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Smart Food Tips



**Ideas developed by
Rwandan mothers,
for Rwandan mothers**

**Affordable, easy, tasty
and nutritious meals,
so your family eats well
and lives well**



Are you concerned your children may not be getting the vitamins and nutrients they need?

Do you have picky eaters at home?

Do you find it hard to regularly make nutritious meals for your family, which are affordable, tasty and easy?

You are not alone!

Many mothers like you feel exactly this way. That is why we created this booklet!

Check out these tips, created and approved by mothers like you, from your community and enjoy **EASY, TASTY, NUTRITIOUS and AFFORDABLE RECIPES** for the whole family.

At the end of this booklet, we added recipe cards which you can remove and share with your friends – to spread the good ideas!

We wish you and your family health and wellbeing.

LIVE well, EAT well, GROW well!



Eggs are an easy way to add nutrition to your children's meal.

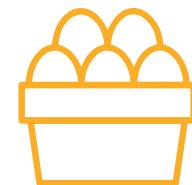
Tip 1

Smart Porridge

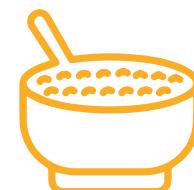
Try mixing eggs into your family's morning porridge.

Simply whisk the eggs, then pour them into the porridge, while it's cooking:

- Your breakfast will be super nutritious.
- Your porridge will be smooth and delicious.



Eggs



Porridge

Here is what mothers say:

"My child who doesn't like to eat egg yolk is now consuming the whole egg in the morning porridge, since I learned this trick."

"From the day we attended the (smart food tip) session, I always cook the eggs in the morning porridge. I also cook the veggies, beans with rice twice a week. It was very delicious and my babies liked it"

Feeding your family nutritious food doesn't have to be hard.

Tip 2

Make your vegetables even more nutritious, by adding just a couple of eggs!



Eggs



Tomatoes



Other Vegetables



Onions



Spoon of Oil



Spices of your preference

Fry some onion, tomatoes and any other vegetables you have with a little bit of oil and spices you like and when the vegetables are cooked, scramble some eggs inside and mix with the vegetables.

Enjoy!





Our local vegetables are so versatile and can make any meal more nutritious, delicious and colorful – quick, easy and affordable.

Here are some of mothers' favorite vegetable tips.

Tip 3

Potato and vegetables mix



Potato



Tomato



Green veggies



Oil



Beans



Small dried fish



Spices of your preference

Wash your vegetables well. Mix potatoes with green veggies, beans, dried small fish, tomatoes and add a little bit of oil and spices of your preference.

Tip 4

Special Posho



Carrots



Spoon of Oil



Water



Corn flour

1. Wash a number of carrots (depending on the quantity of the posho you need).
 2. Grate your carrots small.
 3. Add a tiny bit of oil in a pan and add the grated carrot, stir for a moment (2min or 3min max).
 4. Add water and salt in the pan, wait until boiled.
 5. Add your white corn flour to the water and stir until it becomes a good posho.
- The posho is nutritious, looking well (colorful) and children are more attracted to it.



Tip 5

Green Rice



Leeks



Rice



Spices of your
preference
(like celery)



Spoon of oil



Salt

1. Wash your leeks.
2. Pound the leeks with the Isekuru machine (traditional Rwandan mortar).
3. Add water to the Isekuru and remove big parts of unchopped leek (the amount of water will depend on the amount of rice you want to cook).
4. Add the water with the leeks to a pot, add a little bit of salt and boil.
5. When the water is boiling, add the rice and one spoon of oil. Add your preferred spices. Cover the lid and cook the rice.
6. Serve on its own with your preferred side of vegetables or protein.

Your children will love the green color and delicious taste of the rice!

Tip 6

Colorful Rice



Eggs
(optional)



Rice



Small dried fish
(optional)



Salt



Onion



Beans



Carrot



Garlic

1. Boil your rice as usual.
2. Boil beans as usual.
3. Wash all your vegetables well.
4. Meanwhile chop the onion and garlic.
5. Finely chop all other vegetables.
6. Add a tiny bit of oil to frying pan. Fry onion, garlic until softened. Add chopped up vegetables, salt, pepper, and sautee until soft. Set aside.
7. Drain the beans.
8. Finish cooking rice.
9. Add beans and sauteed vegetables to the rice and stir to mix.
10. (Optional: mix eggs in a bowl with a pinch of salt to create a smooth mixture.). Heat a little bit of oil in a pan. Add the egg and swirl the pan, let egg fry until done.
11. Place the thin egg omelette on a chopping board and cut into thin stripes.
12. Serve the rice with the egg stripes and dried fish on top.



