

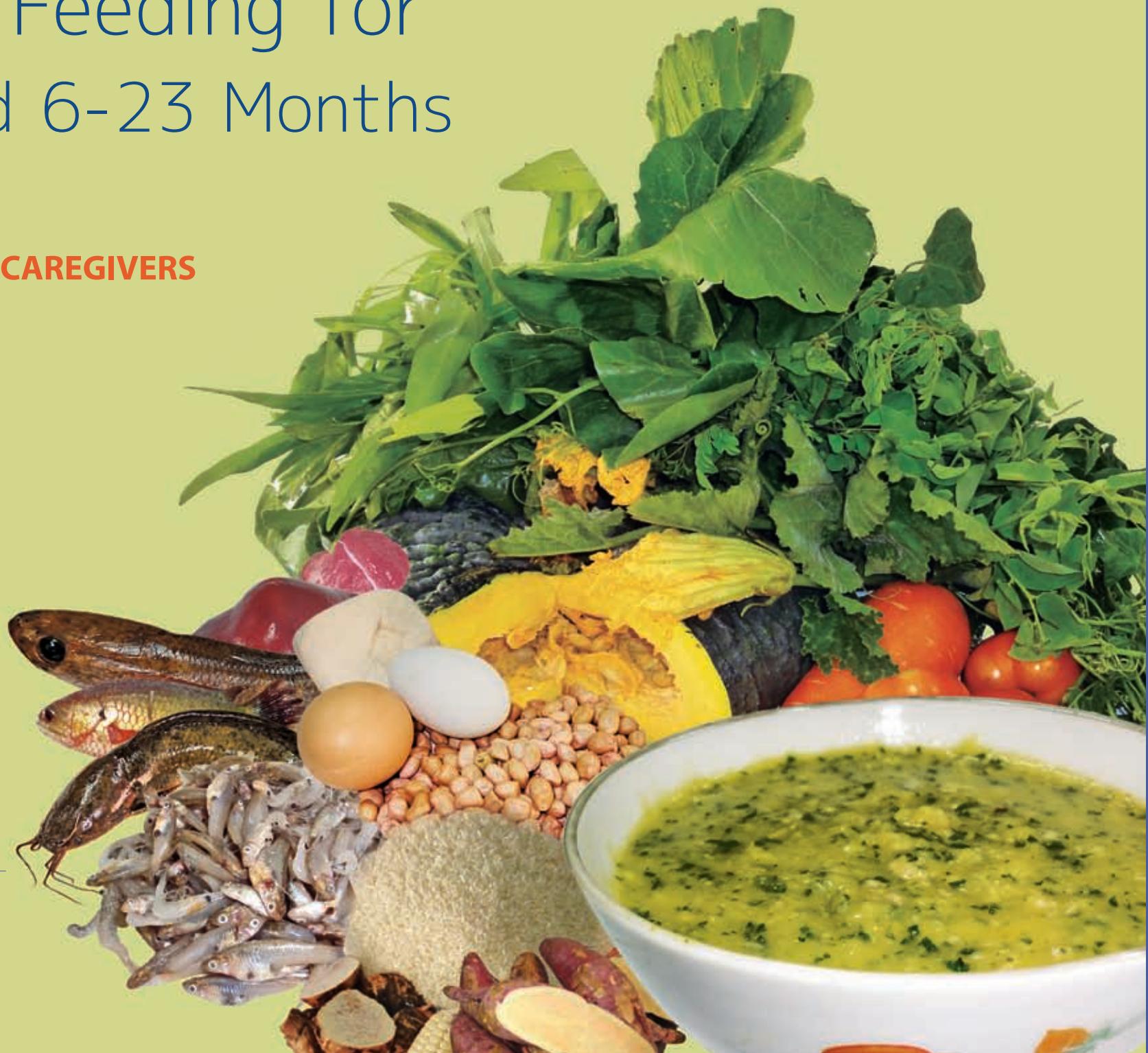
# Complementary Feeding for Children Aged 6-23 Months

A RECIPE BOOK FOR MOTHERS AND CAREGIVERS

សហភាពអីរុប កម្មវិធីសៀវភៅអាហារ  
FAO European Union Food Facility Project



European Union



# FAO/EU Food Facility Project

**"Improve the Food Security of Farming Families Affected by Volatile Food Prices"**

To reduce the effects of volatile food prices, the European Union has provided financial support to the Food and Agriculture Organization of the United Nations (FAO) to help address the food insecurity in Cambodia. The FAO / European Union Food Facility Project focuses on the sustainability of increase productivity, improved management practices and improves access to agricultural inputs and services and to improve dietary diversity and family feeding practices, starting with Infant and Young Child Feeding (IYCF). FAO has implemented the project in collaboration with the General Directorate of Agriculture of the Ministry of Agriculture, Forestry and Fisheries, with cooperation from Ministry of Women's Affairs, Ministry of Water Resources and Meteorology, Fisheries Administration, relevant provincial departments and local non-government organizations.



