

Safe preparation and storage of food for babies:

Wash hands with soap and water before preparing food, and before and after feeding the baby, after using the toilet and after changing a nappies. Baby's hands should also be washed.

Feeding bowls and cups should be washed with clean soapy water.

Babies should have their own cups, bowls and spoons. Always cover baby's bowls and cup. Avoid using bottles and teats as they are difficult to clean



- Prepare food in a clean area and keep it covered
- Serve food immediately
- Left over food should not be given to the baby later
- Always give baby fresh food

Feeding a Baby After Completing 6 months



What do I need to know?

- Give only breastmilk for the first 6 months.
 - After completing 6 months, keep breastfeeding as much as before and add a variety of foods.
 - Continue to breastfeed until at least 2 years.
 - Feed your baby small meals often.
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- Give one type of new food at a time (1-2 tablespoon twice a day).
 - Give your baby a variety of foods each day.
 - Baby's food should be soft at first, but not too thin or runny. It should be thick enough to stay on the spoon.
 - It is important for babies to eat beans, meat, chicken, fish or eggs every day, and dark green vegetables and fruits.
 - When a baby is older encourage him/her to feed him/herself, but continue to watch and encourage your baby to eat.
 - Give a baby a balanced diet with foods from each of the groups:
 - ◆ **Big energy givers:** fats, oils (sunflower, vegetable, nut), margarine, lard, pumpkin seeds, mayonnaise
 - ◆ **Smaller energy givers:** Starches like sorghum, wheat, maize, rice, potatoes, bananas, fermented porridge
 - ◆ **Protective foods:** Vegetables and fruits green like beans, spinach, other green leafy vegetables, pear, cabbage, carrot, pumpkin, tomato, peaches, apricots, beet root, orange, onion, green pepper
 - ◆ **Body building foods:** liver, red meats, pork, fish, chicken, milk, peanuts, eggs, cheese, beans, peas, lentils

In addition to breastfeeding, your baby needs foods from 6 months

Begin feeding soft foods when your baby completes 6 months
2 times a day; 1 - 2 tablespoons at each meal **plus breastfeeding**



From 7 to 8 months give mashed foods 3 times per day;
3 tablespoons at each meal and continue breastfeeding



From 9 to 11 months give mashed foods 3 times per day;
4 tablespoons at each meal and a snack **plus breastfeeding**



From 12 to 24 months give family foods 3 times per day;
5 tablespoons at each meal; plus 2 snacks and **continue breastfeeding**



Continue breastfeeding for two years and beyond



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