Additional file 2. Consumption Encouragement Guide

- Several training methods appropriate for adult participatory learning are suggested for use during this CE training. Detailed instructions on how to carry out each EC session using the methodologies suggested below are included in the activity description boxes incorporated throughout the training session.

Location

- Pre-arranged, mutually-convenient public location that offers some privacy and ability to control who is present (e.g., health post, school, FTC)

Audience

- 15-20 women
- Avoid presence of:
  - Health extension workers, development agents, local government, local guide
  - Women and men who are not on pre-specified attendance list
  - Children unrelated to participating women
- Do not discourage presence of:
  - Male partners of women on the list: male partners will not be actively invited; however, if they come, they will be allowed to attend the event
  - Children of women on the list

Materials

1. Pre-printed attendance sheet
2. Labeled bags for grain (4 x number of participants)
3. Labeled bags for flour (1 x number of participants)
4. Plate (1 x number of participants)

Agenda (35 minutes)

Greetings & Introductions (5 minutes)

<table>
<thead>
<tr>
<th>Materials</th>
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<tbody>
<tr>
<td>Attendance sheet</td>
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<table>
<thead>
<tr>
<th>Key Points</th>
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</thead>
<tbody>
<tr>
<td>Introduce yourself (and participants?)</td>
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<tr>
<td>Warmly welcome all participants and thank them for coming</td>
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<tr>
<td>Today I’d like to talk to you about the QPM we gave you earlier this year and the importance of feeding this specifically to your young children.</td>
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<tr>
<td>At the end of today’s meeting we will give you some tools to help you target the QPM to your young children and ensure that they are eating enough of it.</td>
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</table>
**Action Items**

- Check off attendance, record date
- Ensure there are only women from your list present in the group; politely ask others to leave

**Educational Messages (10 minutes)**

**Materials**

n/a

**Key Points**

- **Growth and nutrition are important**
  - First I’d like to take some time to discuss the importance of growth and nutrition, especially for young children.
  - Proper nutrition during the first few years of life is important for optimal growth, health, and development.
  - It is difficult to compensate later in life for the consequences of early-life poor nutrition.
  - Protein is especially important for children’s growth, health, school performance, and learning ability
  - Some foods, like meat, milk, eggs, beans, and peas, have good protein and should be fed to children.

- **QPM has protein and is especially good for young children**
  - However, sometimes infants and small children may not be able to eat these foods every day.
  - Therefore, we are trying to make everyday food have stronger protein. Quality protein maize is one of these everyday foods with better protein.
  - QPM is especially good for children, and it is especially important that they eat foods made from it.
  - Therefore we want to encourage you to specifically feed QPM to your youngest children, and offer you some guidance and materials to help you do this.

- **Keeping QPM separate and using it to cook for your young children is important**
  - It is very important that you keep QPM separate from your other maize and other grains so that you know specifically when you have cooked with QPM. It is important to keep QPM separate from your conventional maize at all the different stages:
    - During planting
    - During harvest
    - While transporting maize from fields to home or storage cribs
    - While shelling
    - While storing grain in bags
    - Bringing to and from the mill
    - While storing flour before cooking
- While cooking
  - Finally, while eating
    o To help with storing the grain and flour separately, we will share with you today:
      ▪ 4 special storage bags for grain
      ▪ 1 special storage bag for flour
    o As often as you can, you should cook foods with QPM specifically for your young children. For example, porridge is especially good to make with QPM to serve to young children.
    o Similarly, whenever you cook foods with QPM, you’ll want to take special care to make sure your young children eat enough of these foods.
      ▪ To help ensure your young child eats enough of QPM-based foods, we are giving you this special plate that you should fill with these foods for him/her

- **How to get kids to eat better**
  o Finally, I’d like to spend some time discussing how best to feed young children, to help with targeting QPM to them.
  o Babies and children have smaller stomachs, and can’t eat as much at one time. As a result, they need small, frequent feeds.
  o Feed your child slowly and patiently, and encourage children to eat QPM-based foods, but do not force them.
  o Minimize distractions during meals if the child loses interest easily, especially when the child is eating QPM.
  o Congratulate the child when he/she eats QPM and finishes the food.
  o Feeding a child from his/her own plate helps. This will help you know if the child is getting enough of the QPM-based food.
  o To help you target QPM foods to your young children, we are sharing a special plate that you can use for feeding your young child. Whenever you make something with QPM, you can fill the plate for the child so you can be sure he/she has eaten the food.

**Action Items**

n/a

**Group Discussion/Obstacles and How to Overcome Them (10 minutes)**

**Materials**

n/a

**Key Points**

- Do you have any questions that we haven’t already discussed?
- How do you think you will cook QPM for your young child/children? Porridge? Other foods?
- Is there anything that you think would be difficult to do that we haven’t already discussed?
  ▪ How do you think we could overcome that obstacle?
Help women think about ways to overcome any obstacles they identify.

**Action Items**

n/a

### Distribution of Materials (10 minutes)

**Materials**

- Grain and flour bags
- Plates
- Attendance sheet

**Key Points**

- Bags and plates are for your household to use, so please keep them and don’t give them to anyone else.

**Action Items**

- Distribute 4 grain bags, 1 flour bag, and 1 plate to each woman on your pre-specified list
  - **Make sure to check people off the list**
- Record number of these items that each woman received on attendance sheet