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## ACKNOWLEDGEMENTS

The nutrition messages and recipes in this book were developed, field-tested and refined in nine provinces (Kampong Speu, Takeo, Prey Veng, Svay Rieng, Kampong Thom, Preah Vihear, Banteay Meanchey, Siem Reap and Otdar Meanchey) by teams of officers from the Ministry of Women's Affairs, Ministry of Agriculture, Forestry and Fisheries, Ministry of Health, and the Food and Agriculture Organization of the United Nations (FAO).

This book was produced by FAO in collaboration with the Ministry of Agriculture, Forestry and Fisheries, the Ministry of Women's Affairs and the Ministry of Health. National master trainers, provincial and district level staff from the three ministries were actively involved in nutrition training activities and facilitated the testing of nutrition recommendations and recipes in communities.

Our profound thanks go to the mothers and caregivers of children who generously shared their knowledge and experiences and actively participated in preparing and tasting the complementary foods. Our gratitude also goes to the local authorities in the nine provinces who facilitated introductions and supported the field work. Special thanks are due to the volunteers involved in the Trials of Improved Practices (TIPs) on Infant and Young Child Feeding, who helped to test this book and provided valuable comments and inputs.

This book was produced under Project GCP/CMB/033/EC – “Improving Food Security of Farming Families Affected by Volatile Food Prices” and would not have been possible without the financial contribution from the European Union.

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Diagram 1 (FAO/EU Food Facility Project)



# INTRODUCTION

## Purpose of the Booklet

Seven out of 10 children aged 6 months and over are fed plain rice porridge (borbor) with salt and sometimes a little sugar. Others get plain rice with liquid part of soup. These foods fill the child's stomach but they do not provide enough energy and nutrients for good physical growth and mental development, often resulting in malnutrition. This recipe booklet gives guidance on how to prepare nutritious and safe complementary foods for young children.

1

## Recipe Development

The Recipes in this booklet have been developed to meet the specific dietary needs of children aged 6 to 23 months, using foods available in different provinces of Cambodia. Some of the foods are grown on family farms and home gardens and others can be purchased from the local market. The recipes were field-tested with mothers and caregivers in a real home setting to ensure that the foods are available and affordable to most families.

## Users of the Recipe Booklet

The recipe booklet is for mothers, grandmothers and other caregivers who feed small children.

## Contents of the guide

This booklet is organized in 6 sections which provide information and guidance on:

- Good complementary feeding.
- Proper food and personal hygiene to prevent diarrhea.
- Appropriate food preparation methods and household measures to ensure that children get enough energy and nutrients for growth and development.
- Complementary feeding guide and recipes for children of different age groups.



# **SECTION 1**

## What is Good Complementary Feeding?



Photo2



## SECTION 1

### What is Good Complementary Feeding?

The period of transition from exclusive breastfeeding to family foods, referred to as complementary feeding, covers the period from 6-23 months of age, and is a very vulnerable period. It is the time when malnutrition starts in many infants, contributing to the high prevalence of malnutrition in children under two years of age.

Malnutrition in young children can be prevented by feeding them enough nutritious and safe complementary foods.

Good complementary feeding means feeding your child with enriched borbor every day and offer additional nutritious snacks between meals, for example mashed ripe fruit. You can prepare a good enriched borbor from a variety of local foods that are available in your home, from your garden or the local market.

3

The diagram shows a wide variety of foods from which you can choose to make enriched borbor:

- **Rice, sweet potato or taro**
- **Fish, meat, liver, egg or beans (peanut, mungbean)**
- **Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, moringa leaves (marom) etc.**
- **Add a little oil to enhance the taste of food and to increase its energy content.**

## Section 1

What is Good Complementary Feeding?



