MAM Recipes

Moderate Acute Malnutrition

Alternative to Ready to Use Supplementary Food (RUSF)

2020
Exposure to repeated bouts of acute malnutrition (wasting) coupled with infection puts a child more at risk of dying. It is, therefore, important that good nutrition beginning from the early stages of life is already maintained for the child's early brain development, normal growth and unleashing his potential in the future. The mother's health and nutrition is also crucial to the unborn child's status.

In WFP's Moderate Acute Malnutrition (MAM) Recipe Book, we featured a family where both parents were involved from keeping a healthy pregnancy up to raising a well-nourished baby. During pregnancy, the mother's nutritional status (body mass index) was maintained within the normal range. With the guidance of her obstetrician-gynecologist or OB-GYN, the mother went through a smooth pregnancy and gave birth to a full-term healthy baby boy, Andres at 2.6 kilograms.

Andres was exclusively breastfed from birth to six months, and is still currently breastfeeding while being introduced to solid food such as mashed carrots. The mother aims to continue breastfeeding him until he reaches 2 years old. He just started eating complementary solid foods such as mashed carrots at 6 months old. He is well-nourished with a Mid-Upper Arm Circumference (MUAC) and Weight for Length (WFL) score within normal range. His father is very supportive and is involved in childcare since the beginning- changing diapers, assisting in breastfeeding and complementary feeding and rocking the baby to sleep among other things. Most importantly, he supported the breastfeeding mom both in physical and mental aspect of this journey. Their personal experience showed the importance of having a reliable support system to look out for both the mother and baby's welfare throughout the entire process.

The parents made sure that they seek guidance from their OB-GYN, Pediatrician, Lactation Adviser, other Health Workers and Volunteers in the community. The mother also shared that meaningful discussions from a breastfeeding mom's group in Facebook also helped her learn more, along with reading medical and nutrition journals and websites. Apart from those, studies published by the WFP, UNICEF, and WHO and guidelines from the Department of Health and the National Nutrition Council made her confident that everything she does that revolves around her health and the baby's is within the global and national standards.

We aspire that more children will get the nutrition support they need especially in the far-flung areas, with the support and involvement of the whole family and the community so that they can reach their optimum potential up to their adulthood.
Following the issuance of the 2015 Department of Health's Administrative Order on the National Guidelines on the Management of Acute Malnutrition for Children Under-Five Years, the United Nations World Food Programme (WFP) extended its technical support to the Department in the development of the Manual of Operations specific for the Management of Moderate Acute Malnutrition (MAM).

The Manual features various types of supplementary food preparations for children with MAM, which ranges from the standard Ready to Use Supplementary Food (RUSF); Fortified Blended Food (FBF), such as the super cereals; and the locally-prepared foods. Both the RUSF and the FBF are procured internationally and in the absence of such, locally-prepared food remains the practical option. Further, children who are on RUSF and FBF often develop “taste fatigue” overtime that leads to poor compliance, and therefore, the slow recovery from acute malnutrition, underscoring the need for having alternatives.

The supply chain and logistics of RUSF and FBF have always been a perennial problem and children with MAM can’t wait for it to be available before getting treated. Timeliness, maximum coverage, appropriate medical and nutritional rehabilitation and providing care as long as needed - are the four guiding principles of the integrated management of acute malnutrition.

During the roll-out training on the Management of Moderate Acute Malnutrition conducted by the DOH co-facilitated by WFP and support from NNC, there was a felt need to develop a supplementary material which contains the standard locally-available, culturally sensitive and age appropriate supplementary food that will serve as alternative to the standard regimen, thus, the birth of this Project “MAM Recipes- Alternative to Ready to Use Supplementary Food”. As the recipes are meant for the rehabilitation of MAM, the term “supplementary” food will be used to distinguish it from “complementary” food given to children aged 6-23 months.

This Project was spearheaded by the WFP Nutrition Team (Martin Parreno and Corazon Barba), with support from the Senior Management (Stephen Gluning, Mats Persson, Jutta Neitzel, and Laurene Gouplet) and the Communications and Partnership Unit (Catherine Mones and Katrina Mae Lerios). This initiative was made possible in collaboration with the University of the Philippines Los Banos - Institute of Human Nutrition and Food (UPLB-IHNF) utilizing existing local recipes compiled by WFP and recipes from the Menu Guide Calendars
of the Department of Science and Technology- Food and Nutrition Research Institute (DOST-FNRI).

These standardized recipes are meant for children aged 6-59 months diagnosed with MAM and should be prepared at the treatment facility or in any appropriate location where children can be fed. As children with MAM need higher macro and micronutrients than a normal child, each food serving was designed to contain 510-560 kcal of energy comprised of 11-16 grams of protein, 26-36 grams of fat and 30-70 grams of carbohydrates and added with one (1) sachet of Multiple Micronutrient Powder to match the nutrients provided by the RUSF and FBF.

The macronutrient content of each recipe was computed and re-adjusted to meet the required standard. Verification and standardization were done twice with sensory evaluation in between. The recipes, compiled in this material, provide 10 servings; thus can be served to 10 children with MAM on a daily basis. The recipes for children aged 6-59 months diagnosed with MAM can also be served to children aged 1-5 years old with additional provision of ½ cup of rice.

