

CHILD NUTRITION WEEKLY PLANNER



Purpose

This guide helps caregivers plan simple, balanced meals for children using affordable and locally available foods. It focuses on consistency, nutrition, and hygiene within everyday routines.

How to Use This Planner

- Plan meals at the start of the week
- Use foods that are available and affordable
- Keep meals simple and repeatable
- Adjust portions based on the child's age and needs
- Track water intake daily

Consistency matters more than perfection.

Weekly Meal Planner

Day	Breakfast	Lunch	Dinner	Snacks	Water Intake
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Meal Planning Guide

Balanced Plate Approach

Aim to include:

- A staple (rice, ugali, potatoes, porridge)
- A protein (beans, eggs, milk, groundnuts, fish)
- Vegetables (greens, carrots, cabbage)

Where possible, include fruits during snacks.

Affordable Food Options

Use what is locally available:

Staples

- Maize meal (ugali)
- Rice
- Sweet potatoes
- Cassava

Proteins

- Beans
- Lentils
- Eggs
- Milk
- Groundnuts

Vegetables

- Sukuma wiki
- Spinach
- Cabbage
- Traditional greens

Fruits

- Bananas
- Mangoes
- Pawpaw
- Oranges

Daily Hydration

Ensure the child drinks clean water throughout the day.

Guide:

- Morning: 1–2 cups
- Afternoon: 2–3 cups
- Evening: 1–2 cups

Increase intake in hot weather or during illness.

Hygiene and Food Safety

- Wash hands before preparing and eating food
- Use clean utensils and cooking surfaces
- Wash fruits and vegetables properly
- Store food safely to avoid contamination
- Use clean drinking water

Good hygiene prevents illness and supports healthy growth.

Notes and Observations

Use this section to track:

- Foods the child prefers
- Any reactions or health concerns
- Changes in appetite
- General wellbeing

Caregiver Reminder

You do not need expensive foods to support a child's growth. What matters is regular meals, clean water, and consistent care. Small daily actions build long-term health.



KENFORD

EDUCATIONAL AND MEDICAL INC.

Community Health Program

Focused on practical, accessible, and sustainable wellbeing solutions.