



Nutrition - Nyarugusu Camp

Communicating with Communi-



3 November 2015

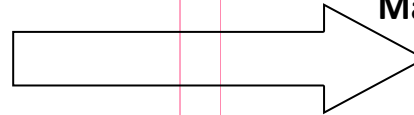
KEY MESSAGES ON NUTRITION FOR CHILDREN AND MOTHERS

For Babies and Lactating Mothers

Breast feeding should be done first hour of birth and continue for **six months** without giving the child any other kind of food or water.

Lactating mothers receive **1 scoop of CSB+** per week.

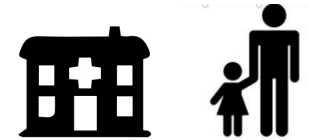
Distribution is after **every week at the Red Cross Mains Hospital**.



For Children under 2

Children under 2 should receive **2 packets of CSB++** per month.

Distribution is after **every 28 days for old population** and **every 14 days for new arrivals**. Distribution is done **at the Main Hospital**.



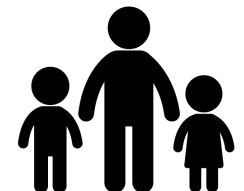
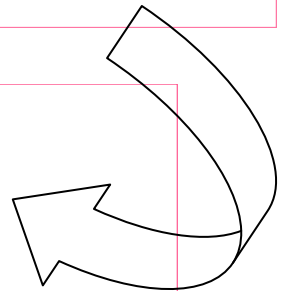
What is CSB +?: It contains maize, whole soy beans, sugar, vegetable oil, and vitamin & mineral premix. This is for pregnant women, lactating mothers, HIV, TB patients, and children between 2 to 5. It builds and repairs tissues and promote immune system.

What is CSB ++?: It contains maize, De-hulled soy beans, dried skimmed milk powered, sugar, vegetable oil, and vitamin & mineral premix. It supports growth and brain functions. It also builds strong teeth and bones

For Children under 2 to 5

Children between 2 to 5 should receive **1 scoop of CSB+** per month.

Distribution is done in every general food distribution in Center I or Center II. If your name does not appear, you need to get in touch with UNHCR.



Make sure that you attend clinic regularly according to the plan for your children!!



Ingaburo – Munkambi ya Nyarugusu

Communicating with Communities (CwC)



3 November 2015

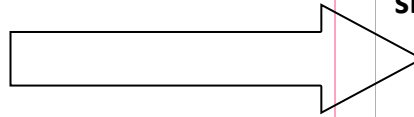
INKURU ZA KAMARO KUBIJANYE NINGABURO Y'UMWANA NA NYINA WIWE

Abana n'abavyeyi bonsa

Ni ngombwa yuko umwana yonka uguhera insaha ya mbere akivutse n'ukugeza **amezi atandatu** atarabwa izind'infungurwa zarizo zose canke amazi.

Abavyeyi bonsa bakira **igikombe kimwe ca CSB+** kw'iyinga

Ipokera rikoreka rimwe **buri iyinga mubitaro bikuru vy'ishirahamwe rya Red Cross (Croix Rouge)**



Abana bari hepfo y'imyaka 2

Abana batarakwiza imyaka 2 bategerezwa gupokera **ipaki 2 za CSB++** kukwezi.

Ipokera naryo rikorwa rimwe **hanyuma y'iminsi 28 kumpunzi za kera**, na **hanyuma y'iminsi 14 kumpunzi nshasha**. Ipokera rikorerwa **kubitaro bikuru**.



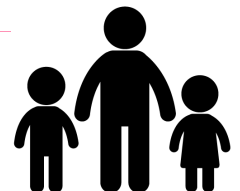
CSB+ n'ukuvugikii? N'urvangi rw'ibifungurwa rurimo ibigori, ibiharagi vya soya idakopoye, isukari, amavuta, ivitadini n'ivyunyuny bitandukanye. Ibi vyateguriwe abafise imbany, abonsa, abarwaye sida, abagwaye igitundu n'abana b'imyaka kuva 2 kugeza 5. Irubaka umubiri n'ugukomeza ubudahangarwa (ikingira ry'amagara.)

CSB++ n'ukuvugikii? N'urvangi rw'ibifungurwa rurimo ibigori, ibiharagi vya soya ikopoye, amata y'ubufu, isukari, amavuta, ivitadini n'ivyunyuny bitandukanye. Birafasha mubukuzi no mugakorwa k'ubwenge. Kandi birakomeza ukwubaka ubuzima bw'amenyo n'amagufa.

Abana bari hepfo y'imyaka kuva 2 kugeza

Abana bafise imyaka guhera 2 kugeza 5 bategerezwa kuhabwa **igikombe kimwe ca CSB+** kukwezi.

Ipokera ryavyo rikorerwa hamwe n'amapokera y'ibifungurwa vya bose harya mukigo (centre) ca 1 canke ca 2. Ni wabura izina ryawe, shak'impanuro muri



Bandanya kwitaba gahunda y'ukuja kumyite (Clinique) nkuko vyategetswe kubuzima bw'ana bawe!!



UJUMBE MUHIMU WA LISHE YA MAMA NA MTOTO

Kwa watoto na mama wanaonyonyesha

Unyonyeshaji wa maziwa ya mama ufanyike kuanzia saa ya kwanza baada ya kuzaliwa na kuendelea **kwa miezi sita** bila kumpa chakula cha aina yoyote wala maji.

Akina mama wanaonyonyesha hupokea **kikombe kimoja cha CSB+** kila juma.

Mgao hufanyika **kila baada ya juma moja katika hospitali kuu ya Msalaba**

Mwekundu.



Kwa Watoto chini ya miaka 2

Watoto walioko chini ya miaka 2 wanapaswa kupokea **pakiti 2 za CSB++** kila mwezi.

Mgao hufanyika kila baada ya **siku 28 kwa wakimbizi wa zamani** na **kila baada ya siku 14 kwa wakimbizi wapya**. Mgao hufanyika **hospitali kuu**.



CSB+ ni nini? Ni mchanganyiko wa mahindi, soya isiyokobolewa, sukari, mafuta yatokanayo na mbogamboga, vitamin na madini mchanganyiko. Hii ni kwa ajili ya wajawazito, wanaonyonyesha, wenye virusi vinavyosababisha ukimwi, wagonjwa wa kifua kikuu na watoto wenye umri wa miaka kati ya 2 hadi 5. Hujenga na ku-rekebisha tishu za mwili na kuimarisha mfumo wa kinga ya mwili.

CSB++ ni nini? Ni mchanganyiko wa mahindi, soya iliyokobolewa, maziwa ya unga, sukari, mafuta yatokanayo na mbogamboga, vitamin na madini mchanganyiko. Husaidia ukuaji na kazi za ubongo. Pia hujenga meno na mifupa.

Kwa watoto wa miaka chini ya 2 – 5

Watoto wenye miaka kati ya 2 hadi 5 wanapaswa kupokea **kikombe kimoja cha CSB+** kwa kila mwezi

Mgao hufanyika kila unapofanyika mgao wa jumla wa chakula unaofanyika ama senta 1 au senta 2. Kama jina lako halionekani, tafadhali wasiliana na UNHCR.

Hakikisha unahudhuria kliniki kadiri ya inavyotakiwa kwa ajili ya watoto wako!!

