



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

NUTRITION DIETARY DIVERSITY WATER, SANITATION & HYGIENE (WASH)



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This product was produced with assistance from the American people jointly sponsored by Feed the Future and USAID.

NUTRITION

DIETARY DIVERSITY - The Micronutrient Food Groups



Eat a variety of foods to get the micronutrients and vitamins your family needs to grow strong and healthy.



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DIETARY DIVERSITY - Kitchen Garden



Plant a kitchen garden to grow micronutrient-rich foods that your family will enjoy.



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BREASTFEEDING - 1 Hour After Delivery.



Breastfeeding within one hour of delivery. Give only breast milk for the first six months.

NUTRITION

BREASTFEEDING - Exclusive First 6-Months.



Breastfeeding **ONLY** for the first 6-months of age. No water and no additional foods or liquids.



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INFANT AND YOUNG CHILD FEEDING.



Feed your child from six months to two years with a variety of foods that are age appropriate. May continue to breastfeed.



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NUTRITION

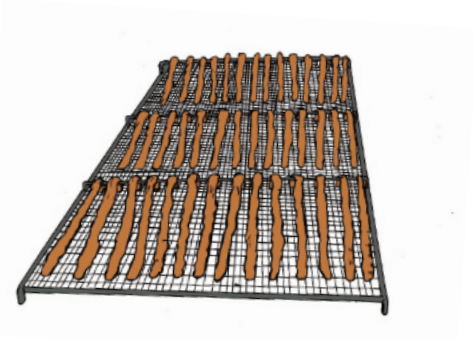
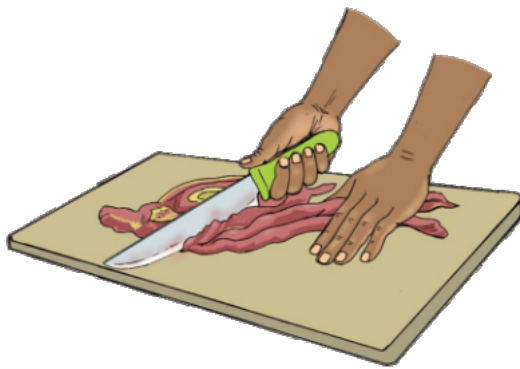
DIETARY DIVERSITY - Goats, Rabbits And Poultry For Protein.



Raise goats, rabbits and poultry like chicken for the family. These are good sources of protein to build strong bodies.

NUTRITION

DIETARY DIVERSITY - Food Preparation And Storage.



Prepare foods like meat, poultry, vegetables and fruits to retain nutrition-value and store to eat in the off-season.



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WASH

SANITATION - Separate Children And Animals.



Keep children and animals separated



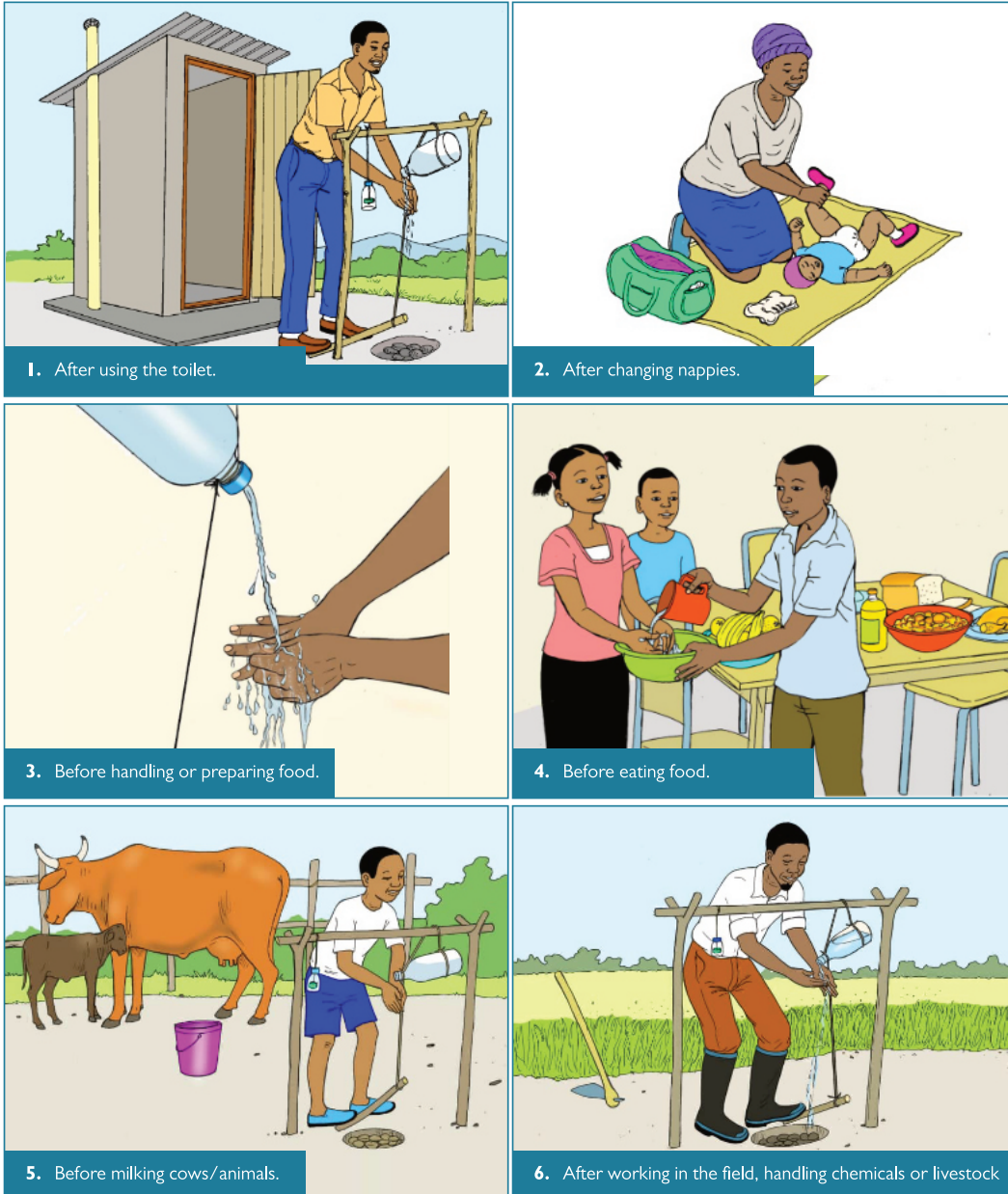
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SANITATION - Correctly Dispose Of Feces



