

Akatabo Ka Kulangilila Ifya Kwipika



Amashiwi ya Kwiswila

Kano Akatabo ka Kulangilila Ifya Kwipika kali no kutungilila utubungwe na bakasambilisha ukushininkisha ukutiila umulimo wa kufunda ukwipika ulebombwa bwino. Muli aka akatabo muli ifya kucita cimo na cimo; pa kupekanya, ukukonka, ukushininkisha, no kutungilila ishi nshila sha masambililo pa kutila abengi bashipokelele. Kalelanda pa miliile isuma, ubusaka bwa meenshi no kusanguluka, elyo na pa misango ya fyakulya ifyalekanalekana.

Pa kulemba aka akatabo kwali ukwipusha incenshi shapusanapusana. Umulimo wa kulemba Akatabo ka Kulangilila Ifya Kwipika wali muulimo uwabombeelwe mu maboma. Mu maboma yatatu ayo ba FANSEER batungilila mu citungu ca Eastern Province, ekutika Katete, Petauke, na Sinda, balimwenemo utubungwe utwalebomfya libili-libili ifya kufunda ukwipika pa kupakamisha imiliile isuma. Utu utubungwe ni utu, Iciputulwa Icilolesha pa Bumi (MoH), Iciputulwa Icilolesha pa Bulimi (MoA), Iciputulwa Icilolesha pa Buyantanshi bwa Mekashi ne Mikalile ya Bantu (MCSS), no tubungwe twafwilisha abekashi utushili twa buteeko pamo nga ba Catholic Relief Service (CRS), ba Development Aid from People to People (DAPP), na ba Every Home for Christ. Ilyo kwali ukupituluka mu mibombele yabo, casangilwe ukutika impapulo babomfya mu kufunda ukwipika ilingi line shalelangafye ifyo umuntu afwile ukukwata no kucita nga alefwaya ukwipika ifyakulya fimo, elyo fimo fyalessanshamo tumo-tumo palwa busaka bwa meenshi no kusanguluka. Ni pali uyu mulandu, ababomba uyu mulimo wa kufunda ukufuma muli aya maboma, basalilepo ukuumana akapi no kupanga Akatabo ka kutungulula icili no kulenga kube ifipimo fyafikapo pa kwafwa ukufunda bwino abantu abekala mu ncende sha mu mishi imipikile ya fyakulya iisuma sana.

Kwali ukupanga ibumba lya kubombela pali ici, kabili muli ili ibumba mwali incenshi ukufuma mwi boma limo na limo. Panuma, ici citabo balicitwele muli aya Amaboma yatatu ukumona nga kuti cabomba, elyo no kushininkisha ifi ku ma komiti yatatu ayakondenkanya ifyakuma ku miliile isuma aya District Nutrition Coordinating Committees (DNCC) mu ma Boma ya Katete, Petauke na mwi Boma lya Sinda.

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Ubupilibulo bwa Filembo fya mu Bwipi

CODEP	Community Development Enhanced Programme
CRS	Catholic Relief Services
DAPP	Development Aid from People to People
DNCCs	District Nutrition Coordinating Committees
EHC	Every Home for Christ
FANSER	Food Security and Nutrition, Enhanced Resilience Project
GIZ	Deutsche Gesellschaft für Internationale Zusammenarbeit GmbH
IEC	Information Education Communication
KDWA	Katete District Women Association
LMMU	Levy Mwanawasa Medical University
MoA	Iciputulwa ca Buteeko Icilolesha pa Bulimi
MCDSS	Iciputulwa ca Buteeko Icilolesha pa Buyantanshi bwa Mekashi ne Mikalile ya Bantu
MFL	Iciputulwa ca Buteeko Icilolesha pe Sabi ne Fiteekwa
MGEE	Iciputulwa ca Buteeko Icilolesha pa Kubakilila Ifilengwa-na-Lesa
MoH	Iciputulwa ca Buteeko Icilolesha pa Bumi
NFNC	National Food and Nutrition Commission
NGO	Utubungwe Twafwilisha Abekashi Utushili twa Buteeko
OVP	Amaofeshi ya Nkonkani Kuli Kateeka
UNZA	Isukulu Likalamba Ilya University of Zambia
WASH	Water, Sanitation and Hygiene (Ubusaka bwa Meenshi, Ifimbusu no Kusanguluka)

