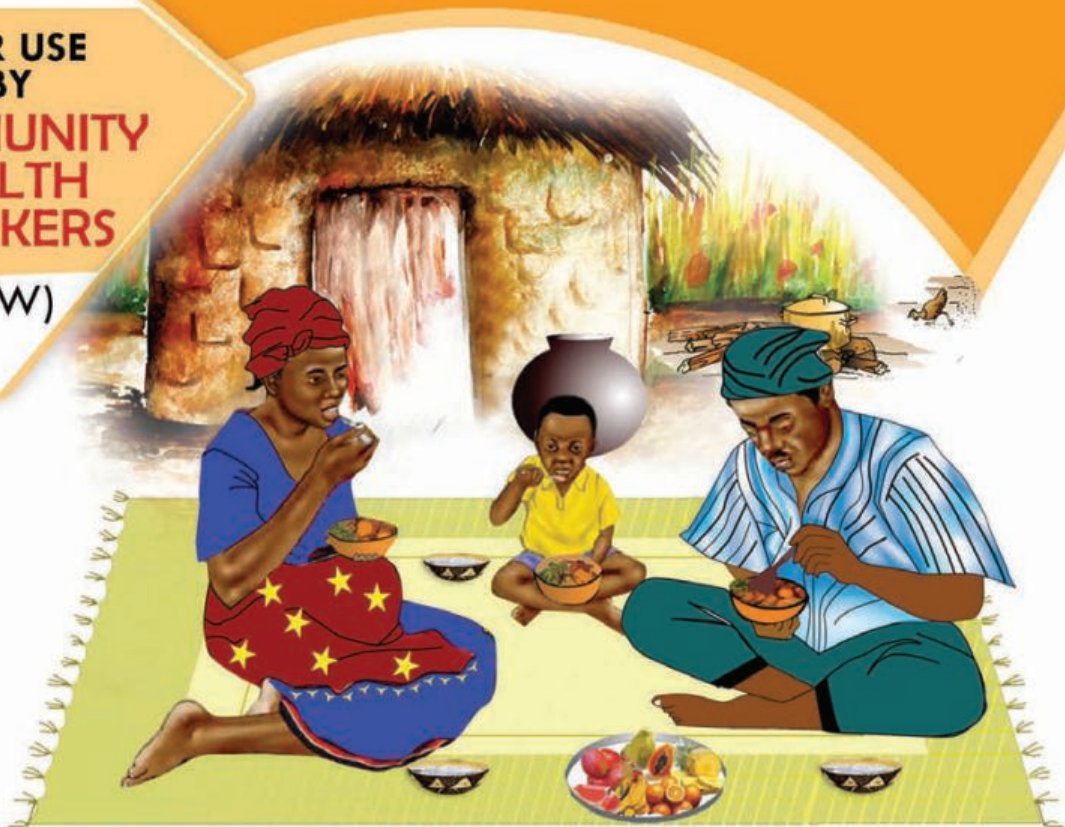


ESSENTIAL NUTRITION ACTIONS (ENA)

HEALTHY EATING

for Mothers, Babies and Children

FOR USE
BY
COMMUNITY
HEALTH
WORKERS
(CHW)



FACILITATOR GUIDE



ACKNOWLEDGEMENT

This facilitator guide is meant for the user of the Orange-Fleshed Sweetpotato (OFSP) Counselling Cards, developed for use in the Ghana Health Service's antenatal care program. This facilitator guide and counselling cards were developed under the project Jumpstarting Orange-fleshed Sweetpotato in West Africa through Diversified Markets, drawing on available materials and adapting them for use in Ghana. They fall within the framework of the Essential Nutrition Actions (ENAs) of UNICEF with respect to the Scaling up the Nutrition movement in West Africa. The authors wish to acknowledge the contributions of the following to this effort:

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Healthy Eating for Mothers, Babies and Children Facilitator Guide

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Healthy Eating for Mothers, Babies and Children Facilitator Guide



INTRODUCTION

Overview of the “Healthy Eating for Mothers and Children Counseling Cards” for Community Health Service in Ghana