These MAM recipes will serve as supplementary material to the Manual of Operations in the Management of Moderate Acute Malnutrition among Children Under-Five Years.
The foundation of a progressive country is its healthy and productive citizen and investing in children's nutrition is paramount.

Undernutrition is one of the deterring factors of a country's comprehensive development. The Philippines lag behind other neighboring countries in the ASEAN region in terms of nutrition with nearly a million children under-five years suffering from acute malnutrition. The government is doubling its effort to address this in order to achieve the SDG 2 target of decreasing Acute Malnutrition to less than 5% by 2030.

WFP is supporting the government in finding quick and feasible solutions to address gaps in the management of childhood malnutrition with supply chain being one. While specialized nutritious food such as Ready to Use Supplementary Food (RUSF) and Fortified Blended Food (FBF) are the standards for treatment for Moderate Acute Malnutrition (MAM), these are not locally produced and not always globally available on time.

Children with MAM can't wait as their risk of dying is 2-3 times than that of a normal child, thus, WFP with its partners, designed recipes as alternative to the standard treatment. The ingredients are culturally acceptable and locally available, and it also fosters local production of those ingredients energizing local economy.

We hope that this material, as supplement to the MAM Manual of Operations, will provide additional resource to the Program Managers from the national up to the local levels in their effort to suppress childhood undernutrition.
WFP would like to thank the following for the support they extended during the development of this material:

- Divine Grace Domingo, Faculty Member - University of the Philippines Los Banos Institute of Human Nutrition and Food (UPLB-IHNF), for the standardization and drafting of the recipes
- Mario Capanzana, Director - Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI), for the use of some of the recipes developed by the Food Research and Development Section, Nutrition and Food Research and Development Division, and published in the FNRI Menu Guide Calendars.
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SUPPLEMENTARY FOOD FOR 6-11 MONTHS
**INGREDIENTS**

- 5 tbsp. onion, bulb, minced
- 5 tsp. garlic, minced
- 5 tsp. ginger, julienne
- 500 g or 2 ½ cups rice, milled, glutinous
- 250 g chicken breast, ground
- 5 tsp. oil, coconut
- 5 tbsp. fish sauce
- 1/8 tsp. ground black pepper
- 10 pcs. quail egg, boiled
- 2 ½ boiled egg, diced
- 750 ml coconut milk, thick

**MATERIALS NEEDED**

- Large Saucepot
- Ladle/ Wooden Spoon

**DIRECTIONS**

- Put water in a pot and boil the sticky rice for 30-40 minutes until the rice is soft and sticky. Then, set aside.
- In a separate pot, sauté ginger, onion and garlic. Cook for 3 minutes.
- Add chicken breast and season with ground pepper and 2 tbsp. fish sauce. Cook for 10 minutes under medium heat until the chicken is brown.
- Transfer the pre-boiled sticky rice into the pot and add 2 ½ cups of water. Blend well. Boil for 5 minutes.
- Season with fish sauce and stir.
- Add coconut milk and blend well. Boil for 5 minutes.
- Add 1 tablespoon of diced boiled for each serving.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
DIRECTIONS

Heat vegetable oil and margarine in a cooking pot. Once the oil became hot, sauté onion and garlic. Cook for 3 minutes until the onion is translucent and the garlic is brown.

Add ground chicken. Season with 3 tbsp. fish sauce and black pepper. Cook for 10 minutes until brown.

Add the carrots and Baguio beans sauté for 5 minutes or until the vegetables are soft.

Add the macaroni. Blend all the ingredients in the pot.

Pour water and let it boil. Cover the cooking pot and continue to cook in medium heat for 5 minutes.

Season with 4 tbsp. fish sauce, salt, and pepper. Boil for 20 minutes until the pasta is cooked.

During boiling time, swirl scrambled egg into the soup. Boil for 1 minute.

Add evaporated milk. Stir. Transfer to a serving bowl.

Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

INGREDIENTS

- 400 g pasta, macaroni
- ¼ kg chicken breast, ground
- 100 g Baguio beans, diced
- 200 g carrots, diced
- 5 tbsp. onion, bulb, minced
- 5 tsp. garlic, minced
- 2 ½ pcs. chicken egg, whole, medium, beaten
- 200 ml milk, evaporated
- 10 tbsp. oil, coconut
- 1 cup margarine
- 8 tbsp. fish sauce
- 1/8 tsp. ground black pepper
- 10 cups of water

MATERIALS NEEDED

- Large Pot
- Ladle
- Solid Measuring Cup
- Measuring Spoon
- Liquid Measuring Cup

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 45 minutes cooking

NUTRITION DATA PER SERVING:

- Energy: 506 kcal
- Protein: 16 g
- Fat: 32.6 g
- Carbohydrates: 37.7 g

COST: PHP 17.50 per serving

YIELD: 10 servings

CHICKEN SOPAS

MAM Recipes | 2020
DIRECTIONS

- Heat oil in a cooking pot.
- Saute garlic, onion, and carrots for 2 minutes.
- Add the flaked chicken. Cook for 1-2 minutes until the chicken turns light brown.
- Pour the water into the pot. Let boil.
- Add cabbage and miki noodles. Cook for 8-10 minutes.
- Pour the egg. Continuously stir to prevent the egg from forming.
- Add 1/4 cup of water to cornstarch and stir to mix. Pour it into the pot. Stir until the soup thickens.
- Add fish sauce and ground black pepper. Cook for 2 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

