



REPUBLIC OF KENYA



Ministry of Public Health
and Sanitation

Vitamin and Mineral Powder

to make young
children healthy
and strong!

What is Vitamin and Mineral Powder?

A powder mixture of 15
essential Vitamins and
Minerals that young children
need for improved nutrition.



for
children
aged 6-23
months

Benefits

Vitamin and Mineral Powder helps:

1. Improve the body's immune system
2. Improve a child's appetite
3. Improves a child's ability to learn and develop
4. Makes children healthy, strong and active
5. Prevent vitamin and mineral deficiencies

Directions of Use

1. For one child, mix one sachet of Vitamin and Mineral powder per day with food
 - Use one sachet every third day
2. Mix in warm solid or semi-solid foods
 - Vitamin and Mineral powder **SHOULD NOT** be added in hot or liquid foods
3. Mix the powder in the amount of food which a child can consume at one time when then the child eats the most
4. Food mixed with Vitamin and Mineral powder should be fed to a child within half an hour OF MIXING.

Direction to use vitamin and mineral powder:

- 1
Step 1
Tear to open the sachet
- 2
Step 2
Pour sachet content on cooked meal when it is warm and ready to feed
- 3
Step 3
Mix the food well after adding the vitamin and mineral powder
- 4
Step 4
Feed a child with the meal mixed with vitamins and minerals within half an hour

Key Messages

Give Vitamin and Mineral Powder to children aged 6-23 months

1. Exclusive breastfeed children from birth to 6 months
2. Introduce complimentary foods at six months with continued Breast feeding for upto 2 years and beyond
3. Ensure that your child is fed with clean and fresh food
4. Vitamin and Mineral Powder should be added to regular complementary food of children every third day
5. Avoid sharing of Vitamin and Mineral powder with other children
6. Vitamins and Minerals are necessary for your child's physical growth and development



FOR MORE INFORMATION:

Please contact nearest health facility or community health worker