The Healthy Eating for Mothers and Children counseling cards are an all-purpose standard resource designed to equip community health workers (CHWs) – including volunteer health workers, primary health care staff and other peer educators, and caregivers – to support pregnant women during antenatal clinic visits and mothers of newborns during postnatal clinic visits. This facilitator guide has followed the approach of the UNICEF facilitator guide for the Community Infant and Young Child Feeding Counseling Package. We aim to complement the existing counseling package for the Community Infant and Young Child Feeding (IYCF). The training component of Healthy Mothers and Children Counseling Cards is designed to coach CHWs with technical knowledge on the recommended healthy eating for pregnant women and mothers of newborns using orange-fleshed sweetpotato (OFSP) for complementary feeding with vitamin A rich food for the whole household. This guideline will help enhance their counseling, problem solving and intervention assistances in order to achieve inclusion of vitamin A enriched OFSP in the diet. The Seven Essential Nutrition Actions (ENAs) are all equally important in this training. These are: (1) Promotion of optimal nutrition for women; (2) Promotion of adequate intake of iron and folic acid and prevention and control of anemia for women and children; (3) Promotion of adequate intake of iodine by all members of the household; (4) Promotion of optimal breastfeeding during the first six months; (5) Promotion of optimal complementary feeding starting at 6 months with continued breastfeeding to 2 years of age and beyond; (6) Promotion of optimal nutritional care of sick and severely malnourished children; and (7) Prevention of vitamin A deficiency in women and children.

Throughout the Facilitator Guide, the trainers are referred to as Facilitators and the trainees/learners as Participants.

The Materials

The Healthy Eating for Mothers and Children Counseling Cards consist of

1. The Facilitator Guide for Mothers and Children Counseling Cards
2. The training material: training modules on OFSP processing
3. Counseling cards with colorful illustrations with key message of each card:
 - The cover: a pregnant mother with her young child and husband are eating healthy “OFSP” food together
 - Card 1: Healthy Mother - What should a woman do when she notices she is pregnant?
 - Card 2: Healthy Eating - The four food groups, and brief guidance on healthy eating
 - Card 3: Vitamin A – How do we get vitamin A and what is the health-benefit of Vitamin A for us?
 - Card 4: Infant Feeding – Some guidelines on breastfeeding, feeding an infant and young child
 - Card 5: Growing OFSP – Site selection and land preparation, vine selection and planting, weeding, cultivation, and disease and pest management
 - Card 6: Products from OFSP – sweetpotato can be prepared in many different ways
 - Card 7: Household recipes – sweetpotato leaf stew, sweetpotato leaf soup with okra, sweetpotato mpotompoto
4. Take-home OFSP Brochures (e.g., OFSP recipes and information on where to get OFSP)
5. Take-home seasonal information on (i) availability of OFSP vine cuttings, (ii) accurate information about decentralized vine multipliers (DVMs), and (iii) markets of OFSP fresh roots through local and urban markets as well as through sweetpotato producers.

Target Group

Training participants are community health workers, caretakers and pregnant women and mothers of newborns in the selected communities for the Jumpstarting OFSP project. Target groups of this step-down training may also be primary health care workers, extension staff or project staff with more advanced training knowledge. Therefore, the approach may be adjusted if needed.

Initial selection of communities for Jumpstarting OFSP activities in the Upper East and Northern regions

Mapping for the Upper East

District	Farmers	GHS
Kassena-Nankana Municipal (formerly KNE)	Naga (IDE) (30 farmers)	Naga Community Health Centre (CHC)
	Kandiga Junction (IDE) (10 farmer)	KNE CHC
Bolga Municipality Sumbrungu Health Centre	Vunania (IDE)	Vunania CHC
	Sumbrungu IDE (10 farmers)	Agusi CHC
Kassena Nankana Municipal	Gaani	Gaani CHC
Nabdam District	Logri	Pungu CHC
Binduri District	Binduri town	Binduri HC
Binduri District	Aniise	Aniise CHC
Binduri District	Ninsako	Binduri CHC
Garu Temapane District	Napaadi	Napaadi HC
	Werichingo	Garu HC
	Ninsum	Ninsum CHC
Pusiga District	Damantenga	Kpatia HC
	Morgo	Nakom CHC
	Nankambo	Nankom CHC
	Bengula	Tindaanatinga CHC
	Mandago	Pusiga HC
	Kultanse/Bitto Ghana	Pusiga HC
From 2015		
Bawku Municipal	Tanpizua	Bawku Urban HC
Baribari CHC		
Kulungugu HC		
Bawku Municipal	Baribari	Baribari CHC

Mapping out communities for the Northern Region

District	Farmers	GHS
Tolon (ACDEP)	Chiroyili	Tolon HC
	Golinga	Nyankpala HC Gbulahago CHC
	Dimabi	Tolon HC Gburmani CHC
	Gbulahagu	Gbulahago CHC
Kumbugu (ACDEP)	Kushibo	Vogu CHC
	Tibung	Vogu CHC
	Jegbo	Gbuling HC Tolon HC
	Kpalsoy	Botanga HC
	Wuba	Vogu CHC
	Tiring	Gbuling HC
	Vogu	Vogu CHC