Our local cabbage is affordable, delicious and filled with protective benefits!

Tip 7

Easy cabbage stew



Cabbage



Onion



Carrot



Potato
(optional)



Tomato



Spices of your choice

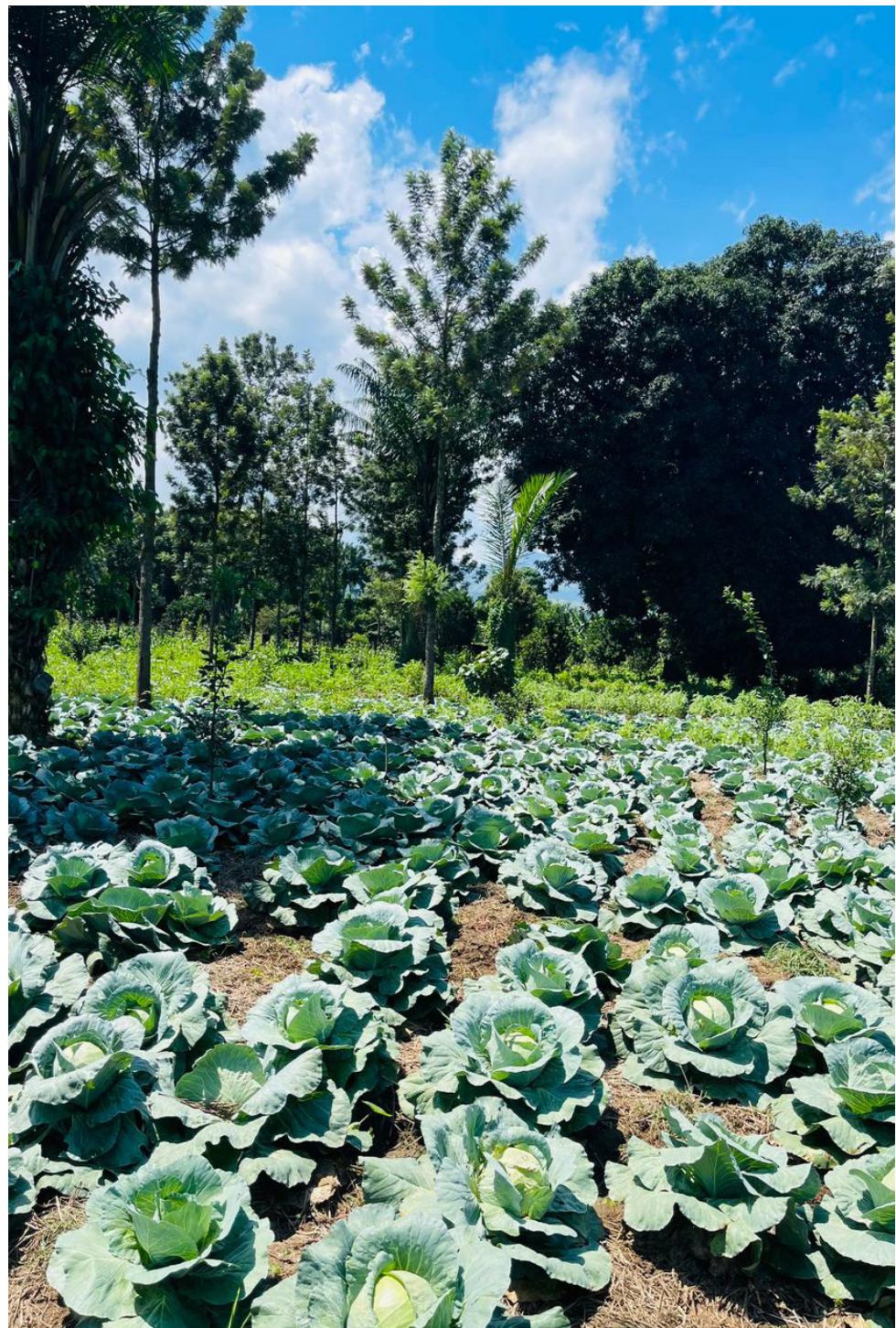


Salt



Small dried
Fishes

1. Wash your vegetables well.
2. Cut cabbage into small pieces. (Optional: Cut potato into small cubes). Chop onion roughly. Cut the carrot into small pieces. Chop tomato.
3. Fry onion, and carrot, (potato optional) season with salt, fry until soft.
4. Add cabbage and stir. Let sautee until softened.
5. Add tomatoes, spices of your choice, some water, more salt to taste.
6. If you have a cover, cover with a lid and lower the heat. Let the vegetables simmer until soft and water has reduced and turned into a sauce.
7. Serve with anything you like or eat on its own.





Our local fish is so delicious and extremely nutritious

Tip 8

Super Cassava bread with vegetables and fishes



Cassava bread



Vegetables of your choice like carrots, onion, tomatoes or others



Fishes



Spices



Spoon of oil

1. Thoroughly wash the vegetables of your choice.
2. Cut them into small pieces.
3. Prepare spices of your choices.
4. Put a little oil in pan and cook the vegetables.
5. Add salt, onion and spices. Cook until ready to eat.
6. Wash your fishes.
7. Cut fishes into medium pieces.
8. Put a little oil in pan and cook.
9. Add fishes, salt, onion, tomatoes and other spices of your choice.
10. Cook until ready to eat.
