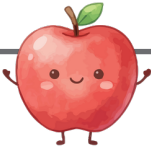
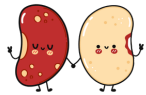


1-WEEK MENU FOR ECD BASIC NUTRITIONAL BASKET

Zero2Five Menu		ECD WEEKLY MENU				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Starch Dairy Beverage	Enriched porridge Milk* Water 	Maize meal porridge Milk* Water 	Enriched porridge Milk* Water	Maize meal porridge Milk* Water 	Enriched porridge Milk* Water
Mid-morning Snack	Fruit Dairy Beverage	Banana Maas Water	Apple Milk* Water	Banana Maas Water 	Apple Milk* Water	Banana Maas Water
Lunch	Protein dish Starch dish Vegetables Beverage	Tinned fish stew Rice Carrots Water 	Bean stew Potato Spinach & onion Water 	Scrambled egg Brown bread Fresh tomato Water	Lentil stew Rice Butternut Water	Soya mince Phutu pap Cabbage Water 
Afternoon Snack	Starch Dairy Beverage	Brown bread Margarine Water	Brown bread Peanut butter Water	Brown bread Margarine Water	Brown bread Peanut butter Water 	Brown bread Margarine Water 

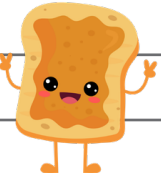
Children under 12 months:

- ★ Continue breastfeeding where possible.
- ★ Where breastmilk is not available follow the feeding arrangements agreed with the child's caregiver. Do not offer cow's milk as a drink before 12 months.

Children 1–5 years:

- ★ Fresh pasteurised cow's milk or full cream powdered milk (prepared according to the manufacturer's instructions) are recommended. UHT milk is also suitable.
- ★ Do not use coffee creamers.

PORTION SIZES

HOW MUCH SHOULD EACH CHILD EAT?			AGE GROUP	
			9 - 23 MONTHS	2 - 6 YEARS
Breakfast	Porridge	Enriched / Fortified or cooked maize meal	½ cup cooked	1 cup cooked
	Dairy	Milk / Maas	50ml	75ml
	Beverage	Water	½ cup or more	1 cup or more
Mid-morning Snack	Fruit	Fresh (in season) 	½ piece	1 piece
	Dairy	Milk / Maas	100ml	125ml
	Beverage	Water	½ cup or more	1 cup or more
Lunch	Option 1:	Cooked stew 	¼ cup cooked	½ cup cooked
		Cooked starch	¼ cup cooked	½ cup cooked
		Cooked vegetables (in season)	¼ cup cooked	½ cup cooked
	Option 2:	Scrambled egg	1 Tablespoon	2 Tablespoons
		Brown bread	½ slice	1 slice
		Fresh tomato	1 slice	2 slices
	Beverage	Water	½ cup or more	1 cup or more
Afternoon Snack	Starch	Brown bread 	½ slice	1 slice
	Topping/Spread	Peanut butter / Margarine	½ teaspoon	1 teaspoon
	Beverage	Water	½ cup or more	1 cup or more



PLEASE NOTE:

These are standard serving sizes for planning and procurement. Children have different appetites.

Where food is available, offer additional servings to children who remain hungry and would like more.



★ For children between 6 and 9 months of age:
Continue breastfeeding where possible. Milk remains the child's primary source of nutrition.
Offer small amounts of appropriate complementary foods from the menu, prepared to an age-appropriate texture and according to the feeding arrangements agreed with the child's caregiver.