INGREDIENTS

- 8 tbsp. oil, coconut
- 50 g onion, minced
- 20 g garlic, minced
- 200 g carrots, julienned
- 200 g chicken breast, flaked
- 10 cups of water
- 700 g fresh flat miki
- 200 g cabbage, chopped
- 2 pcs. chicken egg, beaten
- 50 g cornstarch
- 5 tbsp. fish sauce
- 1/8 tsp. ground black pepper

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

SERVING SIZE: ½ cup; one serving is enough for a child with MAM

COOKING TIME: 45 minutes preparation and cooking

NUTRITION DATA PER SERVING:
- Energy 523 kcal
- Protein 15.3 g
- Fat 30.1 g
- Carbohydrates 47.8 g

COST: PHP 17.05 per serving

YIELD: 10 servings
**CREAMY CHAMPORADO**

**INGREDIENTS**
- 450 g rice, well-milled, glutinous
- 200 g chocolate bar, Dutche chocolate bar, premium
- 150 g sugar, white, refined
- 200 ml milk, evaporated
- 600 ml coconut milk
- 10 cups water

**MATERIALS NEEDED**
- Large Saucepot
- Ladle
- Measuring Cup
- Measuring Spoon

**DIRECTIONS**
- Put water in a pot and boil the sticky rice for 30-40 minutes until soft and sticky.
- In a bowl, add coconut milk and chocolate bar or tablea. Melt over a boiling water. Set aside.
- Add the melted chocolate in the sticky rice and blend well.
- Add the sugar and evaporated milk. Boil for 5 minutes until the consistency is thick.
- Serve in a bowl. Add evaporated milk on top, if desired.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

**NUTRITION DATA PER SERVING:**
- Energy: 551 kcal
- Protein: 8.8 g
- Fat: 26.4 g
- Carbohydrates: 69.5 g

**COST:** PHP 15.25 per serving

**YIELD:** 10 servings

**SERVING SIZE:** 1 cup; one serving is enough for a child with MAM

**COOKING TIME:** 1 hour cooking
INGREDIENTS

- 300 g chicken breast, ground
- 1 kg grated white corn
- 300 ml coconut milk, thick
- 15 tbsp. oil, coconut
- 8 tbsp. fish sauce
- 1/8 tsp. black pepper, ground
- 5 pcs. chicken egg, whole, medium, beaten

DIRECTIONS

- Grate the corn, then set aside the cobs.
- In a saucepot, add 10 cups water and boil corn cobs. After 10 minutes of boiling, remove corn cubs. Set aside the water.
- In a separate saucepot, add oil and ground chicken. Season with 4 tbsp. fish sauce and black pepper. Cook the chicken for 10 minutes or until brown under medium-low heat.
- Add the grated corn and blend. Add the water from boiled corn.
- Season with 4 tbsp. of fish sauce. Boil for 3 minutes until the consistency thicken.
- Add coconut milk and stir for 1 minute until the cream is blended.
- Add beaten egg into the soup. Boil for 1 minute.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
HALAYANG KALABASA

INGREDIENTS
- 1940 g squash (*kalabasa*), boiled, mashed
- 500 ml condensed milk
- 1000 ml evaporated milk
- 10 tbsp. coconut milk

DIRECTIONS
- In a large pot, mix boiled and mashed squash, condensed milk, evaporated milk and oil. Blend for 3 hours under low-medium heat until the consistency thickens.
- Transfer into a bowl. Allow to cool for at least an hour.
- In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

MATERIALS NEEDED
- Large Carajay/ Sauce Pot
- Wooden Spoon
- Solid Measuring Cup
- Measuring Spoon

NUTRITION DATA PER SERVING:
- Energy 535 kcal | Protein 14.7 g | Fat 27.1 g | Carbohydrates 58.2 g

COST: PHP 17.00 per serving
YIELD: 10 servings

SERVING SIZE: ½ cup; one serving is enough for a child with MAM

COOKING TIME: 3 hours cooking
INGREDIENTS

- 1½ kg potatoes, cut into cubes
- 1 kg carrots, cut into cubes
- 150 g cheese, grated
- 20 tbsp. margarine
- 500 ml milk, evaporated
- 1 ½ tsp. iodized salt

DIRECTIONS

- In a pot filled with water, boil the potatoes and carrots for 30 minutes or until soft. Drain and mash.
- In a separate pot, add milk, butter and salt. Stir for 1 minute.
- Add the mashed potatoes and carrots.
- Under low-medium heat, blend for 10 minutes or until the potatoes and carrots absorb the liquid.
- Add the grated cheese. Blend for another 2 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

SERVING SIZE: ½ cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

NUTRITION DATA PER SERVING:

- Energy 531 kcal
- Protein 11.8 g
- Fat 35.4 g
- Carbohydrates 41.2 g

COST: PHP 30.36 per serving

YIELD: 10 servings
SWEET GINATAANG MUNGGO

SERVING SIZE: 1 cup; one serving is enough for a child with MAM
COOKING TIME: 40 minutes pre-preparation of pounded mung bean seeds and glutinous rice; 1 hour cooking

