



## **Forever Angels Baby Home** **Policy on: Nutrition, Eating and Diet**

This policy is to ensure that all children at Forever Angels Baby Home receive a good, nutritious diet which provides them with the correct daily amounts of fat, protein, carbohydrate, sugars, vitamins and minerals.

The meals for the children at the Baby Home will follow a menu which has been designed by the On-site Managers following the guidelines from the World Health Organization and the Children's Home Act.

We believe that no child should be force fed or made to eat meals which they do not like. Adults at Forever Angels Baby Home should aim to be aware of children's likes and dislikes. Children can be encouraged to eat but staff should be sensitive to the needs of new and anxious children. All children will be sat with during meal times, and poor eaters will be monitored and encouraged and given particular attention.

### **A Balanced Diet**

**Children at Forever Angels will receive a balanced diet which is made up of:**

- \* **Carbohydrate**– rice, bread, potatoes, ugali
- \* **Vitamins** – spinach, tomatoes, peppers, cucumber, banana, orange, pineapple, mangoes
- \* **Dairy and Protein** – eggs, fish, meat, milk, yogurt
- \* **Sugar / Fats** – biscuits, oil, butter,
- \* **Iron** – red meat, bread, spinach, eggs

A regular menu sheet will be adhered to but may change depending upon the fruits and vegetables in season.

### **Example Menu:**

Breakfast – Bread and banana  
Porridge  
Bread and jam / peanut butter

Lunch - Rice, beans and mchecha/tomato  
Ugali, mchecha and tilapia fish  
Vegetable soup and chapatti  
Boiled egg and bread

Dinner - Eggs, rice, tomato and pepper  
Ugali and mchecha  
Rice and vegetables  
Ugali, fish and mchecha  
Chips Mayai

Snacks -  
Banana  
Bread and jam  
Water melon  
Biscuits  
Cake  
Mango  
Orange  
Cucumber  
Pineapple  
Popcorn  
Yogurt  
Juice  
Milk  
Water

Babies up to the age of 6 months will be fed with Baby Milk only (Either Nan or Lactogen brands).

At the age of 6 months, babies will be slowly weaned with small amounts of fruit and vegetables. At the age of 1, most children will be following the above diet.

Malnourished children will be fed 'little and often' with any food they will eat – simply to help them regain strength and weight. Once they are healthy, the normal diet will be offered.

Forever Angels Baby Home NGO September 2011 – To be reviewed in 2015