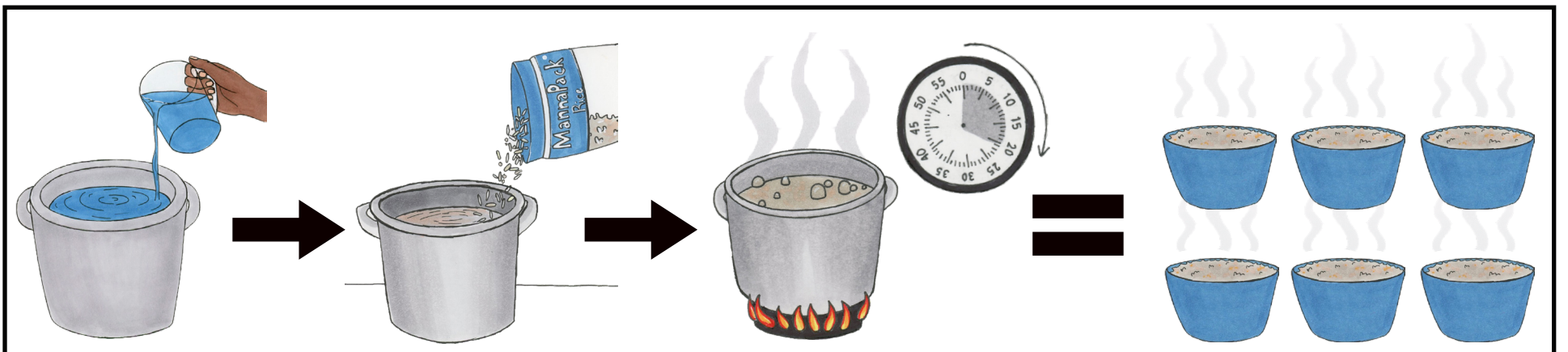
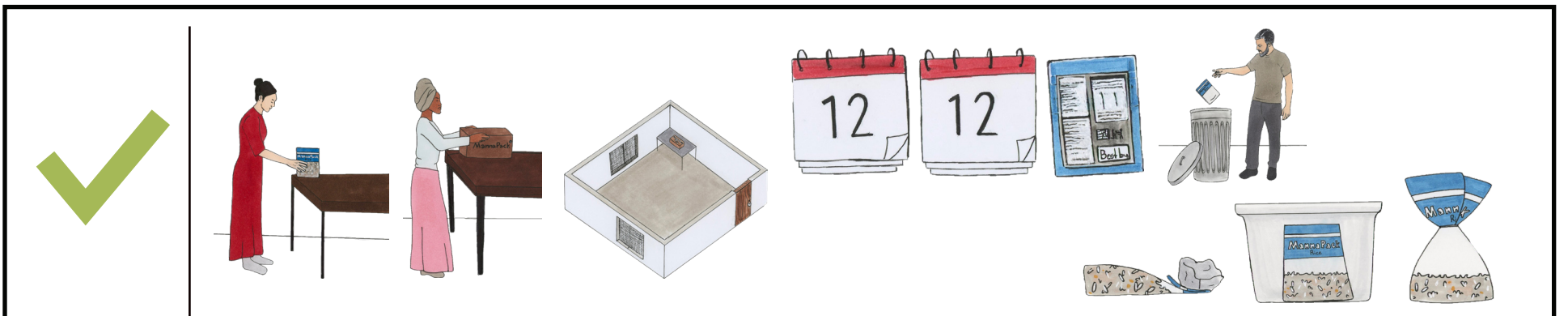
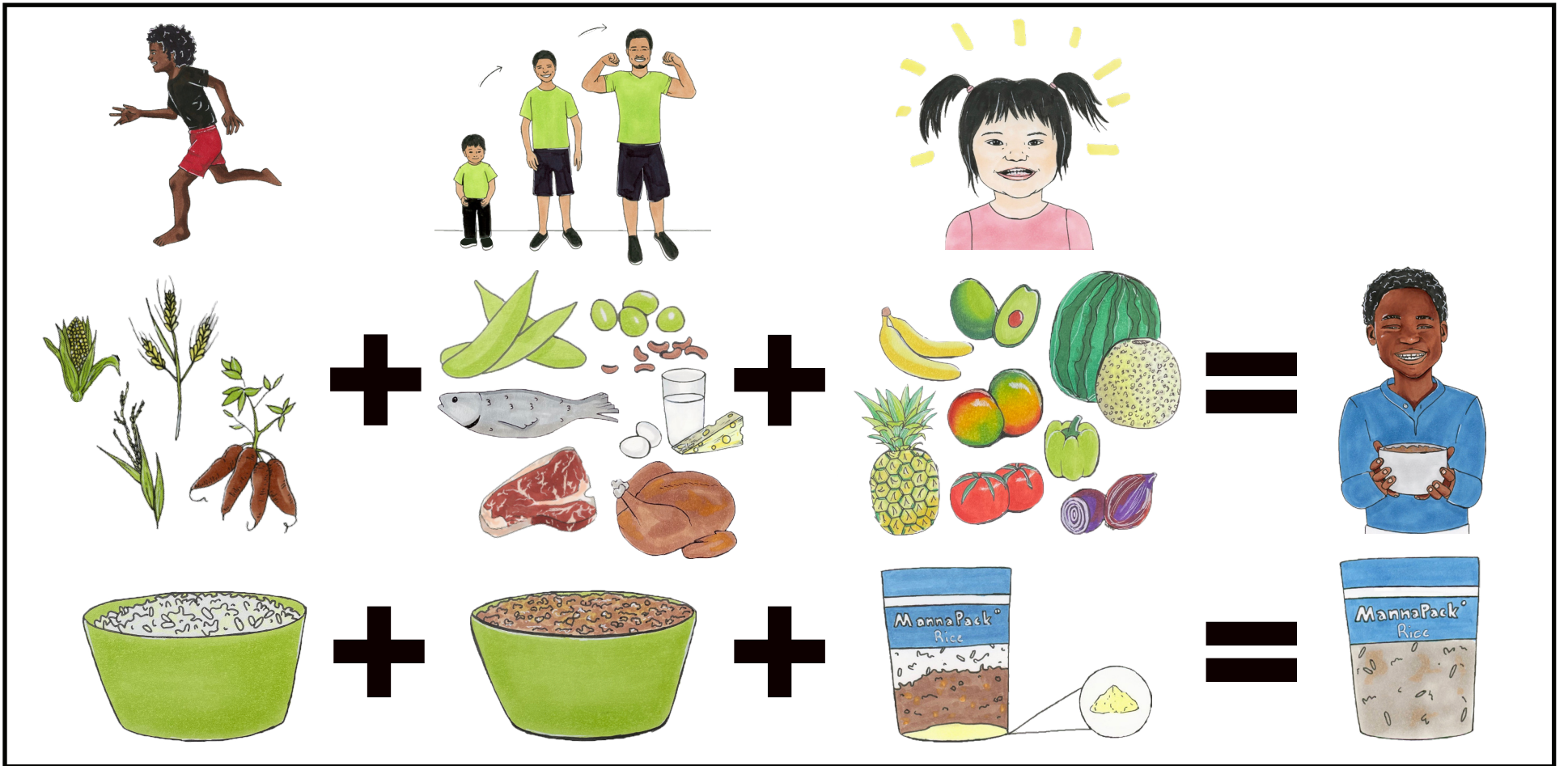


