

## Appendix 2: Menu planning Guide

This guide is to help plan ahead to serve the most diverse, local menu. Ideally you should start your planning well in advance, but it can be used any time. The goal of is to have diverse meals and snacks like found in the Sustainable Nutrition manual.

### **Basic Menu Plan for an Adult**

The amount needed for each adult can be put together in very many different ways, but a basic plan, balanced across the day, could look like this table below. (Breakfast, Snack, Lunch, Snack and Supper are abbreviated as single letters)

| Food Group        | Total Zipande | B | Sn | L   | Sn | S   | Hints, try to:   |
|-------------------|---------------|---|----|-----|----|-----|--|
| 1. Staple         | 6             | 2 | ½  | 1 ½ | ½  | 1 ½ | Spread out evenly through the day                                  |
| 2. Fruit          | 3             | 1 |    | 1   |    | 1   | Include a fruit and/or vegetable every time you eat                |
| 3. Vegetable      | 4             |   | 1  | 1   | 1  | 1   |  |
| 4. Legumes & Nuts | 1½            | 1 |    | ½   |    |     | Include a high protein food with most meals and snacks             |
| 5. Animal         | 1             |   | ½  |     |    | ½   |  |
| 6. Fat and Oil    | 3 Tbsp.       | ½ | ½  | ½   | ½  | 1   | No need to include fat with a high fat legume, nut, or animal food |
| Water             | 12 cups       | 2 | 3  | 2   | 3  | 2   | Drink 2-3 cups every few hours                                     |

### **Making food choices**

In order to have the most diversity, we need to know what is available locally: from markets, stores, farms or naturally.

The tables on the following pages will help you document what is available in the area, what the staff know how to prepare, and what quantities are available, to know if you have enough for 1 snack or meal or several.

#### **As you select food concentrate on:**

- **Healthiest** choices from each food group: Dark and bright colours, as much diversity as you can find, whole grains that are minimally processed, keeping as much of the edible skins and seeds as possible.
- **Minimize ‘extras’** like sugar, sweets, alcohol, high salt / fat snacks, etc.
- **Locally available** items to support local economies, reduce transport and have the freshest tastiest foods possible. If there isn't enough variety available locally you will need to know in advance so you can plan how to fill the gaps.

***Foods Available by Group and Season***

| Food Groups                         | Foods Available | Hot & Wet | Cool    | Hot & Dry |
|-------------------------------------|-----------------|-----------|---------|-----------|
|                                     |                 | Dec–Mar   | Apr–Jul | Aug–Nov   |
| <b>1<br/>Staples</b>                | 1.              |           |         |           |
|                                     | 2.              |           |         |           |
|                                     | 3.              |           |         |           |
|                                     | 4.              |           |         |           |
|                                     | 5.              |           |         |           |
| <b>2<br/>Fruits</b>                 | 1.              |           |         |           |
|                                     | 2.              |           |         |           |
|                                     | 3.              |           |         |           |
|                                     | 4.              |           |         |           |
|                                     | 5.              |           |         |           |
| <b>3<br/>Vegetables</b>             | 1.              |           |         |           |
|                                     | 2.              |           |         |           |
|                                     | 3.              |           |         |           |
|                                     | 4.              |           |         |           |
|                                     | 5.              |           |         |           |
| <b>4<br/>Legumes<br/>&amp; Nuts</b> | 1.              |           |         |           |
|                                     | 2.              |           |         |           |
|                                     | 3.              |           |         |           |
|                                     | 4.              |           |         |           |
|                                     | 5.              |           |         |           |
| <b>5<br/>Animal<br/>Foods</b>       | 1.              |           |         |           |
|                                     | 2.              |           |         |           |
|                                     | 3.              |           |         |           |
|                                     | 4.              |           |         |           |
|                                     | 5.              |           |         |           |
| <b>6<br/>Fats<br/>&amp; Oils</b>    | 1.              |           |         |           |
|                                     | 2.              |           |         |           |
|                                     | 3.              |           |         |           |
|                                     | 4.              |           |         |           |
|                                     | 5.              |           |         |           |