Intendekelo

Muli aka Akatabo muli ifya kukonka, ifyo ukwipika kwingalangililwa mu nshila iisuma pakutilla kube ukunonkelamo umupwilapo mu miliile iyakampulwa, maka-maka muli banamaayo abafika pa mushinku wa kukwata abaana, na abaana abali ne myeshi 6-23. Imiliile iisuma iya kulundapo pa konsha abaana ilalenga balekula bwino, abakosa, elyo no kucincintila ubulwele bwa nsala. Imiliile ya kulunda pa konsha iishawama no kukaanalya ifyalekanalekana kuti kwatungulula ku bulwele bwa nsala. Ukutungilila banacifyashi na baleshi ba baana, ukupitila mu kubasambilisha amaano ne fya kucita pa kupekanya ifyakulya ifya mulyo ifya baana na ba mu lupwa lonse, kwalicindama sana. Inshila imo iibomfiwa ya kusenda banacifyashi na baleshi-ba-baana no kubapangasha na maano ne fya kucita pa kupekanya ifya kulya ifyabamo umulyo ukupitila mu kubalangilila ifya kwipika.

Ukubebeta ifyo ifintu fyaba mu Zambia

Casangwa ukutilla mu cinkumbawile, imiliile ya mu mayanda ayengi mu Zambia yaba fye ya kulya ifintu fimo fine cila-kasuba (***Ukufwailisha kwacitilwe na ba Alamu na bambi mu 2019***). Ukubulisha sana ifyakulya, ukukaanaishiba pa lwa miliile yabamo umulyo, maka-maka kuli banamaayo ababa mu mushinku wa kukwata abaana, elyo na abaana abanoono; ukubulwa imisango yalekanalekana iya fyakulya kwalilenga abantu ukukaanalya ifyapusana-pusana. Kanshi ukubyala ifilimwa ifyapusana-pusana kuti kwalenga aba mu ng'anda balelyako ifyapusana-pusana. Ukulya ifyapusana-pusana kulapeela umubili umulyo uwapusana-pusana, untu ukabila sana. Banamaayo abaaba mu mushinku wa kukwata abaana elyo na abaana abanoono bakabila ukulya ifyakumanina kabili ifyapusana-pusana pakuti babe no bumi ubusuma no kukula bwino. Ukusanga ifyakulya fya kulundapo ifyabamo umulyo uwakumanina kabili ifishabamo ubwafya ku baana abali ne myeshi 6-23 cilaba bwafya nga cakutilla takuli ifyakulya ifyapusana-pusana. Ukulunda pali ico, aba abaana tabalya libili-libili.

Ifiputulwa fya Buteeko no Tubungwe Twafwilisha Abekashi Utushili twa Buteeko balashininkisha ukutilla kwaba ukulangilila ifya kwipika pa kukampula imiliile isuma mu mayanda, maka-maka kuli banamaayo abali mu mushinku wa kukwata abaana na abaana abali ne myeshi 6-23. Ifi Ifiputulwa fya Buteeko fisanshamo Iciputulwa Icilolesha pa Bumi (MoH), Iciputulwa Icilolesha pa Bulimi (MoA), Iciputulwa Icilolesha pa Buyantanshi bwa Mekashi ne Mikalile ya Bantu (MCDSS), Iciputulwa Icilolesha pe Sabi ne Fiteekwa (MLF), na Iciputulwa Icilolesha pa Kubakilila Ifilengwa-na-Lesa (MGEE).

Ukulangilila Ifya Kwipika

Ukulangilila ifya kwipika ni nshila iyo abekashi bonse babulamo ulubali umo balangilila ifya kupekanya ifyakulya ifyabamo umulyo kabili ifisuma, ukubomfya inshila iya-anguka kabili ukubomfya ifyakulya fya cikaaya. Ukulunda pali ico, pa nshita ya kulangilila ifya kwipika, kuti kwaba ukukoselesha ukubomfya ifyakulya ifyapusana ne mipikile iishaseeka iyo abekashi bashaishiba. Ukulangilila ifya kwipika ni nshila iisuma iya kuletako ukwaluka mufyo abekashi bacita ifintu kuntu bekala, imibele, elyo no kuwamyako ubwishibilo bwabo pa kulenga ifyakulya fyabo fileba ifya mulyo sana. Mu kulangilila ifya kwipika mwaba ukubomfya inshila ishapusana-pusana ne fyakulya ifingepikwa mu nshila sha cikaaya. Ici cilafwa abasambi ukuyacita ifyo basambilile ku myabo. Banacifyashi, abaleshi-ba-baana, ukubikakofye na bashitaata, bafwile ukuipoosamo sana mu fya kwipika. Ukulangilila ifya kwipika miilimo iicitwa mu fitente umo babomfya (indimi) ifitundu fya cikaaya pa kushininkisha ukutilla bonse abekashi muli iyo ncende baleipoosamo.

