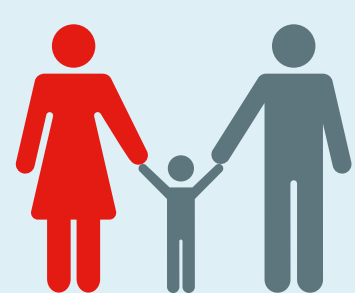


# Nutrition Awareness



The aim is to help people better understand which foods are nourishing to keep their families as healthy as possible.



People gain knowledge about how to select and prepare more nutritious foods to help keep their families healthy.



People become aware that healthy nutrition is within their reach and they can challenge 'food prejudices'.



Good breast feeding advice helps to keep vulnerable babies safe, healthy and well nourished.



Encourages the use of local foods and reduces dependence on foods from elsewhere.

## Get started

Good nutrition matters! Talk to people in the community and explain which foods are the most healthy and nutritious, how to follow good hygiene and cooking practices to keep food safe and nutritious.

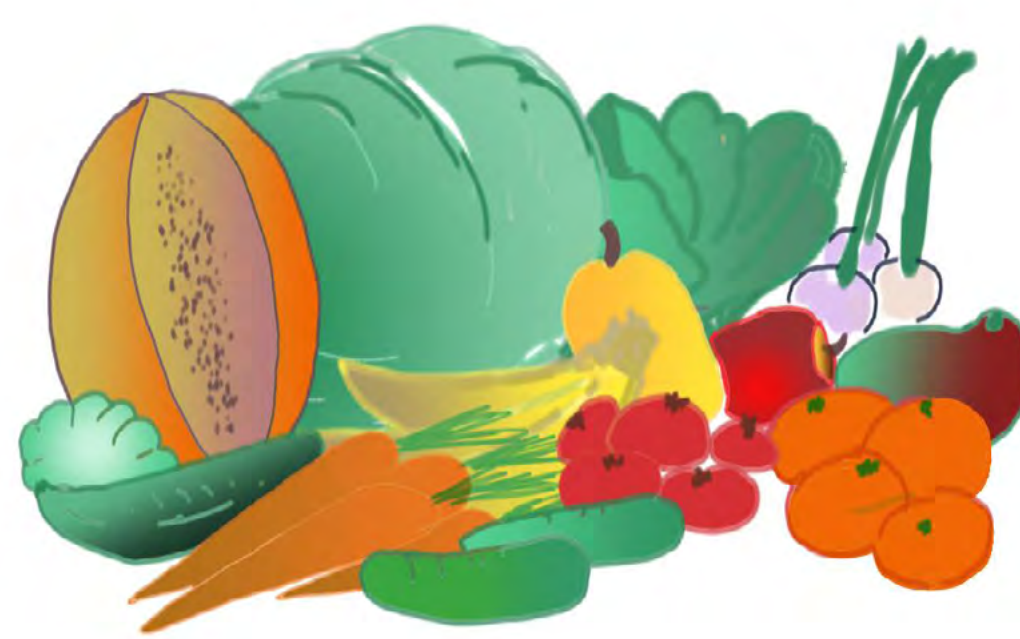
✓ **A healthy and balanced diet is full of flavour and colour. Try to eat foods from each of the four food groups every day: 1. staples for carbohydrates, 2. vegetables and fruits, 3. proteins, 4. fats.**

To get started, learn and share with people key messages on nutrition, most importantly to eat variety of food from the four food groups every day!

Fats



Vegetables



Carbohydrates



Proteins

