

# Overview of Micronutrient Powder (MNPs) / Vita Mix (VM)



**Philippines  
Nutrition  
Cluster**

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# Outline

1. Micronutrient Powder (MNP) / Vitamix (VM)  
Overview
2. How to use MNP / VM
3. Sensitization
4. Distribution
5. Monitoring & Reporting

# **1. Overview of Micronutrient Powder (MNP) / and Vita Mix (VM)**

# What is the objective of MNP / VM usage?

- *To prevent an increase in acute malnutrition especially for the most vulnerable children under five years*

# What is Micronutrient Powder (MNPs) / Vita Mix (VM)?

- a mixture of 15 vitamins and minerals designed for improved nutrition
- provides essential nutrients a child needs by adding on to a child's home-cooked food just before consumption



1 sachet of MNP



1 pack contains 30 sachets

# MNP / VM: a powder of 15 vitamins and minerals

## **Vitamins**

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- Vitamin A
- Vitamin B1 (Thiamin)
- Vitamin B2 (Riboflavin)
- Vitamin B3 (niacin)
- Vitamin B6 (Pyridoxine)
- Vitamin B12 (cobalamin)
- Vitamin C
- Vitamin D
- Vitamin E

## **Minerals**

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- Folic Acid
- Iron
- Iodine
- Copper
- Zinc
- Selenium

# Benefits of MNP / VM:

- Provides vitamins and minerals for good health
- Aids proper growth
- Improves immune system
- Increases appetite
- Prevents micronutrient deficiencies



# Advantages of MNP / VM:

- Does not change the taste, color, or texture of the food when added
- Does not require changes to food preparation
- Easy to use



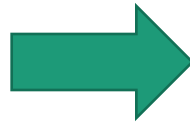
# Target Group of MNP / VM



# What is the recommended amount of MNP / VM for a child?



1 sachet every other day



15 sachets per month

## **2. How to Use MNP / VM**

# How to use MNP / VM



# How to use MNP / VM: Step 1

1



Set aside the right amount of home-cooked food a child can eat.

# How to use MNP / VM: Step 2



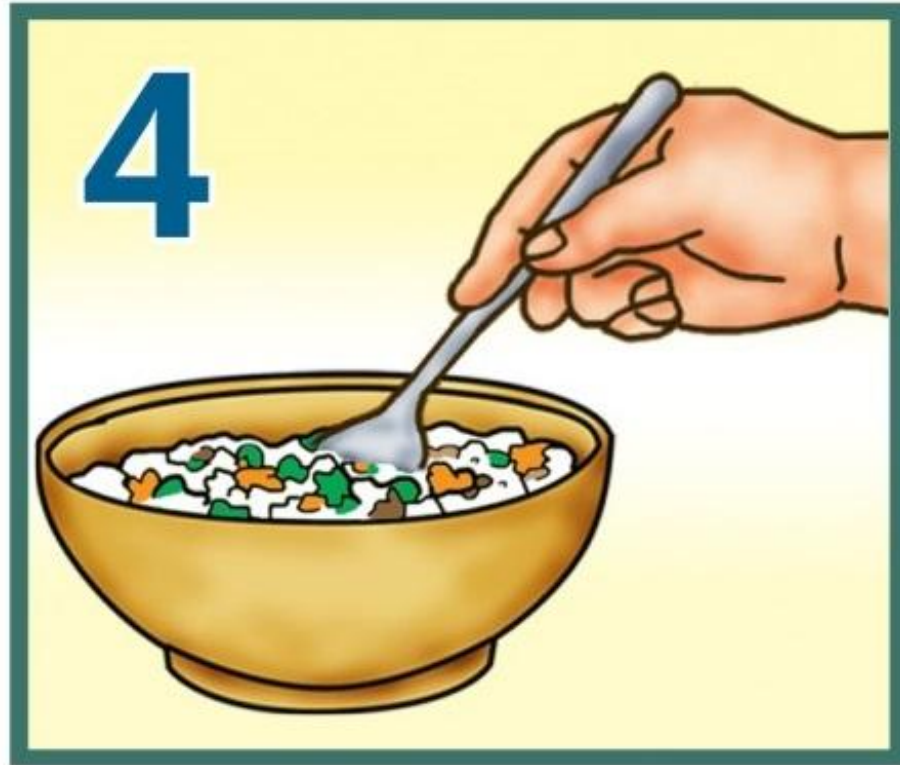
Tear open the sachet at the bottom part indicated by the arrow.