INGREDIENTS
- 225 g munggo beans, dried
- 113 g sugar, white, refined
- 1000 ml coconut milk, thick
- 200 g rice, milled, glutinous

MATERIALS NEEDED
- Large Saucepot
- Ladle

DIRECTIONS
- Heat a small wide pan over medium-low heat. Add the munggo beans and keep stirring to toast until brown for 10 minutes.
- Let the toasted munggo beans cool and then using a mortar and pestle, pound it coarsely.
- Transfer the pounded munggo beans onto a fine mesh sieve set over a bowl. Shake the sieve to get rid of the fine pieces. Set aside the pounded munggo beans, discarding the ones in the bowl.
- In a heavy pan over medium high heat, add the rice, toasted munggo beans and coconut milk. Cook over low heat and stir frequently for 1 hour or until the rice is cooked and the munggo beans are tender.
- Add the sugar and stir until dissolved. Remove from the heat.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

NUTRITION DATA PER SERVING:
- Energy 541 kcal | Protein 12.4 g | Fat 35.2 g | Carbohydrates 43.2 g

COST: PHP 12.50 per serving
YIELD: 10 servings
SUPPLEMENTARY FOOD FOR 1-5 YEARS OLD
AFRITADA

SERVING SIZE: ½ cup served with ½ cup rice; one serving is enough for a child with MAM
COOKING TIME: 1 hour pre-preparation; 30 mins cooking

INGREDIENTS
- ½ kg chicken breast, cubes
- 500 ml tomato sauce, Heinz
- 10 tbsp. sugar, white, refined
- 4 tbsp. fish sauce
- 1/8 tsp. black pepper, ground
- 200 g potato, small diced
- 200 g carrots, small diced
- 300 g Baguio beans, sliced
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 15 tbsp. oil, coconut

MATERIALS NEEDED
- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS
- In a pot, blanched potatoes, carrots and Baguio beans for 10 minutes. Drain and set aside.
- In the same pot, add oil and sauté garlic and onion under medium-low heat. Cook for 3 minutes until onion is translucent and garlic is brown.
- Add the chicken. Season with 2 tbsp. fish sauce and ground black pepper. Cook for 10 minutes or until brown.
- Add the carrots, potatoes and baguio beans. Cook for 2 minutes.
- Add the tomato sauce. Boil for 5 minutes. Add ½ cup water.
- Add the white sugar and fish sauce. Boil for 2 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

NUTRITION DATA PER SERVING:
- Energy 512 kcal | Protein 15.1 g | Fat 26 g | Carbohydrates 54.8 g

COST: PHP 24.00 per serving
YIELD: 10 servings
SERVING SIZE: 70 g of meat each serving served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS
- 750 g pork belly, less fat, flatten, cut into cubes
- 550 g onion, bulb, minced
- 10 tbsp. oil, coconut
- 13 tbsp. soy sauce
- 10 pcs. calamansi, small
- ¼ cup water
- 1/8 tsp. ground black pepper
- ¼ tsp. salt

MATERIALS NEEDED
- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS
- Marinate the pork with soy sauce, calamansi, onion, water, salt and ground black pepper. Set aside. Marinate for at least an hour.
- In a large carajay, add oil and fry the pork for 4 minutes per side under medium heat. Set aside.
- Using the same carajay, remove excess oil and sauté onions. Add the marinate. Reduce for 3 minutes or until the consistency thickens.
- Add the fried pork to the reduced marinate.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

NUTRITION DATA PER SERVING:
- Energy 496 kcal
- Protein 15.6 g
- Fat 35 g
- Carbohydrates 29.9 g

COST: PHP 30.50 per serving

YIELD: 10 servings
 biting-size breaded chicken with sweet sauce

nutritional data per serving:
- Energy: 533 kcal
- Protein: 15 g
- Fat: 27.2 g
- Carbohydrates: 57.1 g

Cost: PHP 20.00 per serving

Yield: 10 servings

Serving size: 50 g of chicken per serving served with ½ cup rice; one serving is enough for a child with MAM

Cooking time: 1 hour cooking

Ingredients

Marinated Chicken
- 450 g chicken breast, cut into approximately 1” by 1”
- 10 tbsp. cornstarch
- 2 ½ chicken egg, whole, medium
- 150 g bread crumbs
- ¼ tsp. salt
- ½ tsp. ground black pepper
- 10 pcs. calamansi, small
- 15 tbsp. oil, coconut for frying

Sweet Sauce
- 10 tbsp. ketchup, tomato, sweet
- 7 ½ tsp. soy sauce
- 1 ¼ tsp. worcestershire sauce
- 2 tbsp. white sugar, refined
- ¼ cup water
- 2 ½ tsp. Cornstarch
- 5 tsp. water for cornstarch