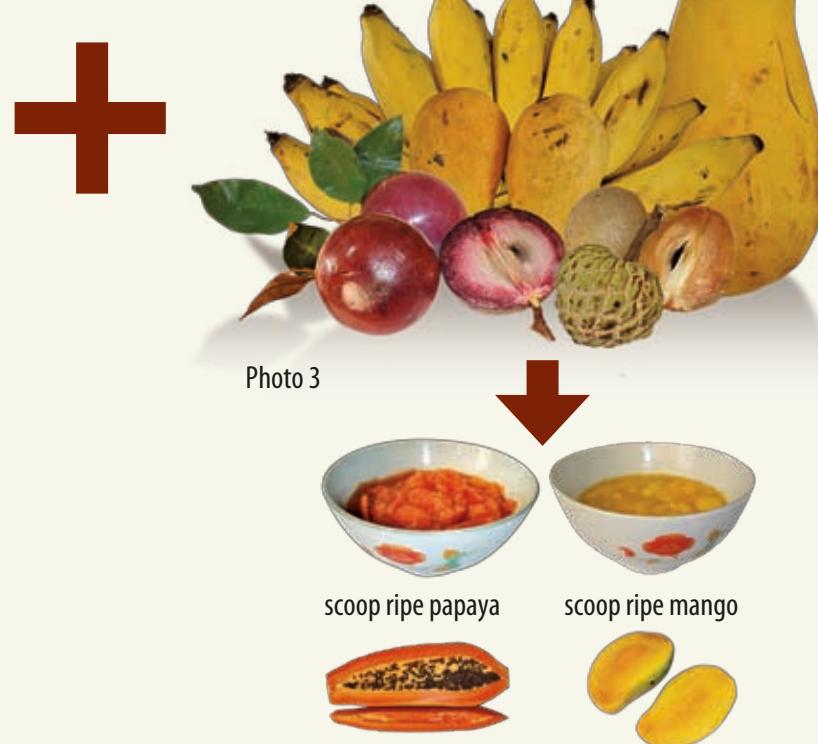
### COMPLEMENTARY FEEDING

Diagram 1



- Choose one food item from each group to make different types of enriched borbor.
- Vary your child's diet every day.
  - Your child will have more appetite, if you feed him/her different foods daily.
  - He/she will eat more and grow well.

### ADDITIONAL NUTRITIOUS SNACKS



4

**Remember! Feed your child enough borbor, and give different fruits every day.  
Your child will be strong, healthy and smart.**



# **SECTION 2**

Guide on Food Safety and Personal Hygiene  
in Complementary Feeding



## SECTION 2

### Guide on Food Safety and Personal Hygiene in Complementary Feeding

Practicing **good food safety and personal hygiene** is important for preparing safe and healthy complementary foods and feeding children. It helps to prevent child illnesses, especially diarrhea. Therefore wash hands with soap (or ash) and clean water.

7



Figure 1

#### Teach child to wash hands with soap and water



Figure 2



#### Remember!

- 1 Use clean utensils to prepare and serve food
- 2 Select fresh or wholesome food
- 3 Reheat left-over food until hot and steaming

## Section 2

Guide on Food Safety and Personal Hygiene in Complementary Feeding



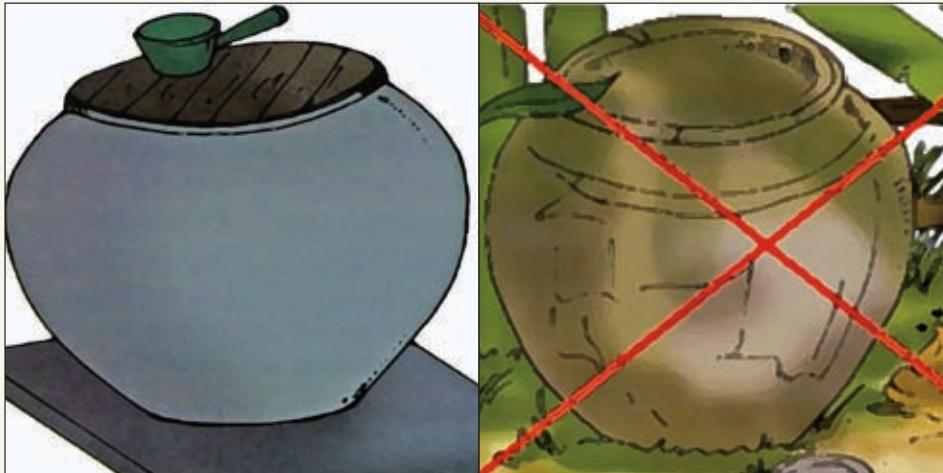
Figure 3 (UNICEF)



## Section 2

Guide on Food Safety and Personal Hygiene in Complementary Feeding

9



Cover your water jar

Figure 4 (UNICEF)



Always drink safe water (From safe source or boiled)

Figure 5 (UNICEF)



Always cover food

Figure 6 (UNICEF)