# How to use MNP / VM: Step 3



Add contents of one sachet MNP / VM.

# How to use MNP / VM: Step 4



Mix MNP / VM  
into food.



# How to use MNP / VM: Step 5



Feed the child with MNP / VM in a comfortable manner.

# Important considerations for MNP Use

Importance of exclusive breastfeeding from birth up to 6 months

Appropriate complementary feeding: right time, right amount, and right frequency

Continue breastfeeding up to 2 years and beyond while providing complementary food mixed with MNP/VM

# Limitations of MNP/VM use

- Avoid using MNP / VM in hot or liquid foods
- Use MNP/VM every other day or use a box within 2 months
- Avoid sharing one sachet of MNP/VM with other children



# How to store MNP / VM

- Store in a clean and dry place
- Avoid storing MNP/VM in direct sunlight and near heat sources
- Keep out of reach of children



# Frequently Asked Questions

**Is MNP/VM intended for malnourished children?**

No, VM / MNP is for children 6-59 months old who are not acutely malnourished. Acutely malnourished children who are identified during community screening are referred for CMAM treatment services and receive specialized foods to help them recover.

**Has the use of MNP/ Vita Nutrient Mix been tested? Is it effective?**

Yes, MNP has been piloted in other countries and found to be effective.

**Does MNP/ VM have side effects?**

Because of the iron content in VM, a child's stool may be darker than normal. Unabsorbed iron makes the child's stool darker which is not of concern.

## **3. MNP / Vita Mix Sensitization**

# Importance of Community Sensitization

- to ensure that community leaders are aware of the programme
- to ensure that caregivers fully understand MNP usage and adaptation changes that might arise at the onset of MNP consumption.

# Pre-Distribution Phase

- Launching of MNP at Municipal Level
- Demonstration on the use of Vita Mix by preparing age – appropriate complementary foods.
- Confirm the caregiver's knowledge on the use of Vita Mix upon giving the Vita Mix to the mother
- Whenever possible, encourage other caregivers (grandmother, aunt, older siblings) to attend the orientation



# Post – Distribution Phase

- BHW/ BNS follow – up beneficiaries after 3-7 days of their first consumption and provide feedback to midwife or nurse if there are acceptability issues
- Midwife or nurse follow – up those referred by BHW/BNS and verify the issue
- Appreciate the mother/ caregiver if the child is responding well with the food
- Encourage the mother/ caregiver if the child is not responding well with the food

# IEC Materials for MNP- Flyer

## Ang Vita Mix ay:

- Dagdag sustansyang inihahalo sa lutong pagkain ng mga batang may edad 6-59 buwan.
- Tumutulong sa tamang paglaki at pag-iwas sa micronutrient deficiency.
- Pinalalakas ang resistensya
- Pampagana
- Binubuo ng 15 na bitamina at mineral:

### Mga Bitamina

1. **Bitamina A** pinapalakas ang resistensya at pampalinaw ng mata
2. **Bitamin B12** pampagana
3. **Bitamina C** pampalakas ng resistensya
4. **Bitamina D** pampalakas ng mga buto at ngipin
5. **Bitamina E** tagapag-alaga ng body tissues
6. **Folic Acid** mahalaga sa pagbuo ng red blood cells

**Mga bitaminang tumutulong sa carbohydrates, taba at protina upang maging enerhiya:**

7. **Bitamina B1**
8. **Bitamina B2**
9. **Bitamina B3**
10. **Bitamina B6**

### Mga Mineral

11. **Iron** nagdadala ng oxygen sa iba't ibang bahagi ng katawan
12. **Iodine** nagpapatalas ng isipan
13. **Copper** tumutulong sa wastong paggamit ng iron sa katawan
14. **Zinc** panlaban sa impeksyon
15. **Selenium** pinapalakas ang resistensya

**Ang Vita Mix ay hindi gamot sa anumang uri ng sakit.**

## Paraan ng paggamit



**1** Mula sa nilutong pagkain ng pamilya, kumuha ng tamang dami ng pagkain para sa isang kainan ng inyong anak na edad 6-59 na buwan. Karaniwang binibigay sa mga bata ay semi-solid



**2** Kunin ang isang pakete ng Vita Mix. Siguruhing selyado ang pakete bago buksan, huwag gamitin kung may punit o sira.