## Malawi Food Group Summary

*chipande / zipande* = serving spoon/s. **Tbsp.** = tablespoon. **tsp.** = teaspoon.

| Food Group<br>Amount                            | High Nutrients<br><i>Some Nutrients</i>  | <ul style="list-style-type: none"> <li>• <b>Examples of Foods</b></li> <li>✓ <b>Hints for choosing the highest nutrients</b></li> </ul>   |
|---|--|---|
| <b>Staples</b><br>5-6 zipande                   | <b>carbohydrates including fibre</b><br><i>proteins</i><br><i>minerals</i><br><i>vitamins</i>              | <ul style="list-style-type: none"> <li>• <b>Grains:</b> rice, wheat, sorghum, millet, maize.</li> <li>✓ Whole grains with bran (<i>gaga</i> or <i>madeya</i>) and germ (<i>mtima</i>). Germinated / fermented grains.</li> <li>• <b>Starchy Roots:</b> yams (<i>chilazi</i>, <i>viyao</i>), sweet potatoes, Irish potatoes, cassava</li> <li>✓ Edible skins of starchy roots</li> </ul>               |
| <b>Fruits</b><br>3 zipande                      | <b>vitamins</b><br><i>water</i><br><i>carbohydrates including fibre</i>                                    | <ul style="list-style-type: none"> <li>• <b>All Fruits</b> except for those in fat or vegetable group. Sweet or tangy fruits that are often eaten raw: papaya, guava, tangerine, banana, mchisu, granadilla, sugar cane</li> <li>✓ Brightest colours, choose a variety of colours</li> <li>✓ Tangiest tastes</li> </ul>   |
| <b>Vegetables</b><br>3-4 zipande                | <b>fibre</b><br><b>minerals</b><br><b>vitamins</b><br><i>proteins</i>                                      | <ul style="list-style-type: none"> <li>• <b>Greens:</b> <i>bonongwe</i>, <i>chisoso</i>, <i>luni</i></li> <li>• <b>Fruits:</b> pumpkin, tomatoes, peppers</li> <li>• <b>Roots:</b> onion, garlic</li> <li>• Mushrooms and other fungi</li> <li>• <b>Flowers:</b> Pumpkin flowers</li> <li>✓ Darkest, brightest, variety of colours</li> </ul>   |
| <b>Legumes &amp; Nuts</b><br>1½ zipande         | <b>proteins</b><br><b>carbohydrate including fibre</b><br><b>minerals</b><br><b>vitamins</b><br><i>fat</i> | <ul style="list-style-type: none"> <li>• <b>Legumes:</b> hyacinth bean (<i>khungudzu</i>), ground beans (<i>nzama</i>), soybeans, pigeon pea (<i>nandolo</i>), peas (<i>nsawawa</i>), mucuna (<i>kalongonda</i>), groundnuts</li> <li>• <b>Tree Nuts:</b> <i>mbula</i>, <i>maula</i>, cashew,</li> <li>✓ High fat: nuts and soy</li> <li>✓ Sprouted (use only legumes that are edible raw)</li> </ul> |
| <b>Animal Foods</b><br>1 chipande               | <b>proteins</b><br><b>fat</b><br><b>minerals</b><br><b>vitamins</b>  | <ul style="list-style-type: none"> <li>• <b>Flesh:</b> mice, chicken, pigeon, pig, goat, fish,</li> <li>• <b>Insects:</b> <i>ngumbi</i> (termites), caterpillars</li> <li>• eggs, milk, <i>chambiko</i> (yoghurt), cheese</li> </ul>  |
| <b>Fats</b><br>3 Tbsp. seed<br>or<br>3 tsp. oil | <b>fat</b><br><i>proteins</i><br><i>minerals</i><br><i>vitamins</i><br><i>fibre</i>                        | Foods that feel “fatty” in your mouth: <ul style="list-style-type: none"> <li>• <b>Oilseeds:</b> from pumpkin, sesame, sunflower</li> <li>• <b>Cooking Oils</b> pressed from seeds</li> <li>• <b>Fruits:</b> avocado pear, coconut</li> <li>• <b>Animal Fats:</b> butter, lard</li> <li>✓ Whole seeds, avocado, coconut, sprouted seeds</li> </ul>  |
| <b>Water</b><br>8-12 cups                       | <b>water</b><br><i>minerals</i>  | <ul style="list-style-type: none"> <li>• Water, juices (fresh, 100% juices), and other drinks.</li> <li>✓ Limit / avoid refined sugars, alcohol, and caffeine drinks.</li> </ul>  |

