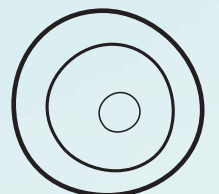
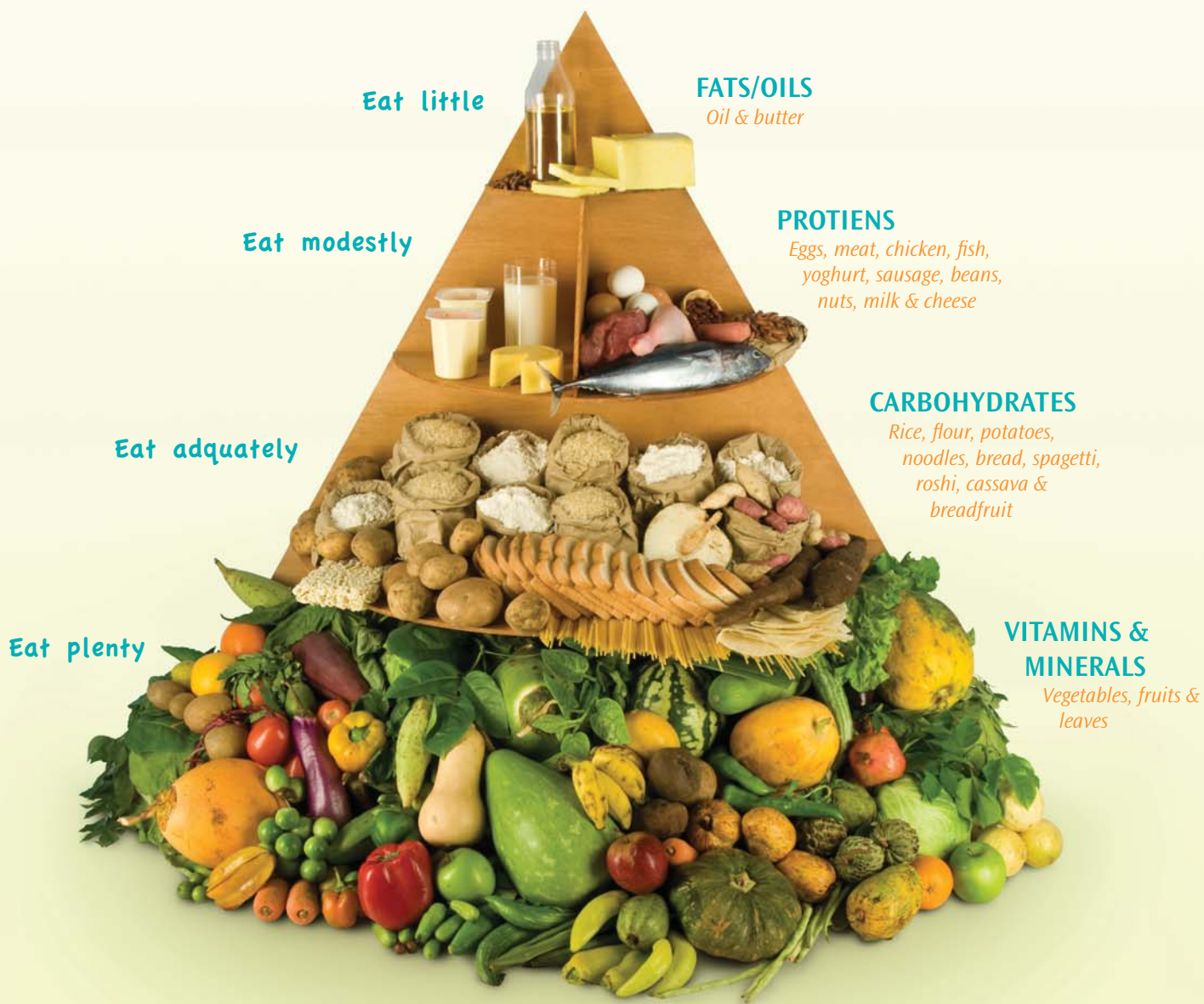




# *Eat everyday, the colour way*

*For every meal, add a variety of colors to your child's plate  
by including foods from all food groups.*





# Food pyramid

*Use locally available foods to prepare a balanced diet.*

# *Breast-milk is Healthy, convenient, safe & free*

*“Exclusively breastfeed for the first 6 months”*