**3** Ibudbod ang laman ng Vita Mix sa pagkain.



**4** Haluin ng mabuti ang pagkain at Vita Mix.



**5** Isubo sa inyong anak ang pagkaing may Vita Mix at tiyaking kumportable at masaya sya habang kumakain.



# IEC Materials for MNP- Fan

Dagdag na 15 bitamina at mineral sa pagkain ng mga batang edad 6-59 buwan

## Vita Mix



Mula sa nilutong pagkain ng pamilya, kumuha ng tamang dami ng pagkain para sa isang kainan ng inyong anak na edad 6-59 na buwan. Karaniwang binibigay sa mga bata ay semi-solid o solid na pagkain.



Kunin ang isang pakete ng Vita Mix. Siguruhing selyado ang pakete bago buksan, huwag gamitin kung may punit o sira.



Ibubod ang laman ng Vita Mix sa pagkain.



Haluin ng mabuti ang pagkain at Vita Mix.



Isubo sa inyong anak ang pagkaing may Vita Mix at tiyaking kumportable at masaya sya habang kumakain.



## **4. MNP / Vita Mix Distribution**

# MNP / Vita Mix Distribution

1

- Manufacturer ships MNP / Vita Mix to Philippines (WFP/UNICEF)

2

- WFP supplies Cooperating Partner (CP) with sufficient quantities for all beneficiaries 6-59m

3

- CP distributes MNP / Vita Mix to municipal health centre (RHUs)

4

- Midwives and Barangay Health Workers (BHW) distribute the Vita Mix to the mothers in their respective barangays

5

- Mothers feed their children 6-59 months

# MNP Distribution: From WFP to Partner / RHU

- WFP delivers 1 month supply of Vita Mix to Cooperating Partner (CP)
- Each carton contains 156 small boxes of Vita Mix
- Each pack contains 30 sachets of Vita Mix
- CP receives and stores Vita Mix in appropriate storage conditions and signs the Waybill



1 carton contains 156 packs



1 pack contains 30 sachets

# MNP Distribution: From RHU to BNS

- In-charge of Municipal RHU will designate nurse for further handing over Vita Mix supplies to barangay staff (midwives / BHWs)
- Rural Health Midwife (RHM) or Nurse supervises BHWs / BNSs on distribution of Vita Mix



# MNP Distribution: From BHS to Mothers

- BHW/ BNS organizes orientation meeting with mothers before or during Vita Mix distribution to:
  - Explain and provide copies of info material
  - Demonstrate how to use
- 15 sachets of Vita Mix will be given to mothers of eligible children each month





# **5. MNP / Vita Mix - Monitoring & Reporting**

	Report Form	Timing	What to do
1	Barangay Tally – MUAC Screening Sheet	During screening / distribution	<ul style="list-style-type: none"> <li>• Filled out by BHW/BNS</li> <li>• Signed by BHW/BNS and Mothers of 6-59 months children</li> <li>• Send to CP/MHO/MNAO</li> </ul>
2	Monthly Log for Municipal/Rural Health Units	Every month at municipal level	<ul style="list-style-type: none"> <li>• Filled out and signed by MHO/MNAO</li> <li>• Submit to CP</li> <li>• Furnish copy of report to PNAO</li> </ul>
3	CPDR	Every month at provincial level	<p>Filled out and signed by CP</p> <p>Submit a copy to WFP</p> <p>Attach copies of supporting monthly logs (e.g. 1 CPDR might be accompanied by 10 Monthly Logs)</p>

# Barangay Tally – MUAC Screening Sheet

1. Barangay Level staff conduct screening of all PLW and children 6-59m on a monthly basis.
2. Barangay level staff distribute 15 sachets MNP to children children 06-59 month having MUAC 12.5 or above and indicate the distribution on the tally sheet.
3. Any child identified with acute malnutrition should be referred for OTP/TSFP.