Mu nshita ya kulangilila ukwipika, abo balesambilisha bakapokelela ifyebo palwa miliile isuma ukupitila mu kwipika no kubebako fimo ilyo balebalangilila. Ici cilesanshamo ukulanda pa fyakulya ifyapusana-pusana ifyabako, umulyo fyakwata, ifyo fingabomfiwa, ukwipikila capamo ifyakulya, elyo no kusonda ukumfwa ifyo fileumfwika. Nangu cakuti kwaliba inshila isha kulangililamo ukwipika ishapusana-pusana, kano Akatabo kaletonta sana pa **kwipika ifyakulya ifyabamo umulyo ukubomfya inshila bonsefye bengapoosamo**. Uulekondenkanya alatungulula ibumba pa fya kwipika ifyo ifyakulya mu nshila ya kuti kale-kale abasambi balesambilila ukupitila mu kweshako nabo bene.



Ifyakulya ifyabamo umulyo ifya lupwa lonse ifyapekanishiwe ilyo kwali ukulangilila ukwipika ku Citungu ca Luapula. © GIZ/Jason J Mulikita

Ifintu 10 Ifilenga Ukulangilila Ifya Kwipika Kwaenda Bwino

1. Ishibeni ibumba lyenu:

- Finshi babeleshapo nangu ifyo baishibapo?
- Finshi mulefwaya basambilile ilyo mulebalangilila kabili mulandu nshi?
- Ilyo tamulatampa ukulangilila ukwipika, mufwile mwabebeta. Ici calamyafwa ukwishiba ico mwalaimininapo pa kulangilila ifya kwipika (ku cakumwenako, ilyo twacibebeta twacisanga ukutila abaana abali ne myeshi 6-23 tabalya sana ifisabo ifyafulamo umulyo wa Vitamin A ne filimwa. Muli uku ukulangilila ukwipika twalaiminina pa kupakamisha ifisabo ne filimwa fyafulamo vitamin A). Ici cili no kukuma ico ukulangilila ifya kwipika kwimininepo.

2. Mufwile ukukwata imbila iyaumfwika bwino kabili iya-anguka palwa **miliile no busaka**.
3. **Mufwile ukuiteyanya bwino kabili abaipekanya.**
 - Pangileni kabela amapange; lembeni umutande wa filefwaikwa (moneni Ifyalundwako 1, Ukulemba Umutande wa Filefwaikwa) pakutla mulemonapo ifilefwaikwa pa kulangilila ifya kwipika.
 - Pitulukenimo mu fya kwipika no kushininkisha ukutla inshila shonse isha kupekanya no kwipika nashishibikwa bwino.
 - Esheni ukwipika ifyo ifyakulya imiku iyafulilako, nga cingacitika pa ntanshi ya muntu umo nangu babili.
 - Pekanyeni ifyo muli no kulalanda na bantu mulesambilisha/ibumba lyenu pakutla isambililo lya kulangilila ukwipika talileumfwisha ubunang'ani.
 - Ishibeni bwino icifulo ukuli no kubela uku ukulangilila.
4. **Shininkisheni ukutla mwabomfya ifyakulya ifya cikaaya. Bomfyeni imipikile iyalinga** iyabamo umulyo ukulingana no mushinku we bumba muleipikila.
5. Shininkisheni ukutl **incende mulebomfya pa kulangilila** nailinga kabili ili iyayana.
6. Sanshenimo **ifyebo palwa miliile isuma** ukupulinkana isambililo lyonse ilya kulangilila ifya kwipika.
7. Leken i bumba lyenu **lileipoosamo mu kupekanya ifyakulya ifya mulyo** kabili lekeni **balyeko ukumfwa ifyo fileumfwika**; baliisheko na baana babo.
8. Lyonse mulecita ifintu ifilecingilila **ifyakulya ku busanso ubuli bonse** elyo fili no **busaka ubwalinga**.
9. Nga cingacitika, peeleni abacisangwako **ifyakulya mwacibomfya pa kulangilila ukwipika basende ku myabo**, no tupepala tumbi pamo no tutabo utwa kwafwa ukusabankanya imbila pa lwa miliile isuma.
10. **Pa mpela ya ciputulwa ca Ukulangilila Ukwipika cimo-cimo, pitulukeni mufyo mwacibomba** pa kuti mukapekanye bwino ifyakucita mu kulangilila ifya kwipika ukuli no kwisa ku ntanshi.

