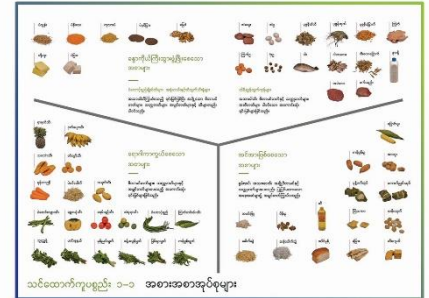


## Fish for Livelihoods

### Key Messages on Nutrition and Water, Sanitation and Hygiene

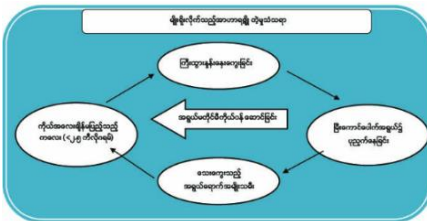
#### Basic Good groups, Micronutrients, Balanced Diet

- Eating variety of foods everyday helps in achieving good nutrition for the family
- Utilize cheap and available food that are rich in vitamins and minerals (fruits, vegetables, and animal source food) to ensure good health
- Nutrient-rich small fish when eaten whole (with head and bones) are good source of micronutrients such as vitamin A, iron, calcium, vitamin B12 good for child's growth and development



#### Intergenerational Cycle of Malnutrition

- It is important to observe proper infant and young child feeding practices, visit clinics for antenatal care, bring infants for immunization, observe family planning, and consumption of diverse food especially for women of reproductive age to break the cycle of malnutrition; as it can be passed on from generation to generation



- Fathers, grandparents and carers can all have an important role in supporting good nutrition for women during pregnancy, breastfeeding and feeding infants.
- It is recommended to use iodized salt at appropriate amount in daily meals for child's physical growth, brain development and body functions and for pregnant women to prevent complications during pregnancy.




#### Breastfeeding and Complementary Feeding

- Breastmilk is best for babies, and the only food that a baby needs from 0 to 6 month old. When the baby reaches >6 month old, it is time to give complementary (additional) food at the right frequency, quantity and quality
- Family members can support women, helping with household chores, cooking and work so they can breastfeed their baby.



**From 6 months up to 2 years**

Continue breastfeeding and give your child additional foods such as porridge, Shiro fitit, Merok fitit, mashed potatoes, mashed gomon, eggs, fruits, etc... at least 5 times a day.



## Fish for Livelihoods

### Key Messages on Nutrition and Water, Sanitation and Hygiene

#### Nutritional Value of Fish

- Small indigenous fish species are nutrient-rich fish (when eaten with head and bones) has higher nutrient value than large fish species
- Mothers, fathers and caregivers are encourage to cook and prepare nutrient-rich small fish in different ways that are acceptable for young children.



#### Vegetable garden production (pond-dike cropping)

- Plant different types of colored fruits and vegetables (rich in vitamin A and Iron) to support in improving dietary diversity especially for young children and women of reproductive age



#### Keeping the environment clean

- Maintain cleanliness at home and the surrounding area by building improved latrines to prevent illnesses like diarrhoea that can lead to undernutrition and death especially for infants and young children

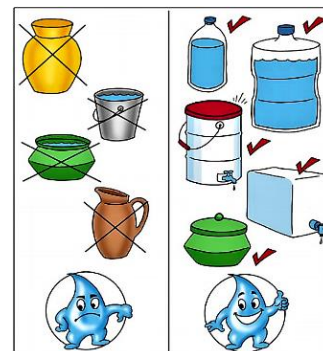
#### Proper Handwashing

- It is important to wash hands with soap and water at 5 critical times/ occasions; after going to the toilet, before preparing the food, after cleaning the child's bottom, before eating, before feeding the children/family to avoid illnesses like diarrhoea, typhoid, and cholera



#### Good storage and Food handling

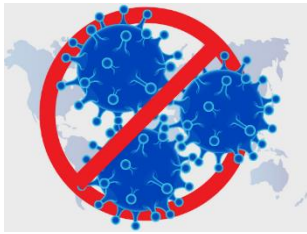
- Drink water that is safe and clean to avoid illnesses and maintain clean and safe water by covering the container at all times.
- Use clean food containers and other kitchen utensils that are free from faeces, insects, animals, and pesticides that can harm health
- Always cook food at correct time and temperature to kill harmful parasites that can pose health risks



## Small-Scale Aquaculture Investments for Livelihoods




### Protect yourself from Coronavirus, COVID-19

#### How does it spread?









- Can spread through respiratory droplets produced when an infected person coughs or sneezes
- Can spread from person-to-person through surfaces that have been touched by those infected
- Can spread through a person travelled to countries that have been hit by COVID-19 outbreak within 14 day or having close contact to the infected person









#### Symptoms:

	Fever (Above 38 °C/100.4°F)		A cough		Shortness of breath and breathing difficulties
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#### Ways to prevent:

	Avoid close contact with people who are sick		Clean and disinfect frequently touched objects and surfaces
	Cover your cough or sneeze with a tissue, then throw the tissue in the trash		Stay home when you are sick, except to get medical care
	Avoid touching your eyes, nose and mouth		Wash your hands often with soap and water for at least 20 seconds

#### Hand Washing Procedure:

	1 Palm to palm		2 Between fingers		3 Back of hands		4 Base of thumbs
	5 Back of fingers		6 Fingers nails		7 Wrists		8 Rinse and wipe dry

Credit-Ministry of Health and Sports