Keep your home and surroundings clean

Figure 7

# **SECTION 3**

Guide to Food Preparation and  
Household Measures



## SECTION 3

### Guide to Food Preparation and Household Measures



**Wash fresh sweet potato or taro**

#### Food Preparation and Cooking Methods



Peel sweet potato or taro



Cut and chop tuber to dice shape



Cut and chop tuber to dice shape



Measure and add tuber to pot



Mash the tuber into paste when it is soft



**Remove scale & gut and clean fish**



Boil fish in pot



Debone fish



Mash with ladle or spoon



Measure and add mashed fish to pot



**Wash egg**



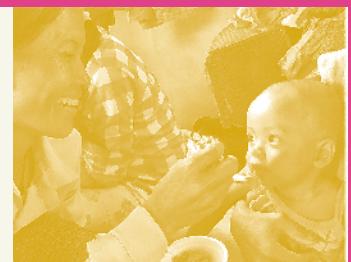
Break egg



Scramble egg



Add well scrambled egg to pot



### Food Preparation and Cooking Methods



**Wash meat**



**Finely slice meat**



**Finely chop meat**



**Measure and add meat to pot**



**Remove poor quality peanuts**



**Roast peanuts**



**Remove roasted peanut skins**



**Pound roasted peanuts**



**Measure and mix pounded peanuts with rice soup to make paste**



**Add peanut paste to pot**



**Wash Vegetables**



**Finely cut vegetable leaves**



**Finely chop vegetable leaves**



**Measure and add vegetable to pot**

Figure 9



## Section 3

Guide to Food Preparation and Household Measures

13



**Wash mango with clean water**



**Wash banana with clean water**

### Fruits Preparation and scoop



**Slice mango**



**Lightly scoop mango with tablespoon**



**Mash mango**



**Half remove skin banana**



**Lightly scoop banana with tablespoon**

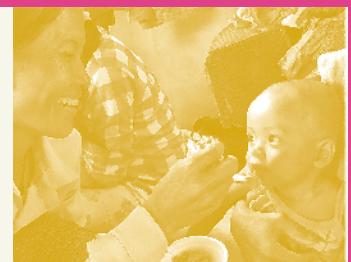


**Mash banana**

Figure 10



**Remember! Household or local measures used in this recipe booklet are bowls, tablespoons, teaspoons and the local tin.**



## វិធីរាល់គ្រឹងដំឡើងបរិមាណដែលស្មើគ្នា

Uncooked Food		Measurement Equivalent			
			=		
Rice	1 tin	=	20 tablespoons	=	1 bowl
			=		
Fish	1 bowl	=	14 tablespoons		
			=		
Meat	1 bowl	=	14 tablespoons		
			=		
Peanut	1 bowl	=	14 tablespoons		



## Section 3

Guide to Food Preparation and Household Measures

### វិធីរាល់គ្រឹងដុំ និងបរិមាណដែលស្មើគ្នា

#### Uncooked Food



Peanut

#### Measurement Equivalent



1 bowl



8 tablespoons

# SECTION 4

Complementary Feeding  
Guide and Recipes

For Children

6-8 MONTHS OLD



Photo 4

SECTION 4  
Complementary Feeding  
For Children 6-8 Months



## SECTION 4

### Complementary feeding guide and recipes for children 6-8 months old

#### At 6 Months

##### Breastfeed only up to the age of 6 months

- 拇指图标 Breast Milk is best
- 拇指图标 Start breastfeeding within first hour of birth
- 拇指图标 Breastfeed on demand
- 拇指图标 Give only breast milk for the first 5 months of life
- 拇指图标 Breastfeed at least 8 times a day
- 拇指图标 Empty both breasts
- 拇指图标 Look child in the eyes when breastfeeding and respond positively to child

17



**Remember ! Eat more to produce  
enough milk**

- 1 Eat a little extra food at each meal
- 2 Eat snacks between the main meals
- 3 Drink a lot of fluids (e.g. soups)



Photo 5 (National Nutrition Program)



## At 6 Months

### Introduce good complementary foods

- 👉 From 6 months, breast milk is no longer enough to support child growth
- 👉 Give your child enriched borbor and introduce one new food at a time  
(rice, sweet potatoes, fish, eggs, vegetables, a little oil,...)

### Feeding

- 👉 Start to give 2-3 tablespoons of enriched borbor twice a day
- 👉 Food must be well cooked and soft but thick in consistency
- 👉 Continue breastfeeding on demand



**၄ ၁၃**

	ဆန္တဟန် ၁	ဆန္တဟန် ၂	ဆန္တဟန် ၃.၅
၁။			
၂။			



Figure 13 (National Nutrition Program)



## Section 4

Complementary Feeding Guide and Recipes for Children 6-8 Months Old

# Children Aged 7-8 Months

**Increase amount of enriched borbor. Complementary food can be made using:**

- 👉 Rice, sweet potato or taro
- 👉 Fish, meat, liver, egg or beans (peanut, mungbean)
- 👉 Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, or moringa leaves (marom) etc.
- 👉 Add a little oil to increase the energy content and make the food tasty.

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## Feeding

- 👉 Increase feeding to 3 times per day, up to half a bowl (Chan Chang Koeh) at each meal.



Figure 14 (National Nutrition Program)

Photo 6

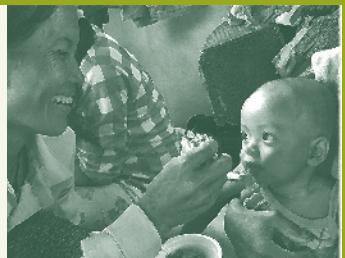


Photo 7 (National Nutrition Program)

- 👉 Continue breastfeeding at least 8 times per day!