Training Methodology

The final goal of training in the Healthy Eating for Mothers and Children Counseling Cards is to change the behavior of both the Community Health Workers (the learning Participants) and the mothers, fathers and caregivers that they counsel. Hands-on practice is the focus of the training, with emphasis on counseling skills and the effective use of the *Counseling Cards and Take-home Brochures*. The competency-based participatory training approach used in the Facilitator Guide reflects key principles of behavior-change communication with a focus on the promotion of small doable actions, and recognition of the widely acknowledged theory that adults learn best by reflecting on their own personal experiences. The approach uses the experiential learning cycle method and prepares participants for hands-on performance of skills. The course employs a variety of training methods, including the use of counseling materials, demonstrations, group discussion, case studies, role plays, and practice. Participants also play as resource persons for each other, and benefit from clinical and/or community practice, working directly with breastfeeding mothers, pregnant women, and mothers/fathers/caregivers who have young children.

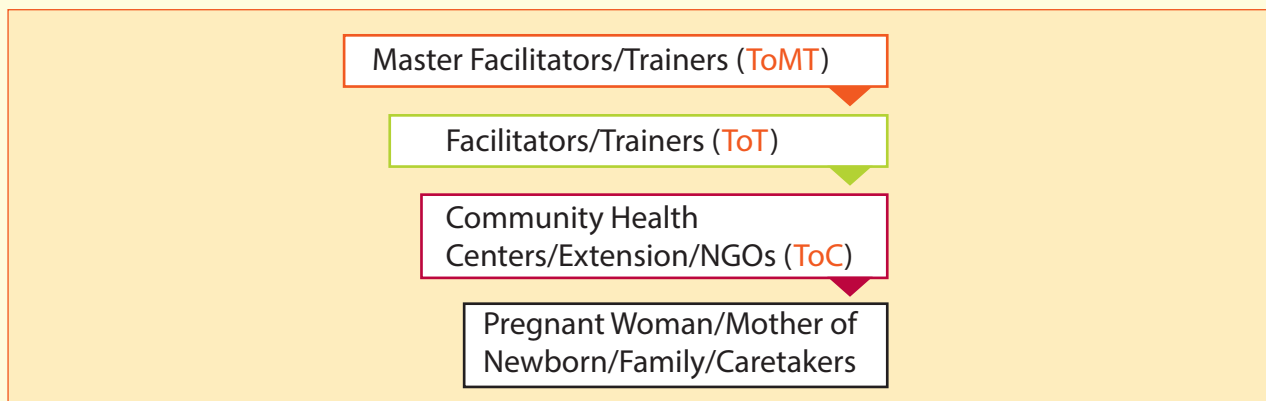
The training based on proven participatory learning approaches described in the UNICEF Facilitator Guide is also used. This includes:

1. Use of motivational techniques
2. Use of the experiential learning cycle
3. Problem-centered approach to training
4. Mastery and performance of one set of skills and knowledge at a time
5. Reconciliation of new learning with the reality of current work situation and job description
6. Supervised practice of new skills followed by practice with mothers, fathers and caregivers, to provide participants with the confidence that they can perform correctly once they leave the training
7. Carefully thought-out supervisory or follow up mechanisms to help counselors maintain and improve their performance over time.

The training of the trainers comprises two sessions. Session 1 contains an interactive lecture and Session 2 is a field practical. During the interactive lecture, the seven principles of participatory learning approaches will be the core subjects to be discussed in the classroom. In Session 2, learning-by-doing philosophy is our approach to strategically ensure that the knowledge and skills are properly transferred to the trainees. This will be practiced through exercises. The field practical will be chosen based on the local needs, and this will be discussed during the first session of the training. Assessment will be done at the end of the training as a wrap-up. During this exercise, the facilitator raises some important questions as take-home

messages for the trainees. By measuring all the answers that come from the trainees, the facilitator will decide if this training was successfully implemented. Ask participants to find time to meet together in their specific groups during the 2-day training. By the end of training, the facilitator should prepare Action Plans for follow up with the participants.

Community Health Services Counseling Package Training



Session 1. Interactive Lecture

Time	300 minutes
Learning Objectives	<ul style="list-style-type: none"> • Participants introduce themselves including education, position at the organization, and expectation in attending the training • Discuss Participants' expectations, compare with objectives of the training, and clarify the priorities/focus of the course • Present and review the set of Counseling Cards, Key Message Cards and Take-home Brochures (recipes and info about OFSP vines and storage roots)
Preparation	<ul style="list-style-type: none"> • Read through all materials to be covered in the training session, including this manual, and familiarize yourself with the process and activities • Prepare photocopies of the background information (Counseling Cards, Key Message cards and Take-home Brochures)
Materials	<ul style="list-style-type: none"> • Photocopies of background information • Plain papers • Prepared flip chart papers • Facilitator Resources • Projector (if available) • Pictures/diagrams

Instructions for Activity:

- Group decides on daily Timekeeper and Participant in charge of energizers.
- Facilitator writes expectations on flipchart and compares with the objective of the training and clarifies the priorities/focus of the course.
- Ask participants to briefly explain their backgrounds and knowledge of cooking and food processing in general, and sweetpotato in particular.
- Distribute a set of *Counseling Cards* with its *Key Messages Booklet* (Appendix 1) and *Take-home Brochures* to each Participant and then ask Participants to form groups of 2 or 3.

