



## FOOD PRODUCT GUIDE

SPECIFICATIONS AND USAGE RECOMMENDATIONS



ABOUT FEED MY STARVING CHILDREN

## FEEDING KIDS. FEEDING SPIRITS. EMPOWERING COMMUNITIES.

Feed My Starving Children (FMSC) believes hope starts with food. As a Christian nonprofit, FMSC is dedicated to seeing every child whole in body and spirit. FMSC meals are hand-packed by volunteers and sent to an incredible network of partner organizations that stay with communities for the long haul, empowering them to move from relief to development.



## FORWARD FROM NUTRITIONIST

Cade Fields-Gardner

MS, RDN, LDN, CD

MannaPack™ products can provide a solid base for a well-rounded and nutritious diet for beneficiaries both young and old. The products were designed for nutritional value and acceptability. The products contain a specifically designed balance of calories with high quality protein and important vitamins and minerals. Each ingredient is important to the balance and nutritional value of the meal. All of the ingredients in the packages should be used to provide balanced and nutritious meals.

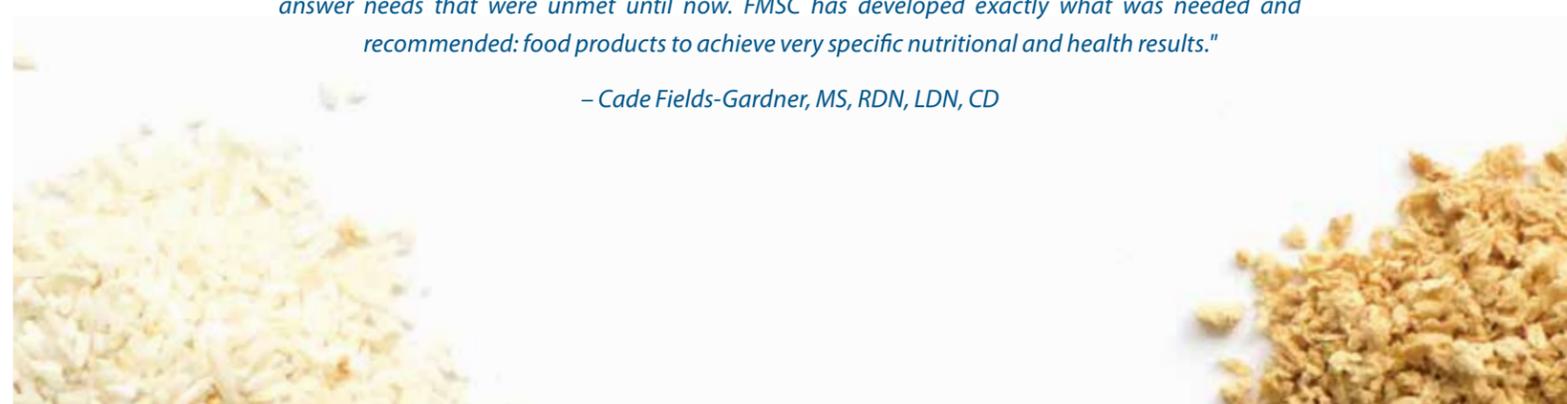
MannaPack™ products can be used as part of a balanced diet in a variety of ways. Each product is vegetarian certified, which allows cooks the opportunity to be creative to match cultural or food preferences. MannaPack™ products are halal certified with the exception of MannaPack™ Lentil.

### FMSC's Nutrition Consultant

The benefit statements in this guide come from Cade Fields-Gardner, MS, RDN, LDN, CD, a world-renowned registered dietitian and authority in international public health. Fields-Gardner consults on nutrition-related issues through research, education, training, and patient care. She is a leading author, speaker, and consultant on clinical trials and public policy issues related to HIV/AIDS. Feed My Starving Children collaborated with Fields-Gardner to develop MannaPack™ Potato-D and MannaPack™ Potato-W and review the original MannaPack™ Rice formula. Fields-Gardner also worked with FMSC on the reformulation of MannaPack™ Rice.