(Ifyebo fyafuma ku Spring Project, 2016)

Ukulondolola Amashiwi Ayalebomfiwa

Ishiwi	Ubupilibulo
Umuleshi-wa-mwana	Umuntu uuliisha no kulela umwana, ukulanga umwana icitemwishi, ukulanda no mwana, no kucitila umwana ifyo alefwaya.
Ukubimbamo aba mu citente	Inshila ya kubombela pamo na bantu abekala mu ncende imo no kupitila mu mabumba ya bantu ba muli iyo incende, abatemwa fimo, nangu abakwata imibele iyapalana pa kubombela pa fintu ifikumine abo bantu.
Imiliile ya kulundapo	Inshila ya kupeela ifyakulya ne fyakunwa fimbi ukulunda pa mukaka wa ku mabeele nangu uwa mu cibotolo ku mwana wa pa mubili, ilyo umukaka wa ku mabeele weka waleka ukumupeela umulyo uwakumanina.
Ukulima imisango yalekana iya fyakulya	Ukubyala ifyakulya ifyalekana-lekana mu ncende imo
Ifya Kubalamuna Ukubombelapo	Ici cintu cilafwaikwa pa kukoselesha abantu ukucitapo cimo na ukusumina ifya kucita ifingawamina ubumi ifyo batile e fingabawamina
Ukulya Ifyapusana-pusana	Ica kupiminako imiliile ya fyakulya icilangilila cila ng'anda nga balalya ifyapusana-pusana, kabili e cilanga nga ifyakulya balya filalenga umo-umo ukukwata umulyo uwakumanina.
Ukubulisha Ifyakulya	Ukubulwa ifyakulya fya mulyo ifishabamo ubwafya kabili ifilenga umwana ukukula bwino no kulunduluka no kuba uwacincila no bumi busuma.
Ifyakulya Tafilimo Ubusanso	Inshila yashimpwa pali sayansi nangu imicitile ya kucingilila ifyakulya pakutita talingililwe ne fintu ifingaleta ubusanso ku bumi bwa muntu.
Umwana-wa-pamubili	Umwana uushilafisha imyeshi 12.
Imiku ya Kulya	Imiku umwana-wa-pamubili uonka nangu uushonka na baana abali ne myeshi 6-23 babapeela ifya kulya cila bushiku.
Inshila ya Kuipoosamo	Inshila yatangikwa bwino iya kwipusha, ukumfwana na abantu cikumine pafyo mulefwailishapo, pakutita kube ukubasambilisha no kucitapo cimo nangu ukuletako ukwaluka.
Ukwaluka mu Bantu na mu Mibele	Inshila yatangikwa bwino iya kubebeta ubwafya pakutita kube ukwishiba ifikalamba ifilecilikila nangu ifilecincisha ukwaluka, elyo no kupanga no kukonka ifya kucincintila ifishawama ukutungilila no kukoselesha imibele isuma
Banamaayo ababa mu mushinku wa kukwata abaana	Banamaayo bonse ababa pakati ka myaka 15–49.
Umwana umunoono	Umwana uuli pakati ka myeshi 12–23