## Menu Suggestions

This doesn't list all the choices, just some of the many possibilities!

| Food Group                   | Breakfast / Breaks   | Lunch / Supper   |
|------------------------------|--|--|
| <b>1. Staples</b>            | <ul style="list-style-type: none"> <li>• <b>Tubers:</b> <i>Futali</i>, Irish potatoes, sweet potatoes, cassava, yam, <i>chikhande</i>, cocoyam</li> <li>• <b>Grains:</b> <i>phala</i> (rice, <i>mgaiwa</i>, oats, etc.) <i>thobwa</i>, bread, chapatti, crackers, <i>chikondamoyo</i></li> <li>• <b>Fruits:</b> green bananas, plantains</li> </ul>  | <ul style="list-style-type: none"> <li>• <b>Tubers:</b> <i>Futali</i>, Irish potatoes, sweet potatoes, cassava, yam, <i>chikhande</i>, cocoyam</li> <li>• <b>Grains:</b> <i>mgaiwa</i>, <i>ufa woyera</i>, rice, millet, sorghum, pasta, bread, chapatti</li> <li>• <b>Fruits:</b> green bananas, plantains</li> </ul> |
| <b>2. Fruits</b>             | <ul style="list-style-type: none"> <li>• <b>Trees:</b> baobab, <i>chitimbe</i>, tamarind, apple, <i>masawo</i>, <i>mposa</i>, <i>mkuyu</i>, peaches, <i>nthudza</i>, <i>masuku</i>, guava, banana, papaya, lemon, lime, oranges, <i>nachis</i>, <i>maso ang'ombe</i>, <i>matowo</i>, <i>mbula</i>, cashew fruit, Indian almond, <i>mpungulira</i></li> <li>• <b>Vines:</b> <i>kayimbe</i>, watermelon, <i>magalagadeya</i>, <i>mulunguzi</i></li> <li>• <b>Plants:</b> pineapple, <i>chidede</i> fruit, sugar cane, <i>jamu</i></li> </ul>   |  |
| <b>3. Vegetables</b>         | <ul style="list-style-type: none"> <li>• <b>Greens:</b> <i>bonongwe</i>, <i>nkwanyana</i>, <i>chisoso</i>, cabbage, Chinese cabbage, <i>chigwada</i>, <i>luni</i>, lettuce, <i>mpiru</i>, <i>chidede</i>, <i>kholowa</i>, <i>mdele</i>, <i>chamalawi</i>, <i>chewe</i>, <i>denje</i>, <i>limanda</i>, <i>kalokola</i>, <i>amunaligone</i>, <i>mbilidzongwe</i>, <i>mlozi</i>, <i>mtambe</i>, <i>zumba</i></li> <li>• <b>Fruits:</b> okra, tomato, pumpkin, asparagus, chillies, green peppers, cucumber, <i>chipwete</i>, eggplant, <i>mphonda</i>, <i>chinkhupule (young)</i>, <i>impwa</i></li> <li>• <b>Mushrooms</b></li> <li>• <b>Roots:</b> onions, garlic, carrots, turnips, beets</li> </ul> |  |
| <b>4. Legumes &amp; Nuts</b> | <ul style="list-style-type: none"> <li>• Nsinjiro added to <i>phala</i>, groundnuts, roasted soya, cashews, macadamia, almonds, <i>chiponde</i>, <i>chipere</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <i>Nzama</i>, <i>nandolo</i>, soya pieces, <i>nyemba</i>, <i>nsinjiro</i>, any nuts, <i>kabaifa</i>, <i>nseula</i>, <i>khobwe</i>, <i>chipere</i></li> </ul>  |
| <b>5. Animal Foods</b>       | <ul style="list-style-type: none"> <li>• Breakfast meats, <i>ngumbi</i>, other insects</li> <li>• Milk, yogurt / <i>chambiko</i>, eggs, cheese</li> </ul>  | <ul style="list-style-type: none"> <li>• Beef, fish, chicken, duck, goat, pork, birds, insects</li> <li>• Milk, yogurt / <i>chambiko</i>, eggs, cheese</li> </ul>  |
| <b>6. Fats</b>               | <ul style="list-style-type: none"> <li>• Butter, avocado, coconuts, oils / seed of: <i>mlambe</i>, sunflower, pumpkin, <i>kayimbe</i>, <i>bonongwe</i>, sesame</li> <li>• Seeds baked into breads; made into flour, added to porridge, baked goods, side dishes; spreads for breads, etc.</li> </ul>   |  |