- Explain that the *Counseling Cards*, *Key Messages Booklet* and *Take-home Brochures* are going to be their tools to keep and that they are going to take a few minutes to examine their content.
- Each group is to find a picture that shows **Orange-fleshed Sweetpotato (OFSP)** from a *Counseling Card*, *Key Message Booklet* and *Take-Home Brochure*.
- Ask a group to hold-up the counseling card(s), page of *Key Messages Booklet* and *Take-home Brochure* which shows the item.
- Ask the other groups if they agree, disagree or wish to add another Counseling Card, page of *Key Messages Booklet* or *Take-home Brochure*.
- Repeat the process with the remaining items/characteristics, for instance, “eat variety of foods”, “protecting your health”, etc.
- Go to the “Messages: Healthy Eating Counseling Cards”; a Community Health Counselor (CHC) talking with a mother. Find:
 - ♦ A sign or symbol that indicates that something should happen when a woman finds that she is pregnant.
 - ♦ A sign or symbol that indicates that something should happen when a woman is breastfeeding.
 - ♦ A sign or symbol that indicates that the message for eating vitamin A rich food is for the family, pregnant woman and young children. Ask the participants:
 - To identify which of those foods contain Vitamin A.
 - If they know about fortification and bio-fortification.
 - ♦ The Facilitator should give an example of fortification and bio-fortification by referring to the pictures on the counseling card.
 - ♦ The Facilitator should show the counseling cards with information about vitamin A capsules and ask the group how to get the vitamin A capsules.
 - ♦ The Facilitator should explain about the effect of Vitamin A on health.
 - ♦ A sign or symbol that indicates infant feeding.
 - Ask each group to show the card.
 - Ask each group to read and discuss about it then each will give a small presentation in front of class.
 - ♦ A sign or symbol on “Growing OFSP”
 - Ask each group to show and read the card and its page with the key message.
 - Ask the group if they understand the message and are familiar with the cultivation of sweetpotato.
 - Give the participants information on the availability of planting materials by mentioning the names of multipliers and NGO partners and their locations. Arrange a contact with them for further action.
 - ♦ A sign or symbol that indicates “OFSP Products for the Family”
 - Ask each group to show and read the card and its page with the key message.
 - Ask the group if they include OFSP in their meals or diets daily.
 - ♦ Give the participants some information on the various recipes from OFSP. This will be found on the last counseling card (n° 7). Ask the participants to choose one of the recipes to be tried during the practical exercises shortly after this interactive lecture.
- Repeat the explanation that the *Counseling Cards*, *Key Messages Booklet* and *Take-home Brochures* will be their tools to use.

TIPS:

- Key micronutrients are Vitamin A, Iodine, Iron, and Folic Acid.
- Vitamins are needed to protect the body from disease and to facilitate the functioning of various body systems and processing.
- A water-soluble vitamin is one that is carried in water and can be easily lost during food preparation. They are not stored by the body for future use
- A fat-soluble vitamin is carried in fat and needs to be taken with foods containing fats. They are stored by the body for future use.
- We need minerals for our body to fight infection and for normal body processes.
- We can find minerals in foods from animals, legumes, wholegrain cereals, fruits and vegetables.

Session 2: Practical**Preparing Weaning and Baby Food, Stew and Soup, Mpotompoto, Juice, or Sweetpotato Soup**

Time	120 minutes
Learning Objectives	<ul style="list-style-type: none"> • Participants will gain knowledge and skills on how to prepare a variety of foods and drinks from sweetpotato
Preparation	<ul style="list-style-type: none"> • Read through the session and familiarize yourself with the process and activities • Prepare the budget and purchase the ingredients • Type the ingredients and budget for distribution to participants • Copy the recipes for participants
Materials	<ul style="list-style-type: none"> • Sweetpotato leaves and/or roots • Knives, basins, plates, stove, oven/village modified oven, buckets, firewood/charcoal, pestle and mortar • Ingredients • Recipes

Activity 1: Preparing Sweetpotato Weaning and Baby Food

- Divide the participants into small groups and delegate tasks
- Distribute the sweetpotato recipes (from roots and/or leaves)

Activity 2: Stew and Soup

- Divide the participants into small groups and delegate tasks
- Distribute and explain the recipe

