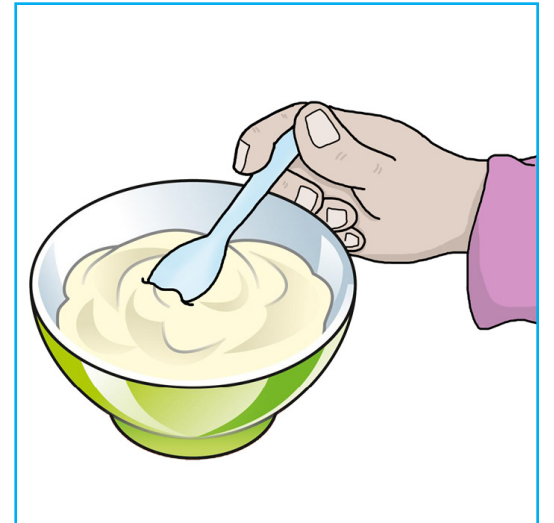


STEP 1: WASH HANDS WITH SOAP

- Wash your hands and your feeding utensils with soap and clean running water. Caregivers should always follow proper WASH practices when preparing food for their child.

STEP 2: PREPARE FOOD

- Prepare a soft or mashed balanced meal for your child.
- Include a variety of foods including vegetables and animal source foods.
- Put only the amount of food into your child's bowl that your child can consume in one meal.



STEP 3: SHAKE AND TEAR OPEN PACKET

- Make sure the expiry date on the packet has not passed.
- Shake the unopened packet to make sure the powder is not clumped. A shaking sound from the sprinkles contained in the packet indicates the product is OK to use.
- If the sprinkles in the packet is clumped together or the expiry date has passed, caregivers can exchange the packet for a new one from the health Centre.
- Look for the mark and tear open the packet.

STEP 4: POUR AND MIX

- Pour all of the sprinkles from one packet into your child's food. Mix well, using a clean spoon.
- The entire content of the packet should be poured into the small portion of food in the child's bowl at once.
- Do not mix sprinkles with hot foods. Doing so will melt the lipid (fat) coating that surrounds the sprinkles, changing the taste and color of the food.
- Do not mix sprinkles with liquids or liquid foods. Doing so will prevent the micronutrients from mixing properly, and instead they will float on the top or stick to the side of the cup.
- Do not divide the packet into portions given over several meals.



STEP 5: FEED THE CHILD

- Before feeding your child, wash your hands and your child's hands with soap and clean, running water. Feed your child all of the food mixed with sprinkles with a clean spoon.
- Your child should eat the food immediately or within 30 minutes of adding the sprinkles. If left for more than 30 minutes, the lipid (fat) coating around the sprinkles could break down and cause the food to change in color or taste.
- Do not share the food mixed with sprinkles with other children or household members; the amount of minerals and vitamins in a single packet is just enough for one child, and has the greatest impact for children between the ages of 6 to 23 months.
- Do not give more than one packet to the child per day.
- Children aged 6-23 months should consume all 30 packets in one box of sprinkles over the course of 2 months if less than a year old, or over 3 months if over 1-year-old.