**Menu Plan for the Week (example)**

If people are new to healthy eating, start with food they recognise. As the group progresses, slowly introduce new foods. If you are in a workshop, by the last day you should be able to really eat differently, then finish with a well-planned extra special menu that people will remember, talk about and be inspired by!

Every food group is included every day in the balance recommended.

|                   | Arrival   | Day 1   | Day 2   | Day 3  | Day 4   | Day 5   |
|-------------------|---|---|---|--|---|---|
| <b>Break-fast</b> |   | <ul style="list-style-type: none"> <li>• Sweet potato <i>futali</i></li> <li>• Banana</li> <li>• Milk, nut flour in <i>futali</i></li> <li>• Fat in nut flour</li> <li>• Healthy teas, honey</li> </ul> | <ul style="list-style-type: none"> <li>• Brown bread</li> <li>• Papaya</li> <li>• Nut butter, milk</li> <li>• Avocado</li> <li>• Healthy teas, honey</li> </ul>   | <ul style="list-style-type: none"> <li>• Chips with skins</li> <li>• Tangerine</li> <li>• Boiled egg, milk</li> <li>• Coconut pieces</li> <li>• Healthy teas, honey</li> </ul>     | <ul style="list-style-type: none"> <li>• Millet porridge</li> <li>• Papaya</li> <li>• Nut / legume flour, milk</li> <li>• Fat in nut flour</li> <li>• Healthy teas, honey</li> </ul>                                    | <ul style="list-style-type: none"> <li>• Brown bread</li> <li>• Fruit salad</li> <li>• Egg, sausages, milk</li> <li>• Avocado</li> <li>• Healthy teas, honey</li> </ul>   |
| <b>Snack</b>      |   | <ul style="list-style-type: none"> <li>• Banana <i>chikondamoyo</i></li> <li>• Peanut butter, milk</li> <li>• Healthy teas, honey</li> </ul>  | <ul style="list-style-type: none"> <li>• Sugar cane</li> <li>• Groundnuts, milk</li> <li>• Healthy teas, honey</li> </ul>   | <ul style="list-style-type: none"> <li>• Thobwa, Cucumber</li> <li>• Milk, Pumpkin seeds</li> <li>• Healthy teas, honey</li> </ul>   | <ul style="list-style-type: none"> <li>• Brown bread, Fruit</li> <li>• Boiled eggs, milk</li> <li>• Healthy teas, honey</li> </ul>  | <ul style="list-style-type: none"> <li>• Groundnuts, milk</li> <li>• Healthy teas and honey</li> </ul>  |
| <b>Lunch</b>      |   | <ul style="list-style-type: none"> <li>• Mixed nsima, cassava</li> <li>• Tangerine</li> <li>• Greens tomato, onion, garlic, etc.</li> <li>• Beef stew (tuber, veg)</li> <li>• Fat in beef</li> </ul>    | <ul style="list-style-type: none"> <li>• Mixed flour nsima</li> <li>• Pineapple</li> <li>• Greens tomato, onion, garlic, etc.