*"It has been extremely gratifying to work with Feed My Starving Children because they have been very progressive—ahead of the wave—in developing products for specific populations, needs and objectives. Their formulas to manage diarrhea and to use after the exclusive breastfeeding period answer needs that were unmet until now. FMSC has developed exactly what was needed and recommended: food products to achieve very specific nutritional and health results."*

—Cade Fields-Gardner, MS, RDN, LDN, CD



## PIONEERING NUTRITION IN FOOD ASSISTANCE

Feed My Starving Children believes nutrition is the foundation for all other progress. Our MannaPack™ meal formulas are scientifically developed to supplement nutritional needs and reduce problems with malnutrition. MannaPack™ products are a supplemental food packed with micronutrients that can be enhanced for both variety and nutritional value through its use in recipes that are tailored to the cultural preferences and regional resources. Each ingredient is important to the balance and nutritional value of the meal. All of the ingredients in the packages should be used to provide balanced and nutritious meals.

## MannaPack™ Rice

### Product Overview

MannaPack™ Rice is a supplemental food packed with micronutrients that can be enhanced for both variety and nutritional value through its use in recipes that are tailored to the cultural preferences and regional resources. It contains textured soy, a high quality source of protein—one of the key factors for growth and physical development, including brain development. MannaPack™ Rice is also a source of micronutrients. It contains a premix of important vitamins and minerals that can be deficient in diets where there is food insecurity or a lack of resources.

### Components

White rice, textured soy protein, dehydrated vegetables, vegetarian flavoring with a vitamin and mineral blend

### Preparation Instructions (entire bag)

1. Add contents of package to 1.4 L (about 6 cups) of boiling water. Stir.
2. Cover and cook over low heat for 20 minutes.
3. Protein foods, oil, additional vegetables and spices may be added during preparation to enhance nutrition and tailor to local tastes.

### How Should it be Used?

MannaPack™ Rice is designed as a supplemental fortified food to improve dietary intake of calories, protein, vitamins and minerals. It is designed to complement other foods, such as vegetables, fruits, grains and protein foods, as a part of an adequate and well balanced diet.

### Benefits of MannaPack™ Rice

- It can be used across populations for the purpose of supporting nutrition.
- MannaPack™ Rice is a source of micronutrients.
- Rice is very commonly known and used in a number of areas of the world.



## Nutrition Facts

6 servings per bag  
Serving Size 1 cup prepared (64g)

Amount Per Serving  
**Calories 210**

	% Daily Value*
<b>Total Fat</b> 1.6g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 709mg	<b>30%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 3.2g	<b>13%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11.4g	<b>23%</b>

Vitamin D 2.5mcg <b>25%</b>	Folate <b>37%</b>
Calcium 360mg <b>28%</b>	Vitamin B12 <b>25%</b>
Iron 4.7mg <b>26%</b>	Biotin <b>20%</b>
Potassium 423mg <b>12%</b>	Pantothenic Acid <b>9%</b>
Vitamin A <b>25%</b>	Phosphorus <b>14%</b>
Vitamin C <b>17%</b>	Iodine <b>30%</b>
Vitamin E <b>17%</b>	Magnesium <b>23%</b>
Thiamin <b>28%</b>	Zinc <b>31%</b>
Riboflavin <b>25%</b>	Copper <b>28%</b>
Niacin <b>30%</b>	Manganese <b>20%</b>
Vitamin B6 <b>22%</b>	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# MannaPack™ Potato-D

## Product Overview

MannaPack™ Potato-D was developed to specifically address symptom management for diarrhea. It includes the types of foods and replacement micronutrients that are typically recommended for dietary management of diarrhea symptoms. It can be used as an introductory food to complement oral rehydration strategies. This product should be used as directed and only for the duration of diarrhea symptoms. It is not a cure for infection or other causes of diarrhea, which may require other medical treatment. Instead, the food should only be used to assist in managing and reducing the detrimental impact of diarrhea.