Ifya Kubomfya Kano Akatabo

Ukulangilila ifya kwipika kulalenga banacifyashi na baleshi-ba-baana ukwishiba no kucenjela mu kupekanya ifyakulya ifya cikaaya pakutula kube imiliile isuma mu mayanda. Lelo, nga cakutula uku kutantika kwa kulangilila ifya kwipika takucitilwe mu nshila iya maka, iyateyanishiwa bwino, kabili iyakondenkana, kuti kwakumafye panono nangu ukukanakuma imiliile isuma mu mayanda. Ico aka akatabo kalembelwa ni ku kwafwilisha ukukonkwa kwa nshila sha kulangilila ifya kwipika pakutula kube ukukampula imiliile isuma. Kashimpwa pa nshila ishawamisha ne fyangilwe mu fitente, mu fiputulwa fya buteko no tubungwe ututungilila ifya kutwala pa ntanshi ifintu ifyakuma ku miliile isuma. Aka akatabo kalelenga aba kukondenkana uyu mulimo ukukwata ubwishibilo pa fya kutungulula bwino programu ya ukulangilila ifya kwipika. Katonta sana pa fya kupanga amapange, ukuipoosamo kwa ba mu bwikashi nangu icitente, ukushininkisha ukutula fyabomba, ukubebeta no kupitulukamo. Abalekondenkana nabapeelwa ifyebo pafyo icipande cimo na cimo ica mu kulangilila ifya kwipika cingakonkwa.

Kano akatabo nakakanishiwa mu **ntampulo shitatu ishakakala**:

1. Ukupekanishisha ukulangilila ifya kwipika (ukupekanya),
2. Ifya kucita pa kulangilila ifya kwipika na
3. Ukubebeta nangu kupituluka mu kulangilila ifya kwipika.



Mu fyalundwako mwalasangamo ifyebo ifisuma ifya IEC, ifya kumitwala ku fyebo fya IEC ne mpapulo ifyo mwingabelengelapo kabili kuti mwafibiika na pali foni yenu nangu

ULUTAMPULO 1: Ukupekanishisha Ukulangilila Ifya Kwipika

Pa kutila ukulangilila ifya kwipika kwende bwino, kano mwapekanya bwino no kuleka aba mu citente baipoosamo. Pa kupekanya ukulangilila ifya kwipika mufwile ukulanguluka pa fyakonkapo:

1. Bebeteni, moneni ifibulile. Ku ca kumwenako, imiliile ne miliishishe ifyo mwalalandapo mu kulangilila ifya kwipika uko mupekenye
2. Saleni **umutwe wa kulangilila ukwipika**, landeni sana pa **fyebo ifipulilemo** no **kwishiba ifyakulya** ifyo muli no kupekanya.
 - **Umutwe ulaafwa** mwe balekondenkanya **ukulanda sana pa fyebo ifipulilemo** muli uko ukulangilila. Pa kulondolola umutwe, **mulande mu kwipifya kabili ifyaumfwika. Pano pali ifyakumwenako fya mitwe ya malyashi:**
 - *Ukupekanya ifyakulya ifya mulyo ifyasankanishiwa kabela ifya baana abali ne myeshi 6-23,*
 - *Ukupekanishisha abaana abali ne myeshi 6-23 imisaalu,*
 - *Ukupekanishisha abaana abali ne myeshi 6-23 ifyakulya ifyafulamo vitamin A,*
 - *Ukwipika cilemba mu nshita iyaipifiwako,*
 - *Ukwipika ifyakulya ifyabamo umulyo ifya kulya abaana-kukula abaume na banakashi,*
 - *Ukupekanya ifya kulya pakutika banamaayo abali mu mushinku wa kukwata abaana bengalalya ifyapusana-pusana.*
 - *Ukupekanya ifyakulya fya baana abakwata ukukabila ukwaibela*
 - *Ukupekanya ifyakulya ifyabamo umulyo uwingawamina abakote*
 - Kuti mwalanda ifyebo pa mutwe mupangile ukushintilila pa kufwailisha mucitile mu Ulutampulo 1, nangu isambililo lya uyo mweshi ukufuma kwi bumba ilitangata (pamo nga Ibumba lya Kutungilila Imiliile Isuma), nangu ifyakulya fya pa mwaka. Ici cilaafwa **banacifyashi/abaleshi-ba-baana ukubomfya ifyakulya bakwete** muli ico iciputulwa ca mwaka.
 - **Umutwe e ukapima inshila sha kwipikilamo ne fyakulya ifyo muli no kukabila.**
 - **Ilyashi ilyapulamo** lya kutungilila ukusambilila, kabili lya kubomfya ifyo basambilile ku ng'anda, e lya kubomfya nga **ica kubalamuna ukubombelapo** (Ici ciintu icifwaikwa pa kubalamuna umulimo wa kucitapo cimo, pa kusumina ifya kucitapo ifingawamina ubumi ifyo batile e fingawama).
 - **Pa kwishiba inshila sha kwipikilamo**, kuti mwaipusha abengaitemenwa ukulanda pa nshila sha kwipikilamo isha cikaaya na ba mu mayanda abalebuulamo ulubali mu kutantika kwa kulangilila ifya kwipika.
 - *Kuti cawama ukusala no kupekanya inshila sha kwipikilamo imisango ya fyakulya 3-5 (teekucilapo iyo) ishileumfwana no mutwe musalile mu kulangilila ifya kwipika.*
 - *Inshila ya kwipikilamo imo-imo ifwile ukusanshamo amabumba nangu yatatu aya fyakulya.*
 - *Nangu cakutika umutwe wenu utontele pa kupakamisha ibumba lya fyakulya limo (pamo nga ifyapala cilemba, ifyumbu fya cingovwa, Amani) kuti cawama ukwipika ifyakulya ifyakumanina.*