Materials needed

- Carajay
- Turner
- Sauce Pan
- Ladle
- Strainer
- Utility Plate

Directions

- Heat coconut oil in a large carajay over medium-low heat.
- Season the chicken breast with salt and pepper, to taste. Squeeze the lemon or calamansi juice.
  Working one at a time, dredge chicken breast in cornstarch, dip into egg, then dredge in bread crumbs, pressing to coat.
- Add the breaded chicken breast to the carajay and cook until evenly golden and crispy, about 3-4 minutes on each side. Transfer to a paper towel-lined plate.
- Serve immediately with ½ cup rice and sweet sauce:
  a. Stir water, ketchup, soy sauce, brown sugar, and Worcestershire sauce together in a bowl.
  b. In a pan, stir under low heat the mixture until dissolved and the flavors blend.
  c. Mix cornstarch and water. Add to the sauce. Stir until the consistency thickens.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
SERVING SIZE: 2 pieces; one serving is enough for a child with MAM  
COOKING TIME: 1 hour cooking  

INGREDIENTS  
- 225 g potatoes, mashed  
- 1 pc. chicken, whole, beaten  
- 4 pcs. egg whites, beaten  
- 4 pcs. chicken egg yolk, beaten  
- 100 g cheese, cubes, 20 pieces, 5 grams per cube  
- 100 g all-purpose flour  
- 250 ml evaporated milk  
- 500 g bread crumbs  
- 225 g oil, coconut  
- 1/8 tsp. black pepper, ground  
- 1 ½ tsp. iodized salt  

MATERIALS NEEDED  
- Deep Fryer  
- Solid Measuring cup  
- Measuring Spoon  

DIRECTIONS  
- Add the milk, salt, pepper, 4 egg yolks, and flour to mashed potatoes. Chill and shape 10 grams of potatoes using 25 grams of bread crumbs. Add 1 piece of cheese cube inside. Repeat until all potatoes are molded.  
- Dip the mashed potatoes to the beaten egg, then roll through bread crumbs again.  
- Fry for 2 minutes or until golden brown. Do not overcrowd the fryer. If small, fry 2 croquettes at a time. May be served with ketchup or cheese dip.  
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.  

NUTRITION DATA PER SERVING:  
- Energy 546 kcal  
- Protein 15.2 g  
- Fat 32.6 g  
- Carbohydrates 48 g  

COST: PHP 18.50 per serving  
YIELD: 10 servings
**INGREDIENTS**
- 350 g or 2 pcs. chicken breast, cut into cubes (1”)
- 500 ml coconut milk, thick
- 5 tbsp. or 2 ½ pcs. small onion, bulb, minced
- 5 tsp. or 5 cloves garlic bulb, minced
- 250 g string beans (*sitaw*), cut into ½” long
- 875 g squash (*kalabasa*), cut thinly approximately 3 cm thick
- 10 tbsp. oil, coconut
- 5 tsp. and 3 tbsp. fish sauce, Lorins
- ½ tsp. and 1/8 tsp black pepper, ground

**MATERIALS NEEDED**
- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

**DIRECTIONS**
- Heat oil in a large carajay, medium heat.
- Sauté garlic and onion.
- Add the chicken and season with 5 tsp. fish sauce and ½ tsp. ground black pepper. Then, continue to cook for 10 minutes until the color turns light brown.
- Add the squash and string beans in the carajay and sauté for 5 minutes.
- Add the coconut milk. Cook for 15 minutes or until the vegetables are soft.
- Sprinkle some ground black pepper into the pot and pour 3 tbsp. fish sauce. Stir and cook for 2 minutes.
- Remove the chicken, squash and string beans. Set aside. Reduce sauce for 25 minutes under low heat.
- Transfer to a serving bowl.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

**SERVING SIZE:** ½ cup vegetables + ¼ cup reduced coconut milk sauce served with ½ cup rice; one serving is enough for a child with MAM

**COOKING TIME:** 1 hour pre-preparation; 1 hour cooking

**NUTRITION DATA PER SERVING:**
- Energy 514 kcal | Protein 14.5 g | Fat 34.7 g | Carbohydrates 36 g

**COST:** PHP 16.00 per serving

**YIELD:** 10 servings
SEATING SIZE: 5 balls per serving served with ½ cup of rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

- 1 ¾ kg galunggong, medium sized, slightly orange tail
- 200 g carrot, boiled, mashed
- 200 g potato, boiled, mashed
- 5 pcs. chicken egg, whole, medium
- 2 ½ cups all-purpose flour
- 10 tbsp. soy sauce
- ¼ tsp. black pepper, ground
- 1 cup and 4 tbsp. oil, coconut

MATERIALS NEEDED

- Deep Fryer
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Before boiling the fish, clean the fish thoroughly. Remove head and entrails. Make sure that no blood will be left.
- In a pot, add water and boil the fish for 1 hour under medium-low heat. Drain and set aside.
- Flake the fish. Use only the white meat. Remove fish bones, dark meats and skin. (1 ¾ kg of fish will yield 350 g of fish meat)
- In a bowl, blend the flour, salt and pepper in a mixing bowl.
- Add the fish meat, as well as the potatoes and carrots to the dry ingredients until well combined.
- Pour in the soy sauce while stirring the mixture at the same time to ensure the soy sauce is equally distributed.
- Whisk the eggs and add them to the mixture. To form balls, scoop a tablespoon of the mixture.
- Heat the frying pan. Pour enough oil in the pan to cover the fish balls.
- Deep fry the fish balls for 3-5 minutes or until they have turned golden brown. Do not overcrowd the pan. If a small pan is used, cook 3 balls at a time. If large, 5 balls at a time. Drain and serve. May be served with tomato ketchup or sweet and sour ketchup.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
LUMPIANG GULAY