## Components

Dehydrated potato granules, soy flour, sweet potato flavoring with a vitamin and mineral blend

## Preparation Instructions (entire bag)

1. Add contents of package to 1.25 L (about 5 ¼ cups) of boiled or potable water or other potable liquid. Stir.
2. Allow to cool, as needed.
3. Add more or less water to vary consistency.

## Preparation Instructions (single serving)

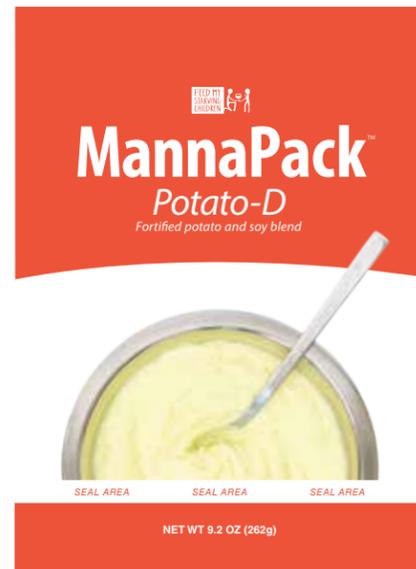
1. Shake the sealed bag to make sure it is well-mixed.
2. Measure 3 tablespoons of dry mix into bowl.
3. Add 90 mL (about 1/3 cup) boiled or potable water and stir well to blend.

## How Should it be Used?

MannaPack™ Potato-D is a food designed to assist in symptom management and rehabilitation from diarrhea. It is designed to be utilized on a short-term basis as a first food to complement oral rehydration and other therapies, and to reestablish a food-based diet.

## Benefits of MannaPack™ Potato-D

- There is no other food designed to manage diarrhea in the most vulnerable populations.
- MannaPack™ Potato-D can be very helpful in a cholera outbreak, especially in places like refugee camps.
- Putting something into the digestive system that will help stabilize diarrhea buys time so the person can survive long enough to be treated.



Nutrition Facts	
12 servings per bag	
<b>Serving Size</b>	<b>1/6 cup (22g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 0.8g	<b>1%</b>
Saturated Fat 0.1g	<b>1%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 13mg	<b>1%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars < 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
<hr/>	
Vitamin D 2.5mcg <b>12%</b>	Niacin <b>11%</b>
Calcium 65mg <b>5%</b>	Vitamin B6 <b>14%</b>
Iron 1.4mg <b>8%</b>	Thiamin <b>17%</b>
Potassium 197mg <b>4%</b>	Folate <b>8%</b>
Vitamin A <b>16%</b>	Vitamin B12 <b>21%</b>
Vitamin C <b>7%</b>	Iodine <b>28%</b>
Vitamin E <b>11%</b>	Zinc <b>6%</b>
Riboflavin <b>15%</b>	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# MannaPack™ Potato-W

## Product Overview

MannaPack™ Potato-W was specifically designed to meet the nutrient needs of children 7-12 months old — not something typically available in the developing world. It has a hypoallergenic base for a weaning product, designed for after the recommended exclusive breastfeeding period, when children really need additional food products. It can also be used to complement breastfeeding. It's very important to have food that meets all the recommendations for children of this age. MannaPack™ Potato-W can fill in the gap for populations who may not have access to the quality or quantity of food necessary for a full and well-rounded nutritional intake so children can grow and develop.

## Components

Dehydrated potato granules, soy flour, sweet potato flavoring with a vitamin and mineral blend

## Preparation Instructions (entire bag)

1. Combine contents of package with 1.25 L (about 5 ¼ cups) boiled or potable water or other potable liquid. Stir.
2. Allow to cool, as needed.
3. Add more or less water to vary consistency.

## Preparation Instructions (single serving)

1. Shake the sealed bag to make sure it is well-mixed.
2. Measure 4 tablespoons of dry mix into bowl.
3. Add 100 mL (about 1/2 cup) boiled or potable water and stir well to blend.