## Section 4

Complementary Feeding Guide and Recipes for 6-8 Months Old Children



### Examples of complementary feeding recipes for children 6-8 months

#### Rice with fish and morning glory borbor



20

Figure 15

#### Sweet potato with peanuts and pumpkin leaves borbor



Figure 16



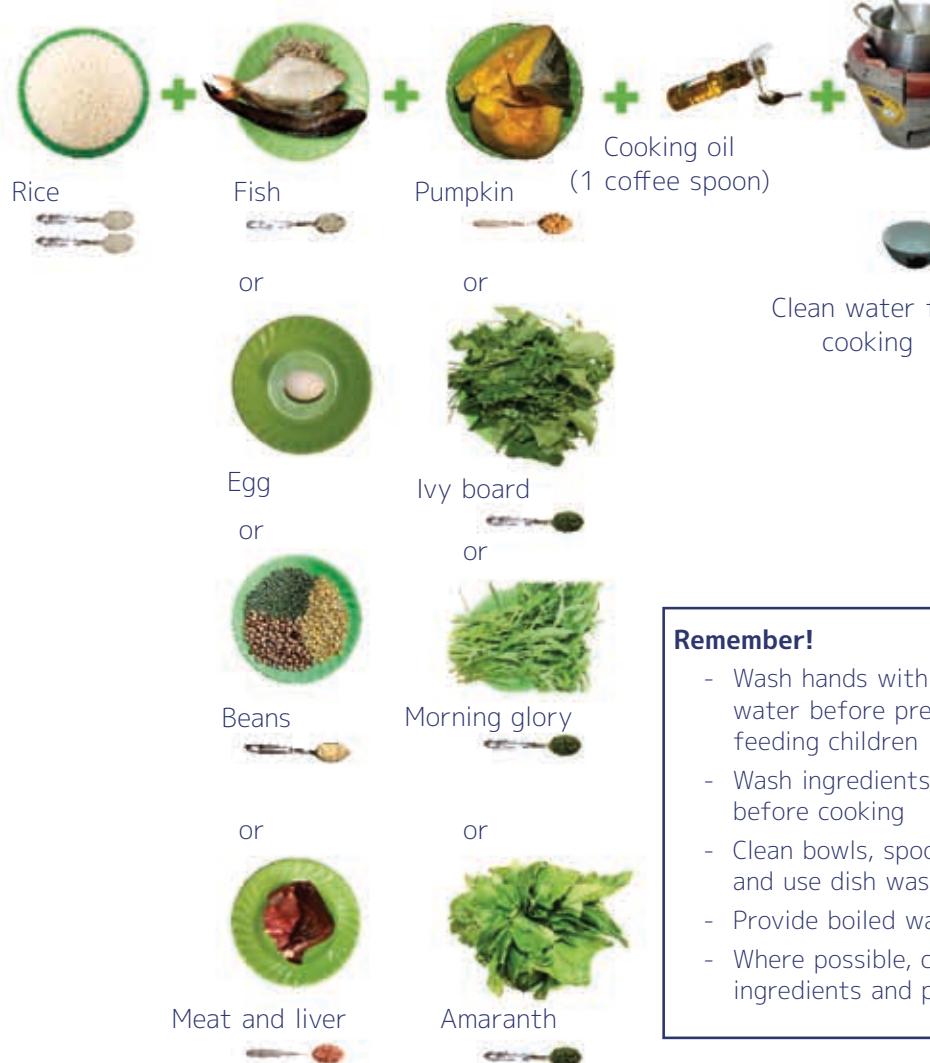
## Section 4

Complementary Feeding Guide and Recipes for Children 6-8 Months Old

### 1

## Complementary Feeding Recipes for Children Aged 6-8 months: Using Rice

What to select and cook for 1 meal



Child Feeding



½ bowl



Feed child 2 times a day 2-3 table spoon per meal



Continue breastfeeding



Feeding child 3 times a day



### Remember!

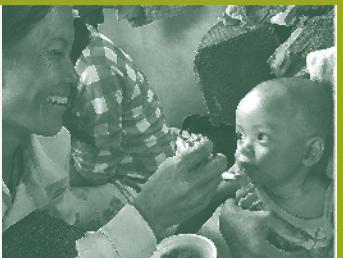
- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products

Ingredients used in this poster are only examples,  
use similar, locally available foods

**Remember! The more the variety, the more the child eats**

## Section 4

### Complementary Feeding Guide and Recipes for 6-8 Months Old Children



**2**

## Complementary Feeding Recipes for Children Aged 6-8 months: Using Sweet Potato or Taro

What to select and cook for 1 meal



Child Feeding



Feed child 2 times a day  
2-3 table spoon per meal



+ Continue breastfeeding



Feeding child 3 times a day

### Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

**Remember! The more the variety, the more the child eats**



## What you will need for the preparation of more than one meal (6-8 months)

23

Ingredients	1 meal		2 meals		3 meals	
	Quantity	Water	Quantity	Water	Quantity	Water
Rice OR 	2 tablespoons		4 tablespoons		6 tablespoons	
Sweet potato or Taro						
Fish or Meat or Peanut OR 						
Egg						
Vegetable						
Oil						

