

# Empowering Mothers to Enhance Child Nutrition Sierra Leone 2022–2024

Local complementary food innovation  
to prevent malnutrition

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**THE**  
**CHANGE**





# What is it about?

**Nyam Nyam Pap: An innovative, multisectoral and community-based initiative using Mother Support Groups to produce affordable, safe and nutrient-dense local complementary foods**

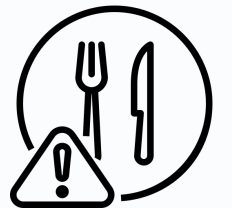
## The challenge: Poor children's diets



The inadequacy of children's diets contributes to high child stunting rates, at **26.2 per cent.**



Gender inequality and mothers' workloads and overall well-being affect child feeding and care practices.



Poverty and food insecurity are high.

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# What are the objectives of the success story?



**Ensure access to adequate complementary food**

Improve the availability and affordability of nutritious and complementary foods for young children.



**Empower Mother Support Groups**

Provide mothers and groups with skills in food processing and business management.



**Improve child nutrition**

Enhance social and behavioural change among caregivers to improve the nutritional status of children.



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**Scaling Up  
NUTRITION**

ENGAGE • INSPIRE • INVEST





# How did it happen?

Stakeholder consultations

Set up small-scale food processing units in three districts

Standards and quality control

National and subnational consultation meetings

Training: GMP and entrepreneurship skills

Shelf-life study

Community engagement

Construction and equipment

Fortification

Seed capital and market linkages







## The process: From farm to child

### Sourcing ingredients

Local farmers supply nutritious raw materials like soya beans and sesame seeds.

1

2

3

4

### Sales and distribution

The nutritious complementary food is made affordable and available to caregivers in the community.

### Processing

Mother Support Groups transform ingredients into “Nyam Nyam Pap”, a locally produced complementary food.

### Education

Mothers receive guidance on optimal feeding practices and nutrition.

# Stakeholders Involved

Key stakeholders in the “Nyam Nyam Pap” locally produced complementary food initiative



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## A Multisectoral Collaborative Effort

Stakeholders	Partners	Role
<b>Government</b>	SUN Secretariat	Coordination
	Ministry of Health	IYCN technical partner
	Ministry of Agriculture	Technical partner, processing
	Ministry of Trade	Standardization and fortification
<b>Development Partners</b>	Government of France	Donor
	WFP, UNICEF, FAO, IFAD, WHO and NGOs	Technical assistance and implementation
<b>Local Partners</b>	Farmers	On-the-ground implementation support
	Peripheral health units and CHWs	
	Mother Support Groups	

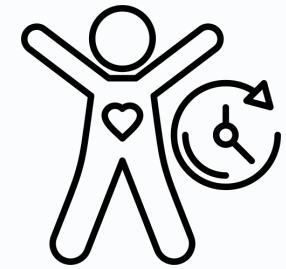
# What is the outcome of the success story?

Link: [VIDEO - SLLCF](#)



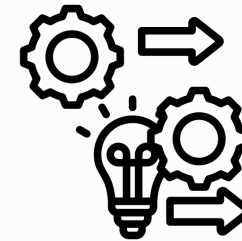
## Improved access

Caregivers now have access to enriched complementary foods for the timely introduction of solid foods.



## Enhanced food environment

The overall food environment for infant and young child nutrition has improved.



## Skill development

Mother Support Group members have gained valuable skills in food processing, safety, quality control and entrepreneurship.



## Community buy-in

There has been an increased willingness among community members to pay for affordable complementary food, thus boosting sales.