SERVING SIZE: 2 rolls; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 15 minutes cooking; 1 hour frying

INGREDIENTS
- 200 g pork, lean meat, ground
- 200 g carrots, sliced in long, thin strips
- 200 g sweet potato, sliced in long, thin strips
- 10 tbsp. onion, minced
- 2 ¼kg munggo bean sprout (toge)
- 500 g Baguio beans, diced
- 20 pcs. spring roll wrapper, plain, large, thick
- 15 tbsp. oil, coconut
- 3 tsp. salt
- 1/8 tsp. ground pepper
- 5 tbsp. soy sauce

MATERIALS NEEDED
- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS
- Heat 5 tbsp. cooking oil in a carajay. Once the oil gets hot, sauté garlic and onion.
- When the onion gets soft, add ground pork. Stir fry for 2 minutes. Add salt and ground black pepper. Stir.
- Add the carrots, sweet potato, and Baguio beans and then cook for 3 minutes.
- Stir-in the bean sprouts. Add the soy sauce. Stir and cook for 5-8 minutes until the sprouts are soft.
- Transfer the cooked vegetable in a plate. Drain the excess liquid. Set aside until cooled down.
- Start to wrap the cooked vegetables using the egg roll wrappers. Lay the wrapper flat on a big plate. Place 50 grams of vegetables at the end of the wrapper. Fold the opposite edges of the wrapper and then roll until the vegetables are secured. Seal the end of the wrapper with water then gently press the wet loose end towards the egg roll.
- Heat the oil in the pot. Fry egg rolls in medium heat, 1 minute per side, until brown. Do not overcrowd the pan. Cook 3 rolls per batch.
- Remove the egg roll and drain. Serve with vinegar or ketchup.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

NUTRITION DATA PER SERVING:
- Energy 516 kcal
- Protein 13.2 g
- Fat 36.9 g
- Carbohydrates 32.5 g

COST: PHP 30.75 per serving

YIELD: 10 servings
SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour and 30 minutes preparation and cooking

INGREDIENTS
- 450 g uncooked medium elbow macaroni
- 200 g boneless, flaked chicken breasts
- 100 g carrot, peeled and diced
- 2 pcs. hard boiled eggs, peeled and coarsely chopped
- 250 g crushed pineapple
- 50 g Eden cheese
- 50 g pickle, relish, sweet
- 50 g onion, minced
- 1½ cup mayonnaise
- ½ cup condensed milk

DIRECTIONS
- In a pot over medium-low heat, add enough water to boil macaroni. Cook for 18-20 minutes or until firm to bite. Drain well.
- In a pot, add chicken meat and enough water to cover. Heat, cover, and simmer about 30-45 minutes or until cooked through. Drain from the liquid, allow to completely cool and shred. Set aside.
- In a pot, bring water to a boil. Add diced carrots and cook for about 30 seconds. Using a slotted spoon, remove from water and plunge into an ice bath until completely cool. Drain and set aside.
- In a large bowl, combine macaroni, chicken, carrots, eggs, crushed pineapple, cheese, sweet pickle relish, onions, mayonnaise, and sweetened condensed milk. Gently stir together until evenly distributed.
- Season with salt and pepper to taste. Refrigerate for about 1 hour to cool completely and to allow flavors to meld.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
SERVING SIZE: 1 square slice; one serving is enough for a child with MAM
COOKING TIME: 1 hour and 30 minutes preparation and cooking

INGREDIENTS
- 800 ml coconut milk
- 150 ml evaporated milk
- 250 g white sugar, refined
- 200 g corn, whole kernel
- 250 g cheese, grated
- 150 g cornstarch
- 20 ml water

MATERIALS NEEDED
- Large carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS
- In a pot, add coconut milk, water, sugar and evaporated milk. Stir under low heat. Bring to boil for 10 minutes.
- Add corn kernels and grated cheese. Stir slowly for 1 minute.
- Combine the cornstarch and water. Add the mixture into the pot and stir thoroughly for 5 minutes. Mix until desired consistency was reached.
- Grease the pan with oil or butter. Pour the mixture into a serving tray then flatten the top using a spatula or spoon.
- Allow to cool for at least an hour.
- Cut into 10 equal sizes.
- In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

NUTRITION DATA PER SERVING:
- Energy 530 kcal
- Protein 10.2 g
- Fat 33.7 g
- Carbohydrates 46.6 g

COST: PHP 16.50 per serving
YIELD: 10 servings
SERVING SIZE: 1 cup, 2 meatballs served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 30 minutes cooking

INGREDIENTS
- 9 tbsp. onion, bulb, minced
- 9 tsp. garlic, minced
- 200 g misua
- 200 g upo, cut into quarters and thinly approximately 2 cm each
- 10 tsp. oil, coconut
- 5 tbsp. fish sauce
- 10 cups of water
- Pork Meatballs
- 500 g pork, ground
- 1 tsp. soy sauce
- 5 tbsp. all-purpose flour
- 1 tbsp. onion, minced
- 1 tsp. garlic, minced
- 1/8 tsp. black pepper
- ½ piece chicken egg, medium