Activity 3: Preparing Mpotompoto

- Divide the participants into small groups and delegate tasks
- Distribute and explain the recipe

Activity 4: Preparing Juice

- Divide the participants into small groups and delegate tasks
- Distribute and explain the recipe

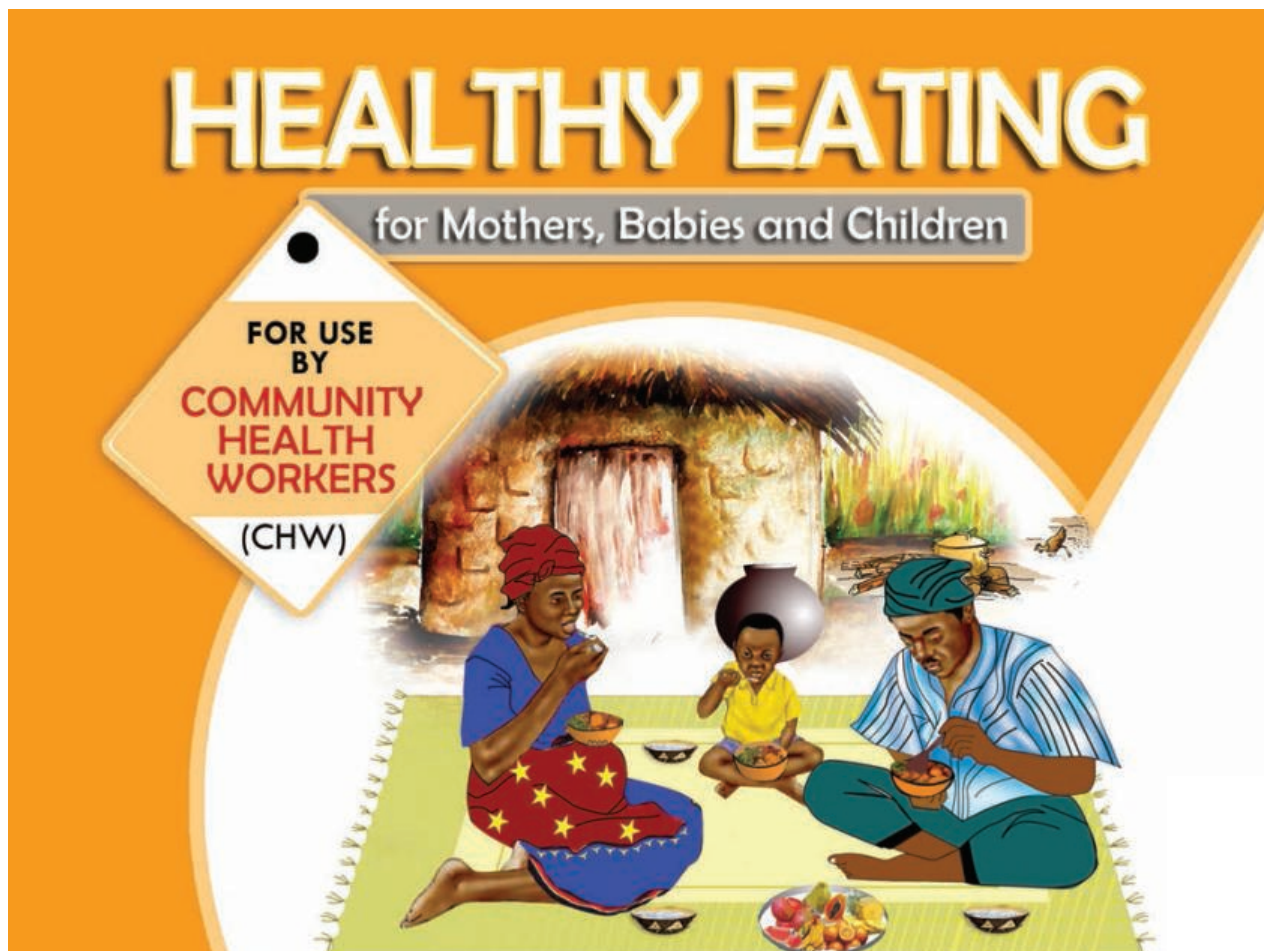
Activity 5: Preparing Sweetpotato Soup

- Divide the participants into small groups and delegate tasks
- Distribute and explain the recipe

APPENDIX 1: KEY MESSAGES BOOKLET FOR “HEALTHY EATING COUNSELING CARDS”

Cover: Healthy Eating for Mothers, Babies and Children

What do you see in this picture? In your community, do husbands advise their pregnant wives to eat additional food? Why? How can we help pregnant women to eat what they need? (Discussion)



MESSAGES

Woman, if you are pregnant, eat one extra meal every day to be healthy, active and to give birth to a strong baby. This will not make the baby too big, just strong and healthy.