## How Should it be Used?

MannaPack™ Potato-W is a weaning food designed to meet World Health Organization (WHO) recommended nutrient requirements for children 7-12 months. It is used as a complement to breastmilk after an exclusive breastfeeding period in infants 7-12 months or older. This product should not be used as a substitute for breastmilk. Consult WHO guidelines for appropriate use of complementary weaning foods, such as MannaPack™ Potato-W.

## Benefits of MannaPack™ Potato-W

- Contains a high fat content which provides essential fatty acids, facilitates absorption of fat soluble vitamins and enhances dietary energy density and sensory qualities.
- MannaPack™ Potato-W has vitamins and minerals tailored to meet WHO nutrient content guidelines for the age group of 7-12 month olds.
- Both the potatoes and fat in MannaPack™ Potato-W allow a child to feel satisfied and full which lowers the risk of overconsumption.



Nutrition Facts	
12 servings per bag	
<b>Serving Size</b>	<b>1/6 cup (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 21mg	<b>1%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
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Vitamin D 1mcg <b>5%</b>	Folate <b>7%</b>
Calcium 68mg <b>5%</b>	Vitamin B12 <b>4%</b>
Iron 1.5mg <b>8%</b>	Biotin <b>4%</b>
Potassium 211mg <b>4%</b>	Iodine <b>32%</b>
Vitamin A <b>14%</b>	Zinc <b>9%</b>
Vitamin C <b>7%</b>	
Vitamin E <b>7%</b>	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# MannaPack™ Lentil

## Product Overview

The MannaPack™ Lentil product was designed to accommodate restrictions on GMO-containing imports on an as needed basis. As with MannaPack™ Rice, the MannaPack™ Lentil product is considered a supplemental food that can be enhanced for both variety and nutritional value through its use in recipes that are tailored to the cultural preferences and regional resources. Adding vegetables and protein foods gives these meals and the children or adults who consume them an even bigger nutritional boost.

## Components

Lentil, textured soy protein, dehydrated vegetables, vegetarian flavoring with a vitamin and mineral blend

## Preparation Instructions (entire bag)

1. Add contents of package to 1.4 L (about 6 cups) of boiling water. Stir.
2. Cover and cook over low heat for 20 to 30 minutes.
3. Spices, vegetables, and oil may be added during preparation to enhance nutrition and tailor to local tastes.

## How Should it be Used?

MannaPack™ Lentil is designed as a supplemental fortified food to improve dietary intake of calories, protein, vitamins and minerals. It is designed to complement other foods, such as vegetables, fruits, grains, and protein foods, as a part of an adequate and well-balanced diet.

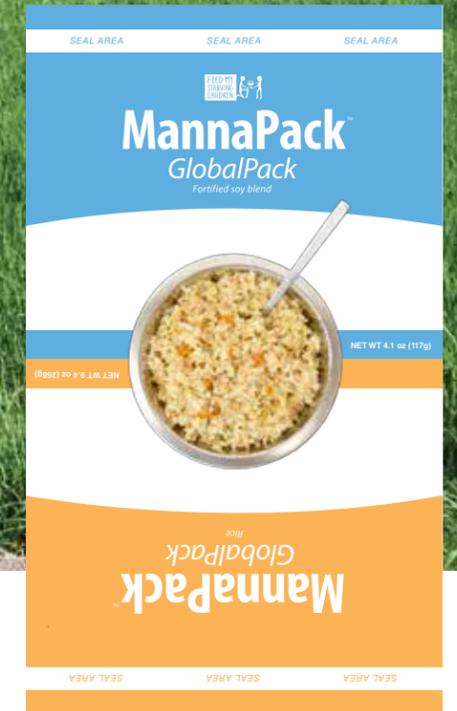
## Benefits of MannaPack™ Lentil

- Provides a balance of calories, protein and micronutrients.
- The lentil product is intended for limited use to serve areas currently restricting some food ingredients.