- *Nga muleipika ifyakulya fya mu misango yapusana lelo ifyakumanina, shininkisheni ukutula kuti fyaliwa ku ba mishinku iyapusana-pusana, e kutila aba myeshi 6-12, aba myeshi 12-18 na ba myeshi 18-24.*
 - *Abalekondenkananya kuti bamyebe ifipimo fya fyakubomfya. Ifi kuti fyalembwa pamo ngefyo basambilila ukufuma ku citente.*
3. Saleni **ubushiku ne nshita ya kulangilila ifya kwipika**. Pakutula abengi bakasangweko, saleni ubushiku ilyo takuli ifilecitika nangu ifisela muli ico citente. Ifyakucitika ne fisela mu citente kuti fyalenga abengi ukupuswa ku kulangilila ifya kwipika. Pamo nga mwe balekondenkananya, bombeleni capamo na babomfi ba kuitemenwa aba muli ico icitente.
 4. Saleni **icifulo ca pakati kabili icingangukila bonse ukwisa**. Nga cingacitika, ukulangilila ifya kwipika kuti kwabela pa cifulo ca cintubwingi (pamo nga pa calici, pa kiliniki / pa cipataala, ifikuulwa fya mu citente). Shininkisheni ukutula **takuli ifya kupumfyananya**.

Ukupekanya icifulo ukwalabela Ukulangilila ifya kwipika:

Icifulo cifwile ukukwata icintelelwe – mwi samba lya cimuti nangu mu cikuulwa. Ici cifulo cifwile ukukwata **ifyakonkapo fisaano (5)**:

- **Apa kusamfisha no kusamba ku minwe** (apali ameenshi aya busaka na sopo iya kusambila ku minwe no kusamfya ifilebomfiwa)
 - **Apa kuliila** (ukwanshikapo amatanda nangu apali ifipuna apo abaana-ba-pamubili nangu abaana abanoono bakula-angala, kabili epo bakulaliila nangu ukuliishiwa)
 - **Ukwa kwipikila** (kufwile ukuba apa kwanika imbale ne fyakubomfya nangu umuseke umwa kubiika ifya kubomfya ne fyakulya ifiletelwe, ishiko, nangu apa kubiika umulilo) kabili (nga cingacitika ukwa kwikala pa kusambilila).
 - **Icimbusu (ica kwimba nangu ica kukumpa ne ca kubomfya ukusamba ku minwe ne sopo mupepi)** ifya kubomfya ukupoosamo ubusali bwa baana elyo no kubomfiwa ku bakalamba.
 - **Umtwa kubiika ifisooso no kwa kupoosa**
5. Ishibisheni abekashi palwa **nshita ne cifulo ukukabela ukulangilila ifya kwipika** ukubomfya aba kuitemenwa aba mu citente. **Impendwa iyalinga iya bantu abaleipoosa** mu kulangilila ifya kwipika taifwile ukucila pa bantu 30.
 - Pangenzi **ifipangano fya kukumana imiku ibili (2)**.
 - **Ukukumana kwa kubalilapo** kwa kupekanya, e kutila ukukumana na banacifyashi, abaleshi ba abaana, na babomfi ba kuitemenwa pakutula mupekanye programu ileisa iya ukulangilila ifya kwipika. Uku **ukukumana** kulingile ukubako **ilyo kwashala umulungu umo** pakutula mukakwate programu ya ukulangilila ifya kwipika. Pali uku ukukumana kwa kupekanya:
 - *Muli no kwishibisha banacifyashi, abaleshi-ba-baana na babomfi bakuitemenwa umutwe wa programu ya ukulangilila ifya kwipika.*
 - *Ishibisheni banacifyashi/abaleshi-ba-baana na babomfi bakuitemenwa ne fyakulya muli no kwipika.*
 - *Lembeni umutande wa fyakulya ne fya kubomfya ifilefwaikwa. Lekenzi abasambi basale ifya kubomfya ifyo bakwata mu mayanda yabo, kabili ifyo bengasangwilako kuli programu ya ukulangilila ifya kwipika.*
 - **Ukukumana kwa cibili** kwa programu **ine-ine iya kulangilila ifya kwipika**.