Figure 19

# SECTION 4

Complementary Feeding  
Guide and Recipes

For Children

9-11 MONTHS OLD



Photo 8

SECTION 5  
Complementary Feeding  
For Children 9-11 Months



## SECTION 5

### Complementary Feeding Guide and Recipes for Children 9-11 Months Old

#### Children Aged 9-11 Months

**As your child gets older, increase the quantity of enriched borbor.**

**Continue making complementary foods using:**

- 👉 Rice, sweet potato or taro
- 👉 Fish, meat, liver, egg or beans (peanut, mungbean)
- 👉 Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, or moringa leaves (marom) etc.
- 👉 Add a little oil to increase the energy content and make the food tasty.

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**Yellow sweet potato, ripe papaya and ripe mango are good sources of vitamin A and can prevent night blindness.**

#### Feeding

- 👉 Feed borbor 3 times per day. Increase the amount of food to an almost full bowl (Chan Chang Koeh) at each meal.
- 👉 Give a snack each day, preferably fruits (banana, papaya, mango, jackfruit or milk fruit).



Figure 20 (National Nutrition Program)

Photo 9



Photo 10 (National Nutrition Program)

- 👉 Continue to breastfeed on demand.

## Section 5

Complementary Feeding Guide and Recipes for Children 9-11 Months Old



### Example of Complementary Feeding Recipe for Children 9-11 Months

#### Rice with egg and pumpkin borbor



Figure 21



## Section 5

Complementary Feeding Guide and Recipes for Children 9-11 Months Old

### 3

## Complementary Feeding Recipes for Children Aged 9-11 months: Using Rice

### What to select and cook for 1 meal



### Child Feeding



Feed child 3 times a day  
and provide snack once a day



(Picture from NNP)  
Continue  
breastfeeding

#### Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples,  
use similar, locally available foods

**Remember! The more the variety, the more the child eats**

Figure 22

## Section 5

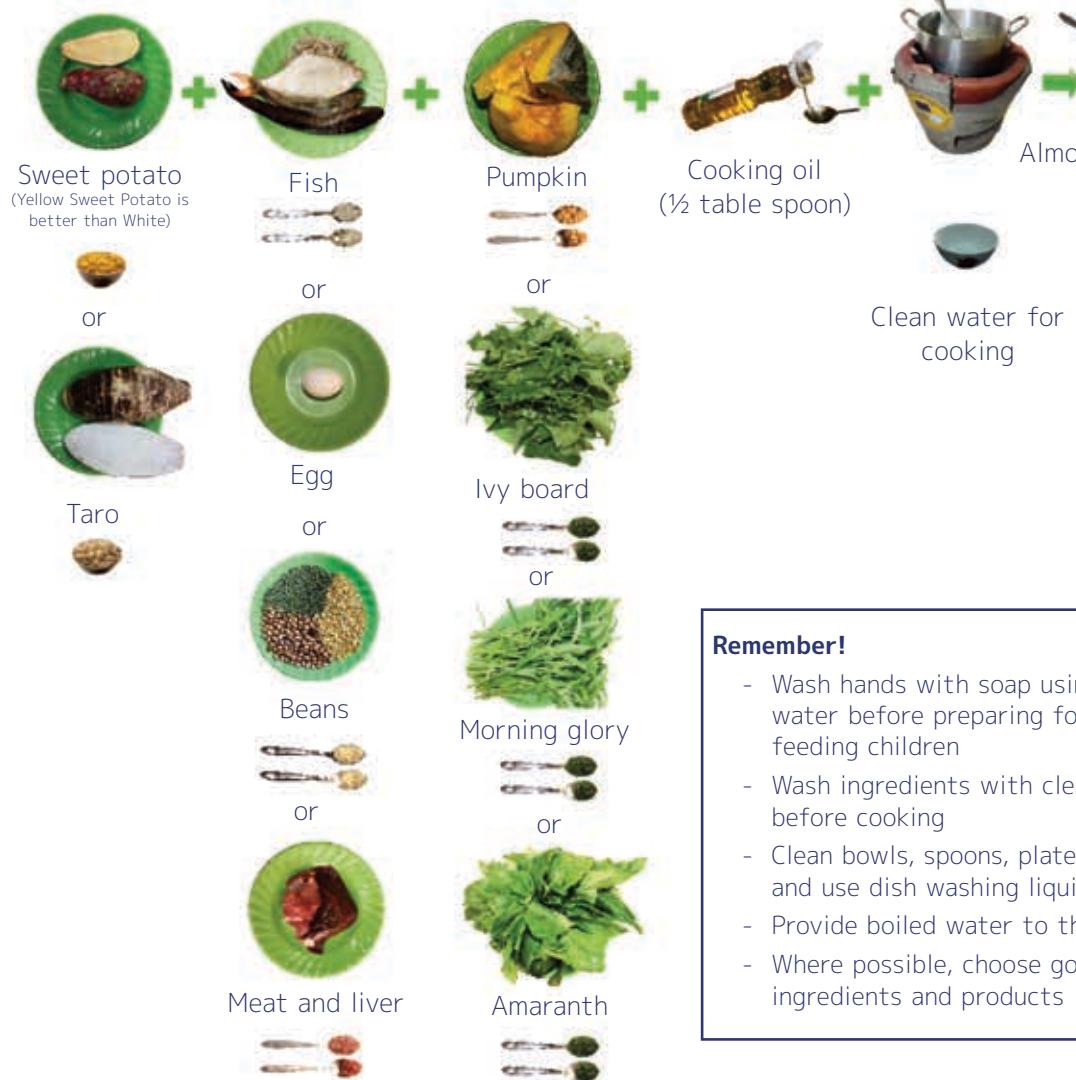
### Complementary Feeding Guide and Recipes for Children 9-11 Months Old