11. Prepare Cassava bread aside.

Eat your food (fishes + vegetables and cassava bread/ugali).



Tip 9

Easy Fish Stew



1 large whole fish
(washed, cut into
chunks, patted dry
or a few small fish)



Salt and black
pepper (to season
the fish to taste)



1 tbsp vegetable oil



1 large
onion(chopped)



2 garlic cloves
(grated)



1 tsp grated ginger



1 cup of water



4 medium-large ripe
tomatoes (chopped)



1/4 tsp salt



Fish Massala
(optional)



Maggi cube
(optional)

1. Wash your vegetables.
2. In a deep pan, heat 1 tbsp oil and fry onions until soft.
3. Add the ginger, garlic, chili and fry until fragrant (do not brown).
4. Add the chopped tomatoes and salt. Stir and simmer for about 5 minutes or until tomatoes are soft.
5. Add the masala, stir, then add the water. Stir well, cover with a lid and simmer for another 5 minutes. Add Maggi.
6. In the meantime, season your fish with salt and black pepper but remember to use sparingly as stew is already seasoned.
7. Add the fish. Cover and simmer for 10-15 minutes or until fish is cooked through.

Serve with rice, Ugali and if you like, a green leafy vegetable.

**Mothers appreciate this recipe
as it does not require a lot of oil,
it's affordable, easy to prepare
and the flavors are so delicious!**

Because the cooking method does not require much oil at all, you will save money on oil and taste the delicious flavors of the food, instead of the oil!

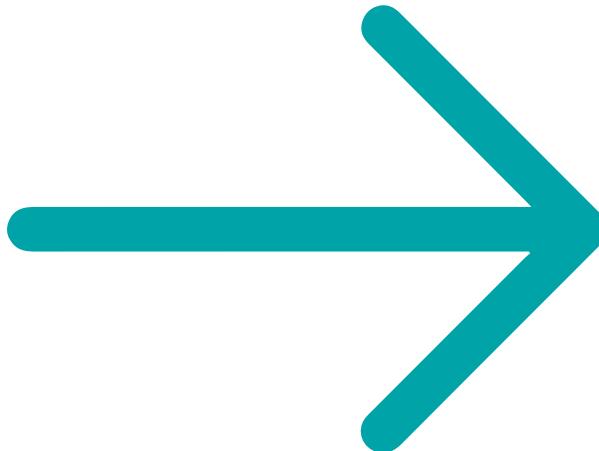
Your family will love this dish!





