

## Pocket Guide for Village Demonstration



*Nora Lynne*  
Micronutrient Powder

### Checklist for Presentation:

- |  |   |
|--|---|
| <input type="checkbox"/> Hard Boiled Eggs                  | <input type="checkbox"/> Soap, Water & Pitcher                                |
| <input type="checkbox"/> Iodized Salt                      | <input type="checkbox"/> Spoons & Kitchen Knife                               |
| <input type="checkbox"/> Oil                               | <input type="checkbox"/> Plates   |
| <input type="checkbox"/> Micronutrient Powder (MNP) & Bags | <input type="checkbox"/> Table  |
| <input type="checkbox"/> Mini-Scoop (0.15cc)               | <input type="checkbox"/> Projection Screen or TV                              |
| <input type="checkbox"/> Yellow Flip-Top Bottle            | <input type="checkbox"/> "A Micronutrient Story" DVD, DVD Player or Projector |
- 

### Micronutrient Powder Dosing:

Age	Eggs	Oil (tsp)	Iodized Salt	MNP 0.15cc mini-scoop
Growing Child: Older than 6 mos.	2	4	Sprinkle	2
Women: 15-49 years	3	6	Sprinkle	3
Men over 19 years; Women over 50 years	1 or more	2	Sprinkle	1

\*There should be 2 tsp/10 cc of oil for each egg.

### MNP - Tips for Teaching:

**-Helpful in 1st food of the day.**

**-Pour water when washing:** Do not wash from basin.

**-Exclusive breastfeeding:** BEST nutrition for babies under 6 months.

**-Do not cook MNP:** Cooking "kills" some vitamins.

**-Do not mix in water, milk, or any liquids:** Sinks to bottom.

**-Keep out of reach of children:** Avoid accidental ingestion.

## MNP - Instructions for Teaching:

### GREETINGS & INTRODUCTIONS:

Invite women older than 15yrs or child caregivers.

### STEP BY STEP DEMONSTRATION:

Discuss and demonstrate the “What and Why” of MNP.

#### What:

#### Why:

1. Wash hands, wash child's hands/face	Good hygiene will prevent infection.
2. Demo: Cutting bag open vs. tearing. Each person opens bag and pours into bottle.	Powder must be kept dry and clean; otherwise it will become hard and difficult to use.
3. Crack hardboiled eggs and mash with spoon.	Eggs are a super food containing protein, Omega 3s (good fats), vitamins and minerals.
4. Measure oil with spoon and add to egg mixture; add small sprinkle of salt.	If eggs are unavailable, use protein rich foods: mixed grains, beans, cheese, or meat.
5. Measure MNP with 0.15 cc mini-scoop: fill heaping scoop of MNP and press/pack against side of container, turn scoop over food and tap empty.	MNP is rich in nutrients; use only small volumes. Protect this fine powder from blowing away in the wind.
6. Mix egg compound with MNP.	Use dosing chart to determine each person's nutritional needs.
7. Hold child on lap and spoon feed. Lovingly talk to baby.	Engage child in experience. Never leave alone to eat.
8. Eat and enjoy.	Discuss comments and questions.