# 4

## Complementary Feeding Recipes for Children Aged 6-8 months: Using Sweet Potato or Taro

### What to select and cook for 1 meal



Ingredients used in this poster are only examples,  
use similar, locally available foods

**Remember! The more the variety, the more the child eats**





## What you will need for the preparation of more than one meal (9-11 months)

Ingredients	1 meal		2 meal		3 meal	
	Quantity	Water	Quantity	Water	Quantity	Water
Rice OR 	2 & ½ tablespoons 1 & ½ Bowls	1 & ½ Bowls	5 tablespoons 3 Bowls	7 & ½ tablespoons 4 & ½ Bowls	7 & ½ tablespoons 4 & ½ Bowls	7 & ½ tablespoons 4 & ½ Bowls
Sweet potato or Taro	1 & ½ Bowls	1 & ½ Bowls	2 Bowls	3 Bowls	3 Bowls	4 & ½ Bowls
OR 	1 & ½ tablespoons		3 tablespoons		4 & ½ tablespoons	
Fish or Meat or Peanut	1 & ½ tablespoons		3 tablespoons		4 & ½ tablespoons	
Egg	1 Egg		1 Egg		1 Egg	
	1 & ½ tablespoons		3 tablespoons		4 & ½ tablespoons	
Vegetable	1 & ½ tablespoons		3 tablespoons		4 & ½ tablespoons	
	½ tablespoon		1 tablespoon		1 & ½ tablespoons	
Oil	½ tablespoon		1 tablespoon		1 & ½ tablespoons	

29

Figure 24

# SECTION 6

Complementary Feeding  
Guide and Recipes

For Children

12 - 23 MONTHS OLD



Photo 11



## SECTION 6

### Complementary Feeding Guide and Recipes for Children 12-23 Months Old

#### Children Aged 12-23 Months

**In addition to enriched borbor, your child can start eating part of the family meal from 12 months on.**

**Continue preparing enriched borbor from food variety in the home and include:**

- 👉 Rice, sweet potato or taro
- 👉 Fish, meat, liver, egg or beans (peanut, mungbean)
- 👉 Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth, pumpkin, etc.
- 👉 Add a little oil to increase the energy content and make the food tasty.

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#### Feeding

- 👉 Feed enriched borbor 3 times per day.
- 👉 Increase the amount of the food to a full bowl at each meal
- 👉 Give snacks, especially fruits 2 times per day.



Figure 25 (National Nutrition Program)



Photo 13 (National Nutrition Program)

- 👉 Continue breastfeeding on demand.

Photo 12

**Example of Complementary Feeding Recipe for Children 12-23 Months****Taro with meat and ivy gourd leaves borbor****Ingredients****How to cook**

