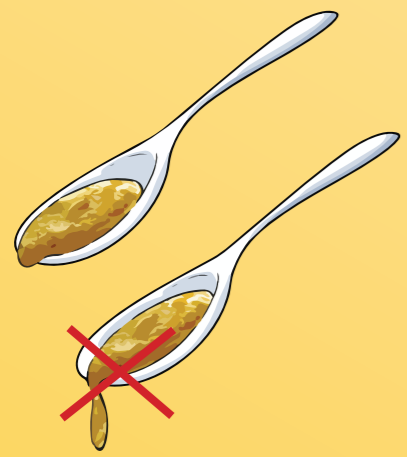
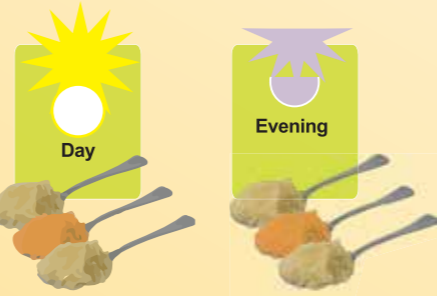




Feeding of children 6-23 months in the context of COVID-19



At 6 Months



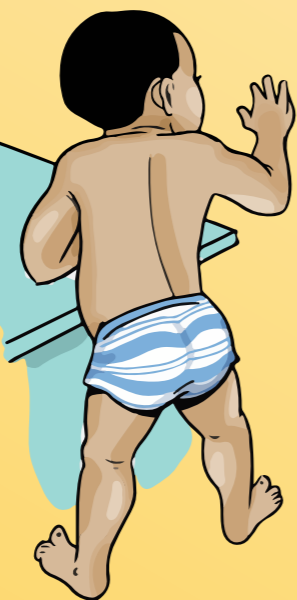
- 2 times per day
- 2-3 tablespoons at a time
- Breastfeed at least 8 times per day



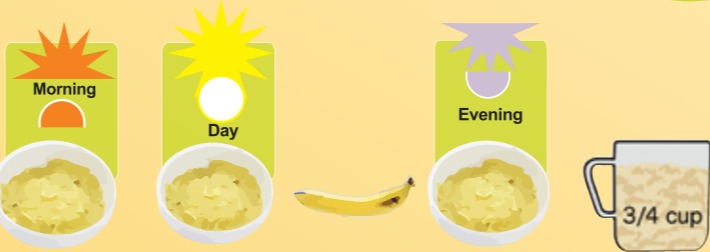
7-8 Months



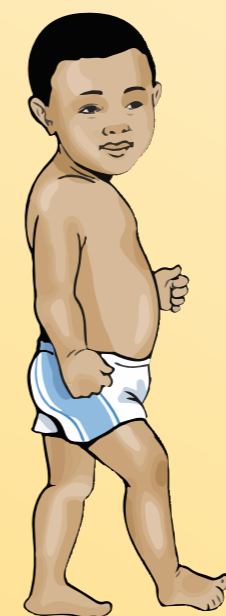
- 3 times per day
- Half bowl at a time
- Breastfeed at least 8 times per day



9-11 Months



- 3 times per day
- 3/4 bowl at a time
- A snack between meals
- Continue breastfeeding day and night



12-24 Months



- 3 times per day
- 1 bowl at a time
- 2 snacks between meals
- Continue breastfeeding day and night

Feed your child at least 4 of the 7 food groups daily and continue breastfeeding for 2 years or beyond

Grain, grain products and other starchy foods



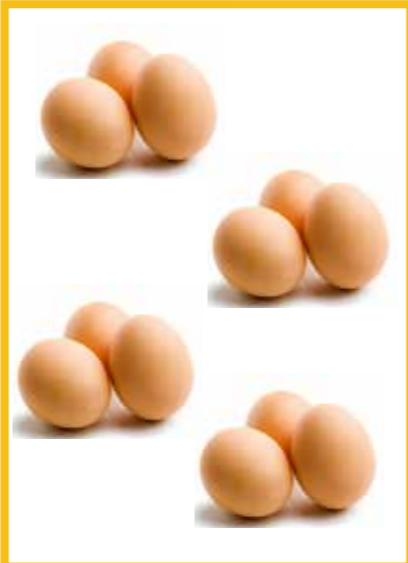
Legumes, pulses, nuts and seeds



Dairy and dairy products



Eggs



Flesh foods (beef, poultry, fish, insects)



Vitamin A rich fruits and vegetables



Other fruits and vegetables



Wash your hands with soap and running water for 20 seconds before preparing food, feeding and handling the baby



Clean frequently touched surfaces with soap and water



Wear a mask when feeding or caring for your baby

Give vitamin A supplements

- At six months,
- Every other 6 months up to five years

Give Micro Nutrient powder (MNPs)

Sick child

- Increase frequency of breastfeeding
- Offer additional food

Observe food hygiene

- Wash utensils properly
- Wash vegetables and cook them immediately
- Wash raw fruits and vegetables before eating
- Keep baby's food covered during cooking and storage.

In case of signs and symptoms of COVID-19, seek health care early, call *719# or your nearest call centre