Milled nutrient powder helps save time during meal preparation while ensuring children receive complete

Production of rice powder



Step 1: wash and soak in water overnight



Step 2: pour water out after washing 3 times



Step 3: drying by tissue or dry in sun for 1 day



Step 4: roasting until brown (not burned)



Step 5: wet it cool for 10 mins



Step 6: milling



Step 7: sieving



Step 8: store it in a container or plastic bag at room temperature



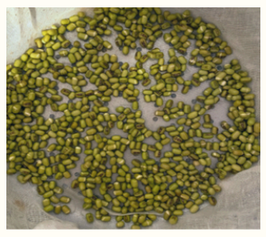
Production of mung bean powder



Step 1: washing and soak in water overnight



Step 2: drying by tissue or dry in sun for 1 day



Step 3: roasting until brown (not burned)



Step 4: let it cool for 10 mins before grinding



Step 5: milling



Step 6: sieving



Step 7: store it in a container or plastic bag at room temperature



Production of fish powder





OR



OR



If you have no fish, use small dried river shrimp or small dried frogs. The processing steps are the same as for fish powder.

Step 1: wash by water to ensure clean till no smell



Step 2: roasting until lightly browned (not burned)



Step 3: let it cool for 10 mins before grinding



Step 4: milling



Step 5: sieving



Step 6: store it in a container or plastic bag at room temperature



Production of green leaf powder



Choose green leafy vegetables, such as choysum, moringa, ceylone spinach and other green leafy vegetables that your child likes to eat in season and locally available.

Step 1: wash until clean



Step 2: roasting in pan until light brown (not burned)



Step 3: let it cool for 10 mins before grinding



Step 4: milling



Step 5: sieving



Step 6: store it in a container or plastic bag at room temperature





Quality Check: Check that the food powder is fine and smooth, with no lumps.



Storage: store in plastic bags or boxes





Community Livelihood Enhancement and Resilience Project (CLEAR)