Figure 26



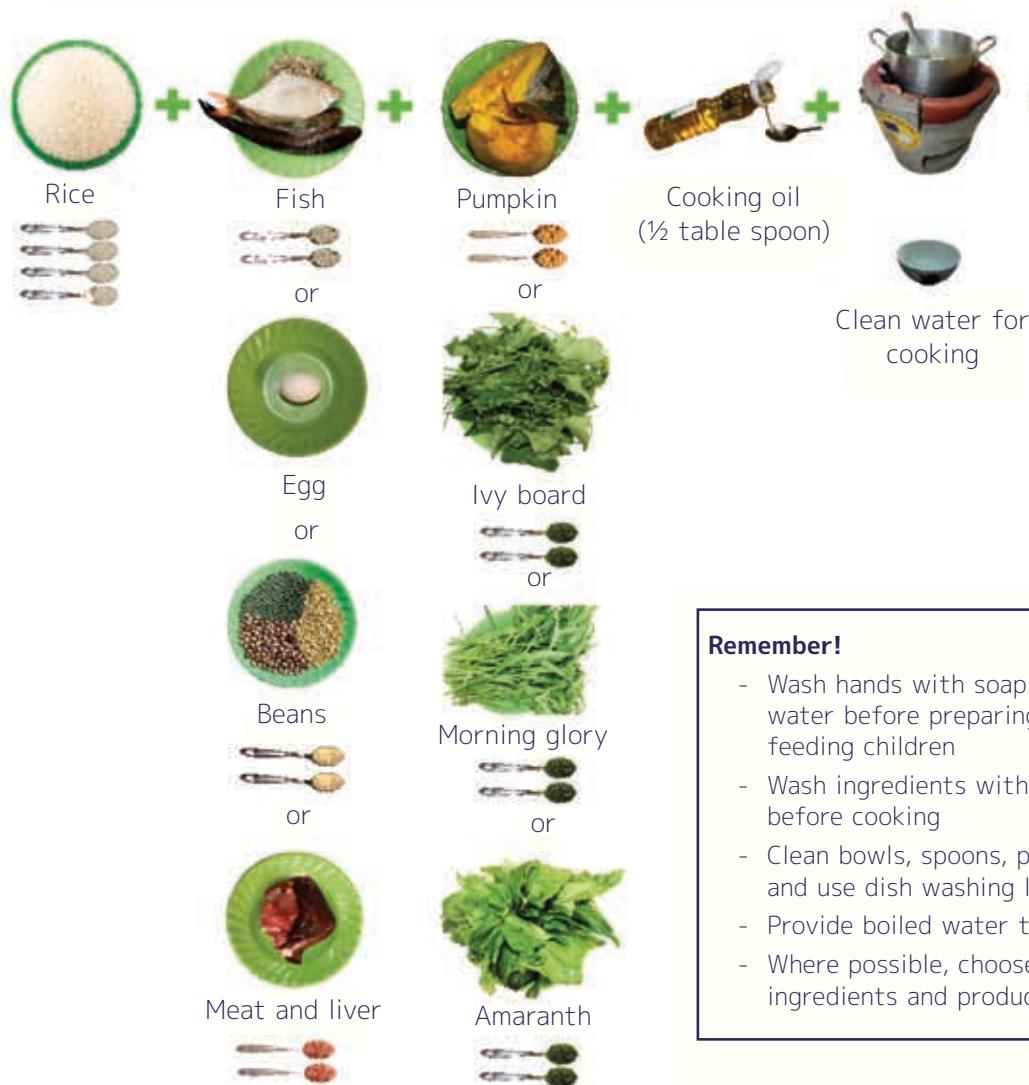
## Section 6

Complementary Feeding Guide and Recipes for Children 12-23 Months Old

### 5

## Complementary Feeding Recipes for Children Aged 12-23 months: Using Rice

### What to select and cook for 1 meal



### Child Feeding



Feed child 3 times a day  
and provide snack once a day



(Picture from NNP)  
Continue  
breastfeeding

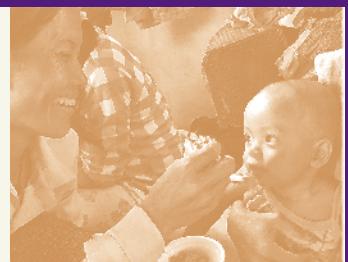
#### Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples,  
use similar, locally available foods

**Remember! The more the variety, the more the child eats**



## 6

## Complementary Feeding Recipes for Children Aged 12-23 months: Using Sweet Potato or Taro

## What to select and cook for 1 meal



## Child Feeding



Feed child 3 times a day  
and provide snack once a day



(Picture from NNP)

Continue  
breastfeeding

## Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples,  
use similar, locally available foods

**Remember! The more the variety, the more the child eats**



## What you will need for the preparation of more than one meal (12-23 months)

Ingredients	1 meal		2 meal		3 meal	
	Quantity	Water	Quantity	Water	Quantity	Water
Rice OR 	4 tablespoons	2 Bowls	7 tablespoons	4 & ½ Bowls	10 & ½ tablespoons =	6 & ½ Bowls
Sweet potato or Taro	1 & ½ tablespoons	2 Bowls	3 Bowls	6 Bowls	4 & ½ Bowls	8 Bowls
 OR 	2 tablespoons		4 tablespoons		6 tablespoons	
	2 tablespoons		4 tablespoons		6 tablespoons	
	1 tablespoon		1 tablespoons		1 & ½ tablespoons	

35

Figure 29



**អង្គភាពសៀវភៅ និងកសិកម្ម នៃ  
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**នៅក្នុងក្រសួងកិច្ចការន៍ខេត្តតោនដោយខ្សោយ**  
មន្ទីរកិច្ចការន៍ខេត្តកំពង់ស្ពឺ: ០២៥ ៩៨៧ ៣៨៣  
មន្ទីរកិច្ចការន៍ខេត្តតាក់ក់: ០៣២ ៩៣១ ២៥៨  
មន្ទីរកិច្ចការន៍ខេត្តព្រៃន់: ០៤៣ ៩៩៤ ៥២១  
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