

**Supplementary Feeding Programme in Northern Province
funded by World Bank in 2011**

Evaluation Report of Recipes

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Recipes by priority	Ingredients	Amount		Kcal
1.	Parboiled Rice	200	Energy	552
	Sesame seeds	300	CHO	30
	Corn	50	Protein	18
	Peanuts	50	Fat	40
2.	Parboiled Rice	200	Energy	437
	Sesame seeds	50	CHO	54
	Lentil	300	Protein	17
	Peanuts	50	Fat	17
3.	Parboiled Rice	200	Energy	428
	Sesame seeds	50	CHO	51
	Black gram	100	Protein	20
	Lentil	200	Fat	16
	Peanuts	50		
4.	Parboiled Rice	200	Energy	411
	Sesame seeds	50	CHO	52
	Bengal gram	300	Protein	17
	Peanuts	50	Fat	15
5.	Parboiled Rice	200	Energy	401
	Black gram	100	Protein	19
	Sesame seeds	50	CHO	52
	Bengal gram	200	Fat	13
	Peanuts	50		
6.	Parboiled Rice	200	Energy	401
	Black gram	100	Protein	19
	Sesame seeds	50	CHO	52
	Green gram	200	Fat	13
	Peanuts	50		
7.	Parboiled Rice	200	Energy	401
	Black gram	100	Protein	19
	Sesame seeds	50	CHO	52
	Bengal gram	200	Fat	13
	Peanuts	50		

Ration size for each group (uncooked food)

Age group	Ration in grams	Recommendation
6-8	60g	30g twice a day
9-11	80g	40g twice a day
12-23	100g	50g twice a day
Pregnant mothers	120g	60g twice a day
Lactating women	120g	60g twice a day

Suggested Recipes per meal

Child 6-8 months per meal:

- Take 2 full tablespoons of cereals mix and ½ cup of water
- Mix with a spoon until it becomes a paste
- Cook the mixture for 5 minutes
- Allow 10 minutes for the food to cool
- Add any fruits or curd or yogurt one teaspoon and sprinkles and feed the child
- Give the same preparation twice a day by changing the foods that added
- Sprinkles will be added only for one meal.

Child 9-11 months per meal:

- Take 2 and ½ tablespoons of cereals mix and ¾ cup of water
- Mix with a spoon until it becomes a paste
- Cook the mixture for 5 minutes
- Allow 10 minutes for the food to cool
- Add any fruits or curd or yogurt one tablespoon and sprinkles and feed the child
- Give the same preparation twice a day by changing the foods that added
- Sprinkles will be added only for one meal.

Child 12-23 months per meal:

- Take 3 and ½ tablespoons of cereals mix and 1 cup of water and 1 teaspoon of sugar
- Mix with a spoon until it becomes a paste
- Cook the mixture for 5 minutes
- Allow 10 minutes for the food to cool
- Add any fruits or curd or yogurt one tablespoon and sprinkles and feed the child
- Give the same preparation twice a day by changing the foods that added
- Sprinkles will be added only for one meal.

Pregnant and Lactating women per meal:

- Take 4 tablespoons of cereals mix and 1 cup of water and 2 teaspoon of sugar
- Mix with a spoon until it becomes a paste
- Cook the mixture for 5 minutes
- Allow 10 minutes for the food to cool
- Take the same preparation twice a day