</li> <li>• <i>Nzama</i> stew (&amp; veg)</li> <li>• Little oil in stew</li> </ul> | <ul style="list-style-type: none"> <li>• Rice / millet</li> <li>• Baobab</li> <li>• Pumpkin tomato, onion, garlic, etc.</li> <li>• Fried fish</li> <li>• Oil for frying</li> </ul> | <ul style="list-style-type: none"> <li>• Baked/boiled yam/tuber</li> <li>• Custard apple</li> <li>• Fried okra, onion, garlic,</li> <li>• <i>Nyama ya soya</i> meat</li> <li>• Sesame seeds on veg</li> </ul>           | <ul style="list-style-type: none"> <li>• Nsima and brown rice</li> <li>• Pineapple</li> <li>• Yogurt salad: cucumber tomato, onion, garlic</li> <li>• Fried chicken, yogurt</li> <li>• Oil for frying, chocolate</li> </ul> |
| <b>Snack</b>      | <ul style="list-style-type: none"> <li>• Fruit juice, fruit</li> <li>• Groundnuts</li> <li>• Water</li> </ul>   | <ul style="list-style-type: none"> <li>• Fruit juice, popcorn</li> <li>• Soy nuts, milk</li> <li>• Healthy teas, honey</li> </ul>   | <ul style="list-style-type: none"> <li>• Cassava <i>futali</i></li> <li>• Milk, nuts in <i>futali</i></li> <li>• Healthy teas, honey</li> </ul>   | <ul style="list-style-type: none"> <li>• Papaya</li> <li>• Chambiko, milk</li> <li>• Healthy teas, honey</li> </ul>  | <ul style="list-style-type: none"> <li>• Banana <i>chikondamoyo</i></li> <li>• Milk</li> <li>• Healthy teas, honey</li> </ul>   | Travel Pack: <ul style="list-style-type: none"> <li>• Popcorn, Peanuts</li> <li>• Water</li> </ul>  |
| <b>Supper</b>     | <ul style="list-style-type: none"> <li>• Nsima, potatoes</li> <li>• Papaya</li> <li>• Greens, tomato, onion, garlic, etc.</li> <li>• Chicken stew (veg &amp; starchy root)</li> <li>• Little oil in stew</li> </ul> | <ul style="list-style-type: none"> <li>• Rice and sorghum</li> <li>• Banana</li> <li>• Salad, tomato, onion, garlic, etc.</li> <li>• Beans stew</li> <li>• Avocado</li> </ul>                           | <ul style="list-style-type: none"> <li>• Green banana</li> <li>• Tamarind</li> <li>• Eggplant, tomato, onion, garlic, etc.</li> <li>• <i>Nyama ya soya</i> meat</li> <li>• Little oil</li> </ul>                | <ul style="list-style-type: none"> <li>• Cassava</li> <li>• Banana</li> <li>• Mushrooms, tomato, onion, garlic, etc.</li> <li>• Pigeon pea stew</li> <li>• Little oil</li> </ul>   | <ul style="list-style-type: none"> <li>• Nsima</li> <li>• Tangerine</li> <li>• Greens, tomato, onion, garlic, etc.</li> <li>• Eggs stew peanut flour</li> <li>• Avocado</li> <li>• Party drinks &amp; snacks</li> </ul> | <ul style="list-style-type: none"> <li>• Hopefully everyone will continue to eat at home, as better planners of nutritious meals and snacks, and as inspired cooks and eaters!</li> </ul>                                   |