Nutrition Information



Version 4/2022



MannaPack® Rice



Nutrition Information



Version 4/2022

Keeping Meals Balanced

CONCEPTS:

MannaPack® Rice provides a balanced meal with rice to provide energy, soy nuggets to provide protein, and flavored powder to provide vitamins and minerals. You should prepare and eat all of the MannaPack® Rice for a balanced meal. You can make balanced meals similar to MannaPack® Rice using local favorite foods.

TRAINER GUIDE:

What do you see in these pictures?

Answers may be: categories of foods that we should eat to get the nutrition we need.

What do you think you need from each of these food groups to have a balanced and healthy meal?

Answers may be: we need food for energy, to grow and stay strong, and to be healthy.

What does MannaPack® Rice have to help you to get a balanced meal?

Answers may be:

- MannaPack® Rice has rice for energy, soy nuggets to grow and stay strong, and powdered vitamins and minerals to stay healthy.
- to have a balanced meal, we need to serve all of the ingredients.

How can we make MannaPack® Rice even better and taste like our food?

Answers may be: add some local foods to make it like our other food and to make the nutrition even better.

ADDITIONAL DISCUSSION:

How does MannaPack® Rice help you to get a balanced diet?

How can you make a meal like MannaPack® Rice with foods you have at home or foods that you can get?

Storing MannaPack® Rice Boxes and Packages

CONCEPTS:

MannaPack® Rice should be stored above the floor, away from walls, in a ventilated room. MannaPack® Rice should be protected from insects and rodents and not stored near toxic chemicals. MannaPack® Rice should be stored in a locked cupboard or room.

TRAINER GUIDE:

What do you see in the pictures in the first row?

Answers may be: people are putting the package and box on a table above the floor that can be kept in a room. The box should not be put on the floor.

What do you think the calendar means?

Answers may be: the product should be stored and used before 1-2 years.

Why do you think you should place the product on a surface above the floor?

Answers may be:

- to keep it safe from infestations (bugs and rodents) and from damage by water or other things that could be on a floor.
- if the product is infested, it should be thrown away.

In your institution, do you store the food in a secure place? Should it be locked up?

Answers may be: for our institution it may need to be locked up to prevent theft. When food is sent to the household, it doesn't need to be locked up.

How do you think product that is opened should be stored?

Answers may be: in a sealed water-proof bag or with the top of the bag tightly closed; folded bag top with a rock or other weight on top to keep it closed.

What should you do if the product turns yellow or darker in color or if the powder clumps?

Answers may be: the change in color happens when the product is stored for a long time or stored in high heat. It does not make the product unsafe and it can still be used to make meals.

What should you do if the product has mold or if there are insects or spiders in the mix?

Answers may be: if there is mold or there are insects or spiders, it means that the product may be contaminated and should not be used.

Safely Preparing MannaPack® Rice

CONCEPTS:

MannaPack® Rice should be safely and hygienically prepared.

TRAINER GUIDE:

What do you see in the food safety pictures?

Answers may be:

- cleaning surface, pots, spoons, and bowls
- handwashing

What needs to be clean to prepare MannaPack® Rice?

Answers may be: all surfaces, pots, utensils, and hands.

Why is it important to have clean areas, pots and utensils, and hands before preparing food?

Answers may be: to make sure that food is safe and does not make us sick.

What do you see in preparation pictures?

Answers may be:

- Some water or other liquid is poured into the pot.
- A package of MannaPack® Rice is being added to the water.
- The water and MannaPack® Rice should be cooked for 20 minutes.
- After the food is cooked, it will make six servings of food.