When you are pregnant, eat a variety of food (at least from the 3 of the four food groups) every day to be strong and get vitamins.

When you are pregnant, try to rest and avoid carrying heavy loads.

Husband, make sure that your pregnant wife has one extra meal every day to be healthy, active and to have a strong baby. Make sure she eats a variety of food (at least from 3 of the four food groups) every day to be strong and get all the nutrition she needs, including vitamins.

Husband and other family members should support the pregnant woman with household chores/work.

- A pregnant woman needs to eat more food than usual to have a healthy and strong baby.
- A pregnant woman needs to eat many different types of colorful foods such as meat, chicken, snails, fish, “kontomire” and other green leafy vegetables including sweetpotato leaves, vegetable oil, palm oil, rice, orange-fleshed sweetpotato (OFSP), plantains, yams, corn, eggs, milk or dairy products peanuts, oranges, mango, etc.
- A pregnant woman needs to eat fruits and vegetables with her meals daily.
- The husband and other family members should urge pregnant women to rest and not to carry heavy loads to ensure that the baby is healthy and strong.

Card 1: Healthy Mothers

What do you see in this picture? In your community, do pregnant women get iron/folic acid supplementation, eat vitamin A-rich food such as OFSP, liver, etc., and get de-worming medicine from the health center?



MESSAGES

Pregnant woman, as soon as you know you are pregnant, go to the health facility to get valuable advice to maintain your strength & health during the pregnancy and prevent anemia. Husband, ask the Health Worker for iron/folic acid tablets and where to get **OFSP vine cuttings or OFSP storage roots** for your pregnant wife.

- The six-month course of iron/ folic acid tablets can be continued even after the birth of the baby. Furthermore, eating OFSP can be a part of your daily diet.
- Pregnant women have increased needs for iron.
- Vitamin A, iron, and iodine are examples of vital micronutrients.
- Vitamin A, Iron/ folic acid pills are important to prevent anemia and will help to keep the pregnant woman and her new baby healthy. A lack, inadequacy or excess of micronutrients causes the body processes to not function very well and nutrition disorders (i.e. malnutrition) develop.

ADDITIONAL MESSAGE

Pregnant women, ask your health worker if you need to take dewormer or worm medicine to prevent you from getting anemic.

Husbands, make sure your pregnant wife gets dewormer from a health worker if she needs it.

- Worms can cause anemia, which leads to tiredness and poor health.
- From 4 months gestation on, ask the health worker for your dewormer if indicated.

ADDITIONAL MESSAGE

Pregnant women, make sure you find out from your health worker if you need tetanus (TT) shots and get one if indicated.

Husband, make sure your wife receives her tetanus shot at the health facility if she needs it.

Card 2: Healthy Eating

What do you see in the picture? In your community do you give additional meals to mothers who are breastfeeding? (Discussion)



MESSAGES

Mothers, when you are giving breastmilk, eat two extra meals a day to maintain your health and the health of your baby. Eat different types of food every day to be strong and get vitamins.

Fathers, ensure that your wife who gives breastmilk has two extra meals a day to maintain her health and the health of the baby.

- To maintain her health and strength, a breastfeeding woman needs to eat more than usual.
- A breastfeeding woman needs to eat many different types of colorful foods such as meat, chicken, snails, fish, dark green leafy vegetables, kontomire and other vegetables, like **orange-fleshed sweetpotato roots and leaf**, carrots, fortified vegetable oil, palm oil, rice, plantains, yams, corn, millet, eggs, peanuts, beans, oranges, mangoes, pawpaw, etc.

Card 3: Vitamin A

What do you see in this picture? Why is it important for a pregnant/lactating woman and young children to eat Vitamin A rich food? (Discussion)



A Vit A capsule

MESSAGES

All members of the family, especially pregnant women and young children, should eat Vitamin A-rich food. Vitamin A is a fat-soluble vitamin that is stored in the liver of the body.

We need vitamin A for our eyesight, for our development, our immunity, and for our babies' development. Pregnant women, mothers of newborns, and children should eat foods rich in Vitamin A everyday such as yellow/orange fruits and vegetables like ripe mangoes, papaws, pumpkin, **OFSP** and carrots, dark green leafy vegetables (e.g. **sweetpotato leaf**), eggs, milk and milk products.

We should prepare vegetables rich in Vitamin A (such as **OFSP**, carrots or green leafy vegetables) with cooking oil or flour from groundnut, soya or egusi melon seeds to help the body to effectively use Vitamin A. Children from 6 months old should get a Vitamin A supplement (as recommended) every 6 months from a community health worker. Vitamin A capsules are also offered during Health Days/campaigns.