Share your favorite tips and spread the joy

Just pick your favorite tip, rip out the card and share with a friend



LIVE well, GROW well, EAT well



Eggs are an easy way to add nutrition to your children's meal.

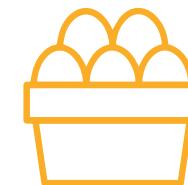
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Try mixing eggs into your family's morning porridge.

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Eggs

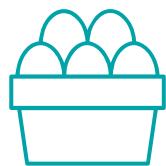


Porridge

Feeding your family nutritious food doesn't have to be hard.

Tip 2

Make your vegetables even more nutritious, by adding just a couple of eggs!



Eggs



Tomatoes



Other Vegetables



Onions



Oil



Spices of your preference

Fry some onion, tomatoes and any other vegetables you have with a little bit of oil and spices you like and when the vegetables are cooked, scramble some eggs inside and mix with the vegetables.

Tip 3

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Tomato



Green veggies



Oil



Beans



Small dried fish



Spices of your preference

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Corn flour

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The posho is nutritious, looking well (colorful) and children are more attracted to it.

Tip 5

Green Rice



Leeks



Rice



Spices of your preference (like cellyery)



1 spoon of oil



Salt

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3. Add water to the Isekuru and remove big parts of unchopped leek (the amount of water will depend on the amount of rice you want to cook).
4. Add the water with the leeks to a pot, add a little bit of salt and boil.
5. When the water is boiling, add the rice and one spoon of oil. Add your preferred spices. Cover the lid and cook the rice.
6. Serve on its own with your preferred side of vegetables or protein.

Tip 6

Colorful Rice



Eggs
(optional)



Rice



Small dried fish
(optional)



Salt



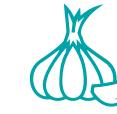
Onion



Beans



Carrot



Garlic

Tip 7

Easy cabbage stew



Cabbage



Onion



Carrot



Potato
(optional)



Tomato



Spices of your choice



Salt



Small dried
Fishes

1. Boil your rice as usual.
2. Boil beans as usual.
3. Wash all your vegetables well.
4. Meanwhile chop the onion and garlic.
5. Finely chop all other vegetables.
6. Add a tiny bit of oil to frying pan. Fry onion, garlic until softened. Add chopped up vegetables, salt, pepper, and sautee until soft. Set aside.
7. Drain the beans.
8. Finish cooking rice.
9. Add beans and sauteed vegetables to the rice and stir to mix.
10. (Optional: mix eggs in a bowl with a pinch of salt to create a smooth mixture.). Heat a little bit of oil in a pan. Add the egg and swirl the pan, let egg fry until done.
11. Place the thin egg omelette on a chopping board and cut into thin stripes.
12. Serve the rice with the egg stripes and dried fish on top.

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4. Add cabbage and stir. Let sautee until softened.
5. Add tomatoes, spices of your choice, some water, more salt to taste.
6. If you have a cover, cover with a lid and lower the heat. Let the vegetables simmer until soft and water has reduced and turned into a sauce.
7. Serve with anything you like or eat on its own.

Tip 8

Super Cassava bread with vegetables and fishes



Cassava bread



Vegetables of your choice like carrots, onion, tomatoes or others



Fishes



Spices

Tip 9

Easy Fish Stew



1 large whole fish (washed, cut into chunks, patted dry) or a few small fish



Salt and black pepper (to season the fish to taste)



1 tbsp vegetable oil



1 large onion(chopped)



2 garlic cloves (grated)



1 tsp grated ginger



1 cup of water



4 medium-large ripe tomatoes (chopped)



1/4 tsp salt



Fish Massala (optional)



Maggi cube (optional)

1. Thoroughly wash the vegetables of your choice.
2. Cut them into small pieces.
3. Prepare spices of your choices.
4. Put a little oil in pan and cook the vegetables.
5. Add salt, onion and spices. Cook until ready to eat.
6. Wash your fishes.
7. Cut fishes into medium pieces.
8. Put a little oil in pan and cook.
9. Add fishes, salt, onion, tomatoes and other spices of your choice.
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11. Prepare Cassava bread aside.

Eat your food (fishes + vegetables and cassava bread/ugali).

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Serve with Rice, Ugali and if you like, a green leafy vegetable.

Partners



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