



The **Power of Local Food-Based Approaches** to Fight Malnutrition in Stable and Fragile Contexts

Join us for the Exhibition
**Gallery of Menus from
around the world!**

Date: Friday, Oct. 20, 2023

Time: 13:45-15:15

Location: Yangtze Hall

The symposium will showcase:

- Successful food-based approaches
- Exhibit of 20+ local menus used to rehabilitate undernourished children with low-cost and underutilized indigenous foods
- Research around climate-nutrition-smart agriculture
- Tools and resources available to support food-based approaches

Sample Rehabilitation Menu from Uganda

The menu below is used in Uganda to rehabilitate underweight and moderate acutely malnourished children. It consists of a meal and a snack. It meets a specific nutrient and energy requirement to rehabilitate undernourished children. The menu is known as a 'medicine' meal designed using low cost, locally available, and nutrient-dense ingredients. The child is recommended to eat this meal in addition to the normally eaten daily meals.

Peanut Uji Menu (Uganda)

Meal:

Cassava leaves	2 handfuls	42g
Sweet Potato	1 finger size	10g
Small Dried Fish	1.5 handfuls	35g
Unrefined Palm Oil	2 tablespoons	12g
Red Beans	1 handful	25g
Groundnut (peanut)	2.5 handfuls	60g

Snack:

Papaya, ripe	4 finger sizes	40g
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Access World Vision's Menu Book called, **"Nourishing Children: Menus for Recovery"** using the QR code. It contains 20+ local menus to rehabilitate undernourished children in various regions and includes the energy and nutrient breakdowns.