**Food Availability for Menu Planning (partially filled)**

| <b>1. Staples</b>                                | <b>Amount Available</b> | <b>Can prepare?</b> | <b>Cost</b> |
|--|-------------------------|---------------------|-------------|
| Yams – <i>coco</i> or other local edible yam     |                         |                     |             |
| <i>Buye</i> , air potatoes, other local potatoes |                         |                     |             |
| Cassava  |                         |                     |             |
| Sweet potato                                     |                         |                     |             |
| Rice – whole with husk (un-milled)               |                         |                     |             |
| Maize – whole grain                              |                         |                     |             |
| Sorghum or millet                                |                         |                     |             |
| Green bananas                                    |                         |                     |             |
| <i>Thobwa</i>                                    |                         |                     |             |
| <i>Chikondamoyo / chigumo</i>                    |                         |                     |             |
| Wheat breads – preferably whole wheat            |                         |                     |             |
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| 2. Fruits                 | Amount Available | Can prepare? | Cost |
|---------------------------|------------------|--------------|------|
| Citrus                    |                  |              |      |
| Baobab                    |                  |              |      |
| Tamarind                  |                  |              |      |
| Soursop                   |                  |              |      |
| <i>Masuku</i>             |                  |              |      |
| Bananas                   |                  |              |      |
| Figs                      |                  |              |      |
| Melons                    |                  |              |      |
| Berries                   |                  |              |      |
| Plums                     |                  |              |      |
| Chidede fruits (red part) |                  |              |      |
| Sugar cane                |                  |              |      |
| Honey                     |                  |              |      |
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|                           |                  |              |      |

| 3. Vegetables                                    | Amount Available | Can prepare? | Cost |
|--|------------------|--------------|------|
| Green leaves                                     |                  |              |      |
| Peppers – any hot peppers                        |                  |              |      |
| Onions   |                  |              |      |
| Tomatoes, small <i>pwerekete</i> best            |                  |              |      |
| Garlic   |                  |              |      |
| Ginger – local <i>thungula</i> best              |                  |              |      |
| Eggplants, local <i>mabunzo</i> / <i>zimphwa</i> |                  |              |      |
| Sponge / loofa                                   |                  |              |      |
| Okra   |                  |              |      |
| Chipwete   |                  |              |      |
| <i>Khanyanga</i> (prickly cucumber)              |                  |              |      |
| Cucumber foreign                                 |                  |              |      |
| Pumpkin  |                  |              |      |
| Mphonda (gourd)                                  |                  |              |      |
| Mushrooms  |                  |              |      |
| Flowers (pumpkin, nasturtium, etc.)              |                  |              |      |
| Local tea leaves<br>(medicinal or drinking)      |                  |              |      |
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|  |                  |              |      |
|  |                  |              |      |
|  |                  |              |      |

| <b>4. Legumes and Nuts</b>                | <b>Amount Available</b> | <b>Can prepare?</b> | <b>Cost</b> |
|---|-------------------------|---------------------|-------------|
| <i>Kamumpanda / chimbamba</i>             |                         |                     |             |
| <i>Khungudzu</i>                          |                         |                     |             |
| <i>Kabaifa</i>                            |                         |                     |             |
| Soya or soya meat pieces                  |                         |                     |             |
| Soya milk or other soy products           |                         |                     |             |
| <i>Nzama</i>                              |                         |                     |             |
| <i>Kalongonda</i>                         |                         |                     |             |
| <i>Nseula / khobwe</i>                    |                         |                     |             |
| Common beans or various colours           |                         |                     |             |
| <i>Muula / mbula / maula / mfula nuts</i> |                         |                     |             |
| Groundnuts or other nuts                  |                         |                     |             |
| <i>Chiponde</i> from nuts                 |                         |                     |             |
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Appendix 2: Menu Planning Guide

| 5. Animal Foods              | Amount Available | Can prepare? | Cost |
|------------------------------|------------------|--------------|------|
| Eggs chicken or duck         |                  |              |      |
| Cow's or goat's milk         |                  |              |      |
| <i>Chambiko</i>              |                  |              |      |
| Insects                      |                  |              |      |
| Wild meats (legally caught!) |                  |              |      |
| Fish                         |                  |              |      |
| Chicken                      |                  |              |      |
| Guinea fowl                  |                  |              |      |
| Ducks                        |                  |              |      |
| Goat                         |                  |              |      |
| Beef                         |                  |              |      |
| Rabbit                       |                  |              |      |
| Guinea pig                   |                  |              |      |
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