MATERIALS NEEDED
- Large carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS
- In a bowl, mix the ground pork, onion and garlic. Add the all-purpose flour and egg. Season with salt and pepper. Set aside.
- In a pot, add oil and sauté onion and garlic. Cook for 2 minutes until onion is translucent and garlic is brown under medium-low heat.
- Add the ground pork. Cook for 10 minutes or until brown. Season with 3 tbsp. fish sauce and pepper.
- Add the upo. Blend well for 2 minutes.
- Add water, cover and bring to boil for 10 minutes.
- While boiling, form balls using the ground meat and drop in boiling water.
- Add the misua and boil for another 3 minutes. Season with 2 tbsp. fish sauce.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
**SERVING SIZE:** 2 pieces served with ½ cup rice (50g each patty); one serving is enough for a child with MAM

**COOKING TIME:** 1 hour pre-preparation; 1 hour cooking

**INGREDIENTS**
- 150 g munggo beans, green, dried, boiled
- 9 cups water for boiling
- 10 tbsp. onion, bulb, minced
- 275 g chicken breast, ground
- 200 g squash (*kalabasa*), grated
- 200 g carrots, grated
- 75 g onion, spring, minced
- 2 ½ pieces chicken egg, medium, whole, beaten
- 100 g cheese, cheddar, grated
- 5 tbsp. wheat flour, all-purpose
- ½ tsp. black pepper
- ½ tsp. iodized salt
- 2 ½ tbsp. soy sauce
- 20 tbsp. (2 tbsp. per patty) oil, coconut

**MATERIALS NEEDED**
- Large Carajay/ Non-stick Pan
- Turner
- Solid Measuring Cup
- Measuring Spoon

**DIRECTIONS**
- Wash the munggo seeds. Then, in a covered pan, pour 3 cups of water and boil the munggo beans over medium fire for 20 minutes. Strain the mung bean seeds. In the same pan, pour another 3 cups of water and boil for 30 minutes until tender. Strain then set aside.
- In a bowl, combine the munggo, onion, chicken, squash, carrots, and spring onion. Blend well. Set aside.
- In a separate bowl, mix together the egg, soy sauce, pepper, salt and all-purpose flour.
- Pour in the munggo mixture. Blend well.
- Scoop out 1/4 cup of the mixture. Mold into patties.
- Using a carajay or a non-stick pan, heat oil. Use 2 tbsp. of oil for each patty. Fry the patties, 5 minutes per side, over medium fire until golden brown. Remove from the pan when cook and drain excess oil.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

**NUTRITION DATA PER SERVING:**
- Energy 526 kcal | Protein 15.3 g | Fat 33.6 g | Carbohydrates 40.7 g

**COST:** PHP 17.25/serving

**YIELD:** 10 servings
SERVING SIZE: 1 cup each serving served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 40 minutes pre-preparation of mung bean seeds; 1 hour cooking

INGREDIENTS
- 500 g or 2 ½ cups munggo seed, green, dried
- 8 cups of water for boiling mung bean seed
- 20 tbsp. butter, Magnolia, salted
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 300 g chicken breast, ground
- 50 g malunggay leaves only, without stems
- 200 g sotanghon noodles
- 6 tbsp. fish sauce
- 1 ¼ tsp. black pepper, ground

MATERIALS NEEDED
- Pot
- Ladle
- Measuring spoon
- Liquid Measuring cup

DIRECTIONS
- Boil munggo seeds for 40 minutes until soft. Set aside.
- In a separate pot, add oil and sauté the garlic and onions under medium-low heat.
- Add the ground chicken and cook for 15 minutes or until brown. Season with 3 tbsp. fish sauce and ¼ tsp. ground black pepper.
- Add the boiled munggo seeds into the pot and boil for 5 minutes.
- Add another 2 cups of water into the pot. Boil for 10 minutes.
- Add the sotanghon to the pot and cook for 10 minutes.
- Add the malunggay leaves. Serve while hot with ½ cup rice.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

NUTRITION DATA PER SERVING:
- Energy 543 kcal
- Protein 15 g
- Fat 27.7 g
- Carbohydrates 58.4 g

COST: PHP 19.00 per serving

YIELD: 10 servings
POCHERO

NUTRITION DATA PER SERVING:
  Energy 547 kcal | Protein 15 g | Fat 27.9 g | Carbohydrates 58.9 g
COST: PHP 26.00 per serving
YIELD: 10 servings

SERVING SIZE: ½ cup served with ½ cup rice; one serving is enough for a child with MAM
COOKING TIME: 1 hour pre-preparation; 30 mins cooking

INGREDIENTS
- 500 ml tomato sauce, Heinz
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 500 g chicken breast, cubes
- 200 g carrots, diced
- 200 g Baguio beans, diced
- 200 g Chinese cabbage, approximately 1” per side
- 300 g banana, saba, cubes
- 15 tbsp. oil, coconut
- 8 tbsp. fish sauce
- ¼ tsp. ground pepper
- 10 tbsp. white sugar, refined