Casangwa ukutula abasambi nga basangwilako ifyakulya ne fintu fimbi, balomfwa ukutula e bene ba programu, kabili balaba abacincila no kuibimbamo saana muli programu. Ici cilabafwa no **kumfwikisha** ukutula **ifyakulya bakabila fintu ifingasangwa mu fitente bekala. Cikankaala sana ukubakoselesha ukubomfya ifyakulya fya cikaaya.**

Pamo nga uulekondenanya, mufwile ukushininkisha ukutula banacifyashi/abaleshi-ba-baana bepatikishiwa ukuleeta ifipe ne fintu ifyo teeti bakwanishe, nangu ifyo tabakwata mu mayanda. **Tatulekoselesha amatontonkanyo ya kushita ifyakulya ifya kubomfya muli programu ya ukulangilila ifya kwipika.**

6. Akanyeni ifya kucita ne milimo pakati ka **babomfi bakuitemenwa** na **banacifyashi/abaleshi-ba-baana** abengaitemenwa.

- Kufwile kwaba **ibumba limo** ilya kupita kuli banacifyahi/abaleshi-ba-baana **ilyo kwashala inshiku shibili** ilyo ukulangilila ifya kwipika takulatampa pakutula bamone nga cakutula **ifyakulya ne fyakubomfya fimbi epo fili.**
- **Ibumba limbi** lya kupekanya ukuli no kubela iyi programu no kushininkisha ukutula fyonse ifilefwaikwa ukuli no kubela programu nafifika ilyo programu ya kulangilila ifya kwipika tailatampa.
- Esheni na maka ukubomfya **ifitoofu fya kwipikilapo ifyapangwa bwino** ifibomfya inkuni ishinooona kabili ifishifumya sana icushi, ilyo mulelangilila ifya kwipika.
- Mufwile ukweba ababomfi ba kuitemenwa **ukucinkulako abekashi** ulwa iyi programu ilyo **kwashala ubushiku bumo.**

7. Pekanyeni **ifyebo fya IEC/ifibombelo ifilefwaikwa** ifili no kubomfiwa. Ifi fili no **kukosha ifyebo ifipulilemo.** Ifyebo/ifibombelo ifisalilwe fikashintilila pa mutwe musalile elyo ne fyebo ifipulilemo. Pano panshi pali ifyakumwenako fya fyebo fya IEC ifyo mwingakwata.

Umutande wa Fyebo/Ifibombelo fya IEC ifingafwaikwa (moneni na ku Ifyalundwako) ¹

Inshita ya mwaka iyo ifyo ifyakulya fisangwa

Icikope ca Amabumba ya Fyakulya (moneni ifyalundwako 4)

[Zambian Complementary Feeding Book-2nd Edition, 2015](#) (ukusanshako ifyakulya fya kwipika ne fipimo fya mu ng'anda) (Moneni Ifyalundwako 6)

Amakaadi ya kucinkulako ukuliisha umwana mu Cisungu na mu citundu ca cikaaya (moneni ifyalundwako 9).

Umwakufumya ifyebo fimbi pamo nga ututabo bwa ba MIYCN, Care Group Lessons Imbale ya Kuliilamo Umwana

8. Pekanyeni **ukukumana kwa kupitulukamo no kumfwa ifyafumine mu kusambilila.** Kuti mwapanga ipepala lya mepusho ilyo bengalemba banacifyashi/abaleshi-ba-baana abo muli no kusala icisale-sale, nangu kuti mwakwata ukukumana kwa kulanshanya pa mpela ya programu ya kulangilila ifya kwipika umo banacifyashi bonse/abaleshi-ba-baana abasangilwe kuli iyi programu balanda pa fyakulya, inshila yabomfiwe elyo ne fyo basambilileko.

¹ Discover on the [NFNC Website](#): under "Resources" you find a variety of Resources and Information and Education Communication (IEC) material which can be used to create and reinforce messages.



Ipepala lya mepusho ilya-anguka mu Cisungu na mu citundu ca cikaaya kuti mwalimona mu ULUTAMPULO 3 na mu fyalundwako 8.

Amapekanyo ya Kukondenkanya Programu ya Ukulangilila Ifya Kwipika

Ilyo mwapwisha ukupekanya fyonse ifya kutila kube ukulangilila ifya kwipika, kuti **mwatontontanyako pa kufwaya “abakwafwa ukukondenkanya,”** umo nangu **abeengi. Impendwa ya baleibimbamo, impendwa ya fili no kwipikwa** na fintu ifyebo fya IEC fili no kubomfiwa e fili no kupima ubwingi bwa bakukondenkanya abo muli no kukabila. Kuti cawama ukwakanishisha calimo **ifya kucita** ne **milimo** pakati ka bakukondenkanya.

ULUTAMPULO 2: Ukubomba programu ya ukulangilila ifya Kwipika



Ukulondolola umutwe wa programu ya ukulangilila ifya kwipika ku Citungu ca Eastern,
© GIZ/CRS

Ukwishiba Ifyo Abakalamba Basambilila

Uulekondenkanya alekabila ukwishiba ifingalenga abaleibimbamo bomfwe ifyebo. Cikankaala sana ukwishiba bwino ifyo abakalamba basambilila . Kuti mwabomfya ifishinte fyakonkapo ku kwafwa abakalamba ukusambilila:

- **Ukucincisha ukusambilila:** Ici cicitikafye nga ca kutila abaleibimbamo baishiba ukutula ifyo balesambilila kuti fyabafwa ukubombela pa fintu balekabila – e kutila, nga baumfwa ukuti ifyo balesambilila fili no kubanonsa. Kuti mwacita ifi ukupitila mu kumfwikisha ifyo balefwaya ukusambilila sana, ukubomfya ifintu ificitika mu bumi ifya cine-cine, no kusambilisha aba mu citente ifintu ifyo bengabomfya panuma fye ya masambililo.
- **Ukulunda pa fyo abantu baishiba kale ne fyo bapitamo:** Ukwipusha abasambi ifyo baishibapo kale ne fyo bapitamo. Cilangilila no kutila mwalicindika ifyo baishiba ne fyo bambi bengasambililako. Ici cilenga baumfwa ukutula nabacindikwa elyo no kutemwikwa.
- **Ukwasukapo no kulandapo:** Abakalamba abengi tabafwaya ukwikala fye pa nshita iitali baleumfwa fye uko umo alelanda. Bafwaya ukulandapo ifyo baletontonkanya, ukwipusha amepusho pa fyo batemwa, no kufwaya ukucita ifyo basambilila. ***Pa kulangilila ifya kwipika bafwile ukulandapo pa kutila ukusambilila kule-enda bwino.***
- **Ukucita ifyo basambilile:** Abantu basambilila bwino sana nga balecita ifyo basambilile, ukucila ukumwfa fye nangu ukutamba. Ukwesha ukucita ifyo basambilile kulenga baumfwikisha ifyo ifintu fifwile ukucitwa. Cilalenga cabangukila no kwibukisha. Kabili cilenga abantu ukumfwa ati kanshi kuti bacita ifyo basambilile, kabili ico cilacincisha sana. E mulandu wine ukwishiba ifipya, nangu umulimo uupya kufwile ukukoseleshiwa pa nshita abantu bengafibomfya (nangu pa nshita bafwile ukufibomfya).
- **Ukukwata imibele iisuma mwi bumba ililesambilila:** Cikankaala sana ukukwata imibele iisuma umo abantu tabaletiina ukulanda ifyo baletontonkanya ne fyo bapitamo. Ici kuti cacitwa nga cakutula mulepeela abantu umucinshi, ukubakoselesha ukulanda, ukubatasha pa