

# NUTRI-MIX FOR INFANTS

Adequate and regular complementary feeding of infants with home-based foods from 6 months of age along with breast feeding is crucial for their healthy growth and development. Instant food mixes are vital as a child needs to be fed 5-6 times a day. It is also convenient and helpful for families who cook only once or twice a day. Such instant foods help enable adequate feeding of infants, particularly in rural India.



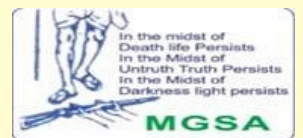
To provide nutritious food to infants and children during the time of a pandemic is equally critical and challenging. Despite all odds, Welthungerhilfe with its partners-MGSA and DMKS - brings to you an easy-to-make instant nutritious food mix. It is prepared from locally available cereals, millets pulses, nuts and oil seeds which are high in nutrition content.



Nutrition  
Smart Village



**THIS FORMULA IS RECOMMENDED BY  
THE FOOD AND NUTRITION BOARD, MINISTRY OF WOMEN &  
CHILD DEVELOPMENT, GOVT. OF INDIA FOR COMPLEMENTARY  
FEEDING OF INFANT AND YOUNG CHILDREN**



## HOW TO CONSUME?

Take about 4 tbsp (50gm) of the mix and add

- 100 ml of boiled hot water to get a thick consistency.
- 1 tsp of oil and sugar/jaggery/ ghee to increase the energy content.

Feed the infant with a bowl and spoon. This instant infant food mix can also be fed to the child after reconstituting with dal, water, gravy, milk etc. and mashed fruits (Banana, Chiku, Papaya, Mango, etc.).

## NUTRI-MIX FORMULA

### INGREDIENTS

Wheat- 60gm | Green Gram -25gm  
Groundnut/sesame seed -15gm

### PREPARATION AND STORAGE

- Roast wheat, green gram and groundnuts, separately
- Powder the roasted ingredients, separately
- Mix thoroughly
- Store in dry and airtight container

### NUTRITIVE VALUE PER 100gm

Calories - 381 | Protein - 17.13g  
Iron - 4.61mg | Carotene - 50 .65 µg

### PRODUCTION AND PACKAGING

Welthungerhilfe's partners mobilises local self-help groups (SHGs) to prepare the nutri-mix from easily available ingredients. The SHGs also receive an honorarium for preparing and packaging the nutri mix. These packages are then distributed to the identified children in the villages. Mothers are also motivated to prepare the powder at home so that the child can be fed 5-6 times a day, to ensure overall nutrition from an early age.



**NEARLY 10,000 CHILDREN (6MONTHS - 6YEARS) WILL BE SUPPORTED ACROSS 100 VILLAGES IN SHEOPUR AND CHHATARPUR, MADHYA PRADESH.**

[www.welthungerhilfeindia.org](http://www.welthungerhilfeindia.org)

