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

<table>
<thead>
<tr>
<th>Vitamins</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Folic Acid</td>
</tr>
<tr>
<td>Vitamin B1 (Thiamin)</td>
<td>Iron</td>
</tr>
<tr>
<td>Vitamin B2 (Riboflavin)</td>
<td>Iodine</td>
</tr>
<tr>
<td>Vitamin B3 (niacin)</td>
<td>Copper</td>
</tr>
<tr>
<td>Vitamin B6 (Pyridoxine)</td>
<td>Zinc</td>
</tr>
<tr>
<td>Vitamin B12 (cobalamin)</td>
<td>Selenium</td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td></td>
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</tbody>
</table>
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

6 na buwan gulang

5 taong gulang (59 buwan)
What is the recommended amount of MNP / VM for a child?

15 sachets per month

1 sachet every other day
2. How to Use MNP / VM
How to use MNP / VM

1. Mix MNP with water.
2. Add MNP to the bowl.
3. Stir the mixture.
4. Spoon the mixture into the bowl.
5. Feed the child.
How to use MNP / VM: Step 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
<table>
<thead>
<tr>
<th>Frequently Asked Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Is MNP/VM intended for malnourished children?</strong></td>
</tr>
<tr>
<td><strong>Has the use of MNP/ Vita Nutrient Mix been tested? Is it effective?</strong></td>
</tr>
<tr>
<td><strong>Does MNP/ VM have side effects?</strong></td>
</tr>
</tbody>
</table>
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 pampalainaw ng mata
2. Bitamina B12 pampagana
3. Bitamina C pampalakas ng resistensiya
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 impekson
15. Selenium pinapalakas ang resistensiya

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 purito sira.
3. Ibubod 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

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 binilibay sa mga bata ay semi-solid o solid na pagkain.

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

3. Ibubod 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.
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
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
<table>
<thead>
<tr>
<th>Report Form</th>
<th>Timing</th>
<th>What to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Barangay Tally – MUAC Screening Sheet</td>
<td>During screening / distribution</td>
<td>• Filled out by BHW/BNS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Signed by BHW/BNS and Mothers of 6-59 months children</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Send to CP/MHO/MNAO</td>
</tr>
<tr>
<td>2 Monthly Log for Municipal/Rural Health Units</td>
<td>Every month at municipal level</td>
<td>• Filled out and signed by MHO/MNAO</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Submit to CP</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Furnish copy of report to PNAO</td>
</tr>
<tr>
<td>3 CPDR</td>
<td>Every month at provincial level</td>
<td>Filled out and signed by CP</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Submit a copy to WFP</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Attach copies of supporting monthly logs (e.g. 1 CPDR might be accompanied by 10 Monthly Logs)</td>
</tr>
</tbody>
</table>
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 >12.5, record here and tick if sachets are distributed.

<table>
<thead>
<tr>
<th>Name of Child 6-59mos (Last name, First)</th>
<th>Bilateral pitting</th>
<th>MUAC - Left Mid Upper Arm circumference</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>EDEMA (SAM)</td>
<td>RED-SAM</td>
</tr>
<tr>
<td></td>
<td></td>
<td>≥ 11.5 to &lt; 12.5 cm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>≥ 12.5 cm</td>
</tr>
<tr>
<td></td>
<td>M F</td>
<td>M F</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M F</td>
</tr>
</tbody>
</table>

- **Rosario, Joe**
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If a child is identified with edema, they should be flagged for follow-up screening and precaution is to be taken with the recommendation of Vitamin A.
The total number of children receiving MNPs should be summed up from the barangay tally sheets and reported here on a monthly basis.
CPDR – Provincial Level (1 per CP per month)

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.