

## **Sprinkles: How to use them and how they can help your child**

### **What happens when there isn't enough iron?**

- Iron helps a child to have strong blood
- When a child does not have enough iron, their brains can't grow as fast and they are weaker and more tired
- Low iron stops a child from learning as fast and they cant grow as strong and healthy

### **What are Sprinkles?**

- Sprinkles are packages of dry powder that has no taste
- This powder has many vitamins and minerals to help make babies strong and smart
- The vitamins inside are iron, zinc, vitamin A, folic acid and vitamin C which help children to have strong blood, more energy and protects them from getting sick
- The child's caregiver should give one package each day to any child that is under five years old, mixed in their food

### **How to give Sprinkles?**

- Tear open the top of the package
- Pour contents of the package into the complementary food after it has been cooked and is no longer steaming hot
- Mix Sprinkles with an amount of food that the child can consume at a time.
- Mix the food well after you have added the package of Sprinkles
- Give one full package each day at any mealtime
- Do not share the food with Sprinkles with other people in the family because the child will not get enough.