MATERIALS NEEDED
- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS
- In a pot, blanched Baguio beans and carrots for 10 minutes. Drain and set aside.
- In a pot, add oil and sauté garlic and onion under medium-low heat.
- Add the chicken. Season with 4 tbsp. fish sauce and ground black pepper. Cook for 10 minutes until brown.
- Add the carrots and Baguio beans. Cook for 2 minutes.
- Add the tomato sauce. Boil for 5 minutes.
- Add the banana saba and cabbage. Cook for 2 minutes.
- Add the white sugar and fish sauce. Boil for 2 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
SERVING SIZE: ½ cup served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: Approximately 4 hours boiling for kidney beans and 30 minutes cooking

INGREDIENTS
- 150 g kidney/snap bean seed, white, dried
- 3 ½ cups water for boiling
- 450 g pork meat, lean, ground
- 650 ml tomato sauce
- 250 g snap bean pod, green, cut diagonally thinly approximately 3 cm
- 1 tbsp. onion, bulb, minced
- 1 tbsp. garlic, minced
- 5 tbsp. oil, coconut
- 3 tbsp. fish sauce
- ½ tsp. iodized salt
- 1/8 tsp. pepper
- ¼ cup water
- 6 tbsp. white sugar, refined

MATERIALS NEEDED
- Large carajay
- Ladle
- Solid Measuring cup
- Measuring Spoon
- Strainer

DIRECTIONS
- In a covered pan, add water and boil the white kidney beans over medium fire for 4 hours or until tender. A technique which can be used is by turning off the stove while boiling and by letting the beans cooked over covered pot. Strain and set aside.
- In another pan, heat oil. Sauté onion, garlic and pork. Cook for 10 minutes or until pork becomes tender. Season with 1/8 tsp. pepper and ½ tsp. salt.
- Add the Baguio beans. Sauté for 3 minutes. Add ¼ cup water. Boil for 3 minutes.
- Add the tomato sauce. Simmer for another 5 minutes.
- Season with fish sauce and white sugar.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
**PORK BITES IN GRAVY WITH RICE AND BEANS**

**SERVING SIZE:** 55 g of pork per serving + ½ cup rice and 45 g snap beans; one serving is enough for a child with MAM

**COOKING TIME:** 1 hour pre-preparation; 1 hour and 30 minutes cooking

**INGREDIENTS**
- 550 g pork belly, less fat, cut into cubes
- 450 g Baguio beans, blanched, cut into slants ½” each
- 11 tbsp. oil, coconut
- 5 pcs. calamansi, small
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 10 tbsp. soy sauce
- 10 tbsp. Cornstarch
- ¾ cup water
- 150 g onion spring for garnish: 1 tsp. per serving

**MATERIALS NEEDED**
- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

**NUTRITION DATA PER SERVING:**
- **Energy** 536 kcal
- **Protein** 13.2 g
- **Fat** 34.4 g
- **Carbohydrates** 43.3 g

**COST:** PHP 29.50 per serving

**YIELD:** 10 servings

**DIRECTIONS**
- Season the pork cubes with salt and pepper and calamansi.
- In a carajay, add oil and fry pork cubes for 10 minutes or until brown. Drain and set aside.
- In the same pan, remove excess oil and sauté onions and garlic. Add ½ cup water and add soy sauce. Simmer for 3 minutes.
- Add the cornstarch mixture by mixing cornstarch and water. Mix until the consistency thickens. Add fried pork cubes.
- Serve the pork with rice and blanched Baguio beans.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.
SERVING SIZE: 55 g of chicken and ½ cup of sweet and sour sauce served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

Marinated Chicken
- 500 g chicken breast, cut into ½ inch cubes
- ½ tsp. iodized salt
- ½ tsp. black pepper, ground
- 2 ½ tsp. soy sauce
- ½ tsp. white sugar
- 5 pcs. chicken egg, egg white only
- 3 tbsp. onion, spring, minced

Sweet and Sour Sauce
- 5 tbsp. or 2½ pcs. small onion, bulb, minced
- 2 cups or 200 g carrots, diced
- 1 cup or 100 g celery, Chinese leaves and petioles, diced
- 2 ½ cups of water
- ½ tsp. of salt
- 1 cup white sugar, refined
- 8 tbsp. of vinegar

DIRECTIONS

- Using a bowl, marinate the chicken with iodized salt, black pepper, white sugar, soy sauce, egg whites, and spring onions. Blend well. Cover, and place inside the refrigerator for at least an hour.
- Heat oil under medium-low heat in a saucepan or deep fat fryer.
- Drop pieces of chicken in the oil, one by one, and fry for 10 minutes or until evenly browned. Drain on paper towels or rack with strainer. Fry chicken per batches. Avoid overcrowding.
- On a separate sauce pan, heat oil over medium heat. Stir in the onion, celery and carrots. Add ¼ cup of water and cook the vegetables until tender and when water evaporates. Remove from heat and set aside.
- In a bowl, mix water, salt, white sugar, vinegar, ketchup, and soy sauce. Bring to boil, and mix in cornstarch and water to thicken.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

MATERIALS NEEDED

- 2 sauce pans with cover
- Turner
- Solid Measuring cup
- Measuring Spoon
- Liquid measuring cup

NUTRITION DATA PER SERVING:
- Energy 508 kcal
- Protein 15 g
- Fat 25.7 g
- Carbohydrates 54.3 g

COST: PHP 29.00 per serving

YIELD: 10 servings
World Food Programme

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