

17. Ready to Use Nutrient Dense Mixes

Preamble:

The critical period for risk of developing child undernutrition is 6 to 24 months of age. Child undernutrition is largely attributable to lack of awareness and knowledge and faulty feeding practices especially complementary feeding practices. Complementary foods that are commonly fed to young children from low income families generally lack nutrient density and do not provide adequate micronutrients. Hence there is a need to provide low cost feeding options in the form of Ready to Use Mixes to mothers and educate mothers/ women.

Objectives of the Project:

- To develop Ready to Use Supplementary Food Mixes (RUSF) and Ready to Use Therapeutic Mixes (RUTF) for severely acute malnourished children.
- To train local self help group (SHG) for bulk production and sale
- To develop education packages for field level workers to implement growth monitoring and promotion to reduce undernutrition
- To increase access and promote use of these mixes for feeding young children

Salient Features of the Technology:

This mixes are Low cost, require minimal processing techniques and equipments, and are developed as per FSSAI Guidelines. Mixes can be fed as is to young children or made into laddus, added to rotis/bhakris, used to make sheera, upma, added to other foods etc. These mixes have wide application as they can be given to pregnant women, lactating women, elderly population or any person needing food supplementation.

Configuration of the Processing Plant (Section Details):

Any group or individual undertaking the manufacture of this mixes require the following equipment:

1. Grinder
2. Oven
3. Extruder (If Extruded Mixes are to be made)
4. Sealing Machine
5. Kitchen level Equipment for Large Scale

Sample Products Developed under the Project:

Complementary food mixes - Developed Thirteen Shelf table Ready to Use (RUSF) mixes.

RUTF for SAM- Five extruded shelf stable RUTF.

FOR DETAILS, CONTACT:

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Steps for Preparation of Mixes

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