# Barangay Tally – MUAC Screening Sheet

If a child has MUAC  $\geq 12.5$ , record here and tick if sachets are distributed

**B**

Barangay Tally - MUAC Screening of Children 6-59 months (MUAC and Edema)															
Barangay:															
City/Municipality:															
Province:															
Region:															
Period (MM/DD/YYYY): From				to											
		(2)				(1)									
Ref # for Total	Name of Child 6-59mos (Last name, First)	Bilateral pitting		MUAC - Left Mid Upper Arm circumference						Vitamin A given in last 6 months?		15 sachets of Micro-Nutrient Powder given?		Name of Mother / Caretaker (Last name, First)	Phone #
		EDEMA (SAM)		RED-SAM		YELLOW-MAM		GREEN-NORMAL							
		M	F	< 11.5 cm		$\geq 11.5$ to < 12.5 cm		$\geq 12.5$ cm		Yes	No	Yes	No		
1	Rosario, Joe							X		X		X			
2															
3															
4															

# Monthly Log for Municipal/Rural Health Units

The total number of children receiving MNPs should be summed up from the barangay tally sheets and reported here on a monthly basis

Target group		Total in SFP beginning of the month (A)	New Enrolments (B)					Moved In		Total New Enrolments	Total follow up food recipients out of (A)	Total Food Recipients (Z)	Exits (E)				
			MUAC 11.5 - <12.5 cm (B1)	MUAC < 21.0 cm (B2)	RELAPS E after cure (B3)	PLW <18 years (B4)	High Risk	Other (B5)	Return after defaulting (C1)	Transfer from OTP or INPATIENT (C2)			CURED (E1)	DEATH (E2)	DEFAULTER (E3)	NON-RECOVERED (E4)	Transfer OTP or INPATIENT (F1)
6 - 23 month old children	Male									0		0					
	Female									0		0					
24 - 59 month old children	Male									0		0					
	Female									0		0					
PLWs	Female									0		0					
MNP Children (6-59m)	Male									0		0					
	Female									0		0					
<b>TOTAL</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Age Group</b>		<b>Number Screened</b>															
Male children 6-59m																	
Female children 6-59m																	
PLW <18 years																	
PLW ≥18 years																	
<b>2. Commodities Distribution Information in MT</b>																	
Commodity	SI Number	Opening Stock (MT)	Receipts (MT)	Total Food In MT	Food Distributed (MT)	Food Returns (MT)	Losses (MT)	Closing Balance (MT)	Total Receipt (refer to column 7 above)	Remarks							



TARGET SUPPLEMENTARY FEEDING  
EMOI

Name of CP: \_\_\_\_\_

Province: \_\_\_\_\_

Month: \_\_\_\_\_

Municipality: \_\_\_\_\_

Total number of Barangays: \_\_\_\_\_

Report prepared by: \_\_\_\_\_

Contact number: \_\_\_\_\_

# CPDR – Provincial Level (1 per CP per month)

Cooperating Partner		Province	Municipality	Barangay	Region	
Start date:		End date:		Region		
Stock Movements/ Stock Details						
Commodity	Opening Stock MT	Receipts MT	Distributed MT	Food Returns MT	Losses MT	Closing Balance MT
	<i>Net</i>	<i>Net</i>	<i>Net</i>	<i>Net</i>	<i>Net</i>	<i>Net</i>
<b>Plumpy'Sup</b>						
<b>MNP</b>						
<b>Total Food</b>						
Beneficiaries Details						
Target Group	Number Receiving Plumpy'Sup	Number Receiving MNP				
Male children 6-59m						
Female children 6-59m						
PLW <18 years						
PLW ≥18 years						

The total number of children receiving MNPs should be summed up from the monthly logs and reported here on a monthly basis.

Submit 1 CPDR to WFP with supporting monthly logs from municipal level