<b>Nutrition Facts</b>	
6 servings per bag	
<b>Serving Size 1 cup prepared (81.3g)</b>	
<b>Amount Per Serving</b>	
<b>Calories 280</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 704mg	<b>29%</b>
<b>Total Carbohydrate</b> 56.9g	<b>19%</b>
Dietary Fiber 4.4g	<b>18%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11.5g	
Vitamin D 4.5mcg <b>23%</b>	Folate <b>115%</b>
Calcium 26mg <b>2%</b>	Vitamin B12 <b>114%</b>
Iron 9.4mg <b>52%</b>	Biotin <b>470%</b>
Potassium 188.3mg <b>4%</b>	Pantothenic Acid <b>99%</b>
Vitamin A <b>29%</b>	Phosphorus <b>16%</b>
Vitamin C <b>31%</b>	Iodine <b>47%</b>
Vitamin E <b>2%</b>	Magnesium <b>12%</b>
Thiamin <b>59%</b>	Zinc <b>30%</b>
Riboflavin <b>7%</b>	Copper <b>71%</b>
Niacin <b>66%</b>	Manganese <b>61%</b>
Vitamin B6 <b>15%</b>	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# MannaPack™ GlobalPack

## Program Purpose Statement

GlobalPack aims to reduce hunger in communities through local procurement and volunteer packing of the rice component in Feed My Starving Children's MannaPack™ GlobalPack product. GlobalPack is one of FMSC's sustainable development initiatives.

## Program Summary

The premise of GlobalPack (formerly called Joined Hands or 3-Pack) is simple. At FMSC, volunteers in the United States pack three components of our food – vitamins, vegetables and soy – that are not readily available in the countries we serve. Our distribution partners then mobilize in-country volunteers to pack locally grown and procured rice. This program not only stimulates the local economy and supports small-scale farmers, but it is a step towards dignity and self-reliance for those it touches.

## Product Overview

The MannaPack™ GlobalPack product is considered a supplemental food that can be enhanced for both variety and nutritional value through its use in recipes that are tailored to the cultural preferences and regional resources. Adding vegetables and protein foods gives these meals and the children or adults who consume them an even bigger nutritional boost.

*\*Product components, preparation, nutrition facts and usage instructions are consistent with MannaPack™ Rice and can be found on page 5.*



## LAUZA'S TRANSFORMATION

TESTIMONIAL: FMSC FOOD PARTNER AFRICAN CHILDREN TODAY

### 📍 UGANDA

Lauza's smile is radiant. The 5-year-old girl enjoys going to school, playing with her friends and running around the community of Rakai, Uganda. However, it was only a couple year's prior that Lauza's future looked grim.

Lauza was left in the care of her grandmother, Sabrina, after her father died. Caring for four other children, Sabrina struggled to provide all they needed.

Lauza was overcome by illness and pain caused by undernutrition. FMSC food partner African Children Today (ACT) stepped in to provide food assistance to the family.

When ACT's in-country representative found Lauza she was very sick. Clothing draped over her malnourished body and scratches could be seen from the skin infection scabies.

The World Health Organization recommends that a healthy 2 year old girl weigh around 26.5 pounds. Lauza was barely 13 pounds.

After three weeks on MannaPack™ Rice, Lauza could stand alone for a few minutes but still could not take a step. *Lauza was on MannaPack Rice for two months when she gained a healthy five pounds.*

Now at 5 years old, Lauza has not only overcome undernutrition, she is happier than ever. MannaPack™ Rice built a solid foundation and ACT provided support for Lauza's entire life to change.

### About African Children Today

African Children Today (ACT) supports community programs in Rakai, Uganda that directly affect women and children suffering from the impact of HIV/AIDS. ACT is dedicated to helping children with the goal that each child receives a solid education, life skills and training about HIV/AIDS. ACT uses FMSC meals at five primary schools and to support vulnerable families who have lost one or both parents to AIDS.



FOR MORE INFORMATION ON FEED MY STARVING CHILDREN'S FOOD FORMULAS,

PLEASE CONTACT:

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