Dispose of animal feces in a protected area, like a latrine, and away from children's reach.

HYGIENE - Handwashing



Clean up human feces and properly dispose of feces in a latrine. Use latrines and wash with soap and running water after using a latrine or cleaning up feces.

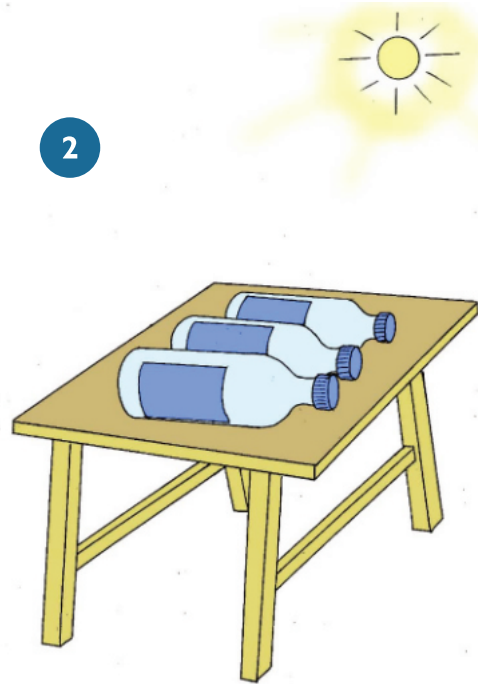
WASH

WATER - Water Treatment

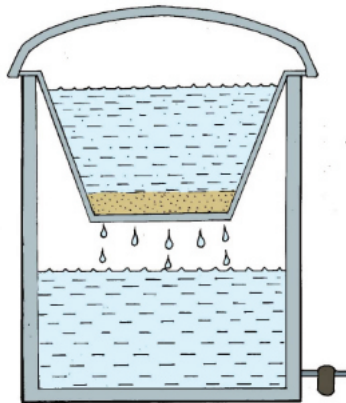
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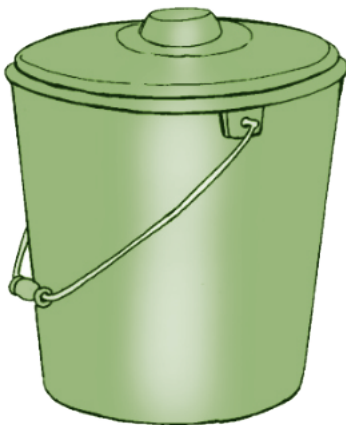
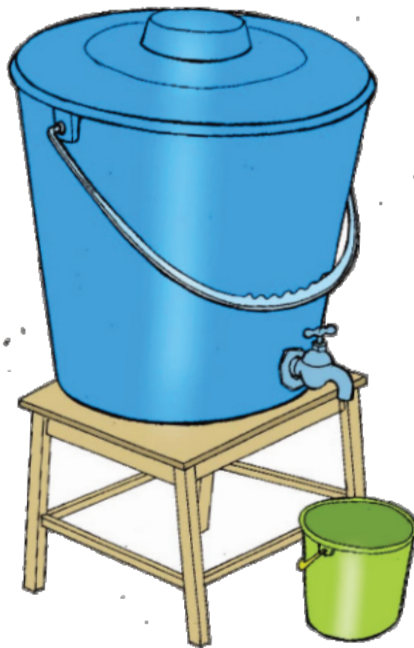
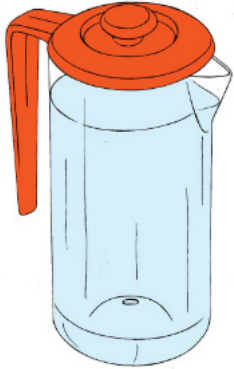


Four ways to ensure water is safe for drinking and cooking: 1) boil; 2) solar; 3) filter; and 4) chlorine.



WASH

WATER - Water Storage



Store water in clean containers with tight-fitting lids.



WASH

WATER - Clean Water



ONLY drink boiled or treated water.



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