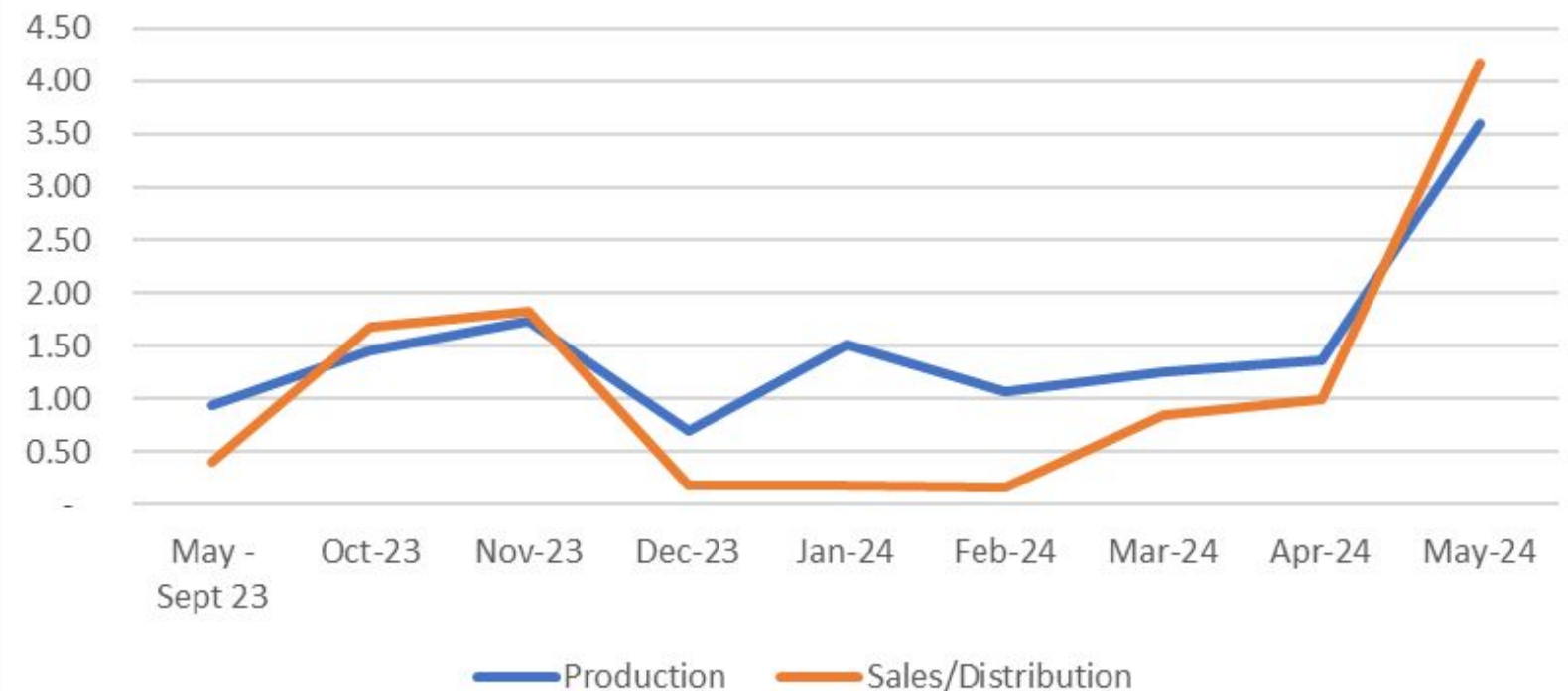


# What is the outcome of the success story?



- **4** Mother Support Groups supported, with 68 in membership
- **20,000+** children 6–23 months old reached with “Nyam Nyam Pap” for **3** months support.
- **\$2** for a 750g of “Nyam Nyam Pap”, making it affordable.
- Each Mother Support Group earns **\$4,000** monthly for every **500** children reached through distributions and sales.

Nyam Nyam Pap - Production, Sales & Distribution (MT)



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*“Thank GOD I no longer waste my money, as I now spend SLE50 per week on “Nyam Nyam Pap”, which is more nutritious and improves my child’s health – and now even increases her weight.”*

Fatmata Bangura  
Caregiver from Gbangbatoke  
community

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# Challenges and Solutions

## Challenge

## Solution

Difficulty accessing raw materials

Market assessment and linkage to producers

Inadequate power supply for processing

WFP provided isolated solar panels

Limited entrepreneurship skills

Training on business management

Delayed quality control

Ongoing efforts to improve local laboratory capacity





# CAPACITATING MOTHER SUPPORT GROUPS TO MANUFACTURE LOCAL COMPLEMENTARY FOODS



Fo yu pikin in wɛl bɔdi

# Recommendations



## 1 Develop and scale up food value chain

Support sustainability by increasing production and reducing the costs of raw materials.

## 2 Engage the private sector

Collaborate with businesses to ensure scalability and long-term viability.

## 3 Incentivize production

Create policies to ensure the affordability and safety of local products for complementary feeding. Fortification and complementary feeding standards development.

## 4 Invest in local food solutions

Prioritize catalytic financing for sustainable and community-driven nutrition interventions.



Join us in the fight against child malnutrition  
in Sierra Leone.

For more information, contact:

Aminata Shamit Koroma, Director of Food  
and Nutrition, Ministry Of Health,  
[shamitamin@gmail.com](mailto:shamitamin@gmail.com)

Yvonne Forsen, Representative and Country  
Director, [yvonne.forsen@wfp.org](mailto:yvonne.forsen@wfp.org)

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