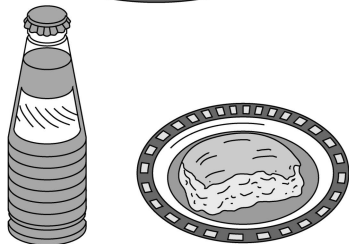
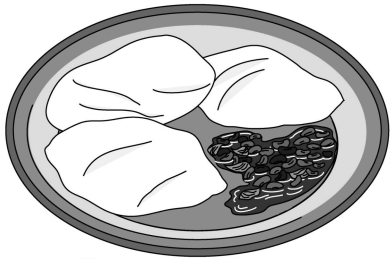
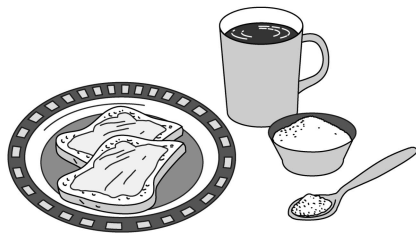
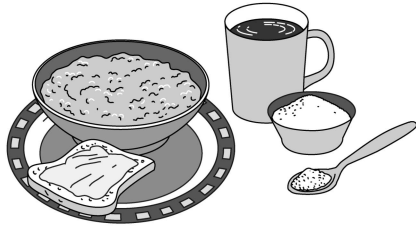


Meals and Snacks

Poster 5

Current Choices

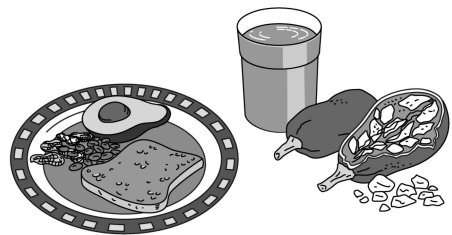


Better Choices

Breakfast



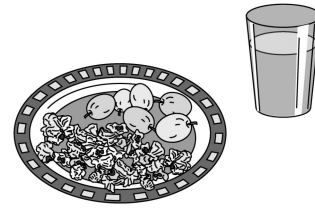
Snack



Lunch



Snack



Supper



Sustainable Nutrition Manual by Stacia Nordin, editing & illustrations by Sarah Beare
Funded by World Food Program Malawi, 2016. Download (free) from www.neverendingfood.org