Mothers who have just given birth should take a Vitamin A supplement within 8 weeks of delivery. We should buy and consume vitamin-fortified foods such as cooking oil, sugar, maize and wheat flour, etc. We should also grow or buy and consume bio-fortified crops such as **OFSP**. This vitamin A rich crop is **now locally available**.

- If you are pregnant, be sure that you sleep under a mosquito net to protect yourself and the baby from malaria.
- Malaria causes low blood counts (anemia), which will make you and members of your family sick and very weak.

MESSAGE

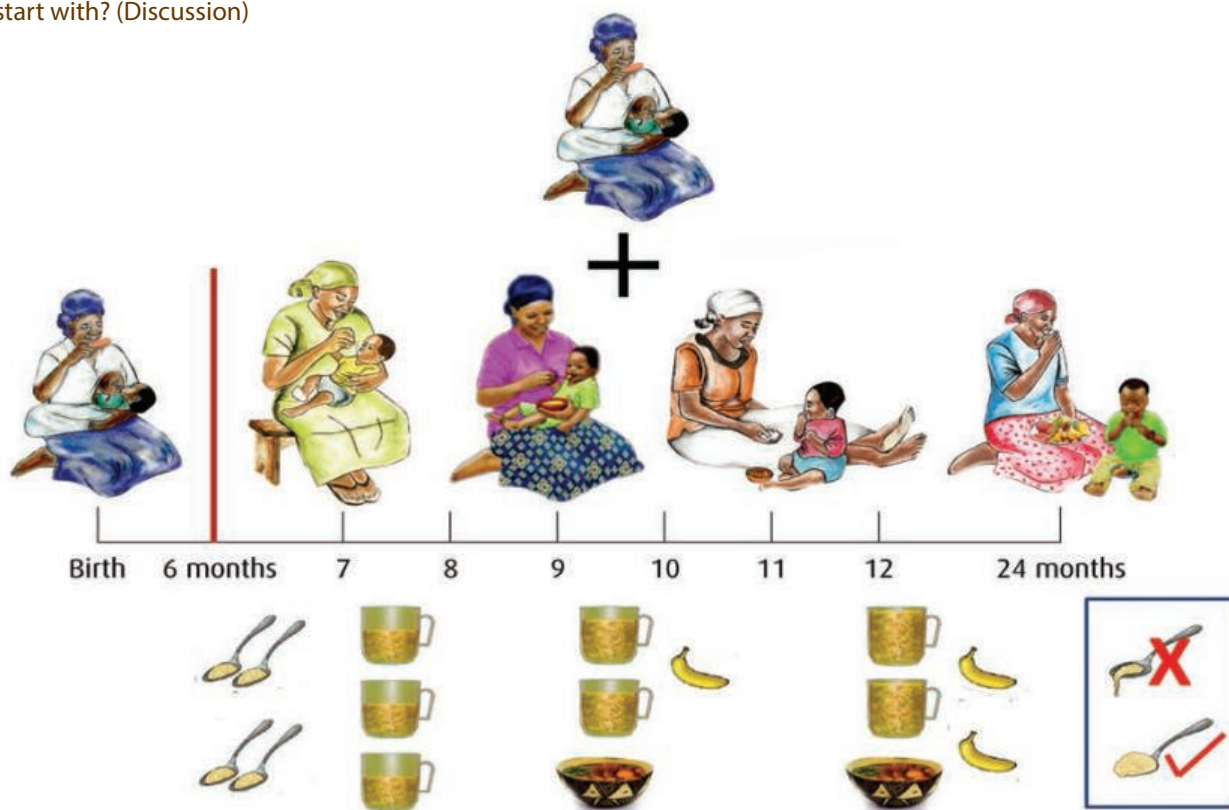
Mother, when you know you are pregnant, make sure you go to the ante-natal clinic to get IPT (malaria preventive treatment) to keep you from getting malaria and keep your unborn baby healthy.

Pregnant woman, make sure you take all the three doses of the malaria medicine during pregnancy.

Husbands, make sure your pregnant wife gets malaria medicine from the antenatal clinic to keep her from getting malaria and to keep your unborn baby healthy.

Card 4: Infant Feeding

What do you see in the picture? Why is infant feeding from 0 – 24 months important? Is it normally considered in your community? When should children start eating foods other than breast milk? What kind of foods should they start with? (Discussion)



MESSAGES

Mothers, starting at about 6 months, your baby needs other foods in addition to breast milk. Continue breastfeeding your baby on demand both day and night. Breast milk continues to be an important part of your baby's diet. Breastfeed first before giving other foods.

Mothers, eat **OFSP** and other vitamin A-rich foods while you are breastfeeding your baby.

OFSP can be used as an important complementary food for feeding your baby, starting at about 6 months.

When giving complementary foods, think: Frequency, Amount, Thickness, Variety, Responsive feeding, and Hygiene

- Frequency: Feed your baby complementary foods 2 times a day.
- Amount: Give 2 to 3 tablespoonfuls ('tastes') at each feed.
- Thickness: should be thick enough to be fed by hand.
- Variety: Begin with the staple foods like porridge (corn, wheat, rice, millet, **OFSP**, yam, cocoyam, and sorghum), mashed banana or mashed **OFSP**.

Responsive feeding

- Baby may need time to get used to eating foods other than breast milk.
- Be patient and actively encourage your baby to eat.
- Don't force your baby to eat.

Use a separate plate to feed the baby to make sure he or she eats all the food given.

Hygiene: Good hygiene (cleanliness) is important to avoid diarrhea and other illnesses.

- Use a clean spoon or cup to give foods or liquids to your baby.
- Store the foods to be given to your baby in a safe hygienic place.
- Wash your hands with soap and water before preparing foods and feeding baby.
- Wash your hands and your baby's hands before eating.
- Wash your hands with soap and water after using the toilet and washing or cleaning baby's bottom.

Card 5: Growing Orange-Fleshed Sweetpotato (OFSP)

What is happening in the pictures? How do we get the OFSP planting material? When should we start cultivating this crop? How do we cultivate the OFSP? (Discussion)



MESSAGES

Mothers, you can get the bio-fortified OFSP in your neighboring areas, through MoFA Agricultural Extension Agents, NGOs like iDE, ACDEP and Trax, or directly from producers of OFSP roots and vines.

Husbands, you should encourage your wife, young children and family to include OFSP in your menu.

Help your wife get the OFSP vine cuttings and cultivate it in your garden. You need to have knowledge and skills on proper management of the crop.

Ask the Community Health Centers to inform you about where to get OFSP planting materials and attend training on OFSP production management and OFSP utilization and processing.

OFSP can be grown in the dry season as long as it has water. Vines can be maintained in the back yard or near the bathhouse. Do not plant yellow, weak, diseased appearing vines. Sweetpotato should be grown in fertile soil, usually on mounds or ridges. Weevil infestation can be prevented by earthing up around the plant during cultivation, and by harvesting when roots are ready.

Card 6: Products from OFSP

What is happening in the pictures? How long do we need to wait for its maturity? Can we eat the OFSP other than only cooking it with water? (Discussion)



MESSAGES

Mothers and fathers, OFSP varieties are currently available in Ghana. OFSP can be ready 3 months after planting.

We can grow the sweetpotato at the homestead, for example in the vegetable garden or maintaining vines near the bath house. There are white-, yellow- and orange-fleshed varieties; they are all good food. The orange-fleshed sweetpotato has beta-carotene, the pro-vitamin A which is needed by our body. But leaves of all sweetpotato types provide beta-carotene and minerals.

We can utilize and process OFSP into various meals and foods.

Card 7: Household Recipes

What is happening in the pictures? When should children start eating foods other than breast milk? What kind of foods should they start with? What do you see in this picture? How can you enrich your baby/child's food to prevent malnutrition? (Discussion)

**1. SWEETPOTATO LEAF STEW (with egushi)
(sweet potato palaver sauce)**



2. SWEETPOTATO LEAF SOUP (OKRO)



3. SWEETPOTATO LEAF SOUP



4. SWEETPOTATO "MPOTOMPOTO"



MESSAGES

Various household recipes have been developed by food scientists and cooks. The Jumpstarting OFSP project has produced brochures with a number of recipes for local meals, and nutritious products. Brochures are available at the Community Health Centers of the project areas.

Other recipes, including from East Africa countries compiled in the Training modules for OFSP processing, are also available at Community Health Centers.

APPENDIX 2: SELF-CHECK QUESTIONS

N°		Yes	No	Don't know
1	Can the skin of the sweetpotato be used to determine the flesh colour?			
2	All sweetpotatoes contain pro-vitamin A.			
3	OFSP means Orange-Fleshed Sweetpotato.			
4	OFSP provides vitamin A for pregnant women and children.			
5	After planting OFSP, it takes 2 months to mature.			
6	The leaves of OFSP are good for soups/stews.			
7	OFSP can be used to prepare a variety of dishes.			
8	After OFSP is planted, soil cracking is a sign of maturation.			
9	OFSP can be planted/grown in loamy soils.			
10	Only the roots of OFSP can be used as planting materials.			





The International Potato Center (known by its Spanish acronym CIP) is a research-for-development organization with a focus on potato, sweetpotato, and Andean roots and tubers. CIP is dedicated to delivering sustainable science-based solutions to the pressing world issues of hunger, poverty, gender equity, climate change and the preservation of our Earth's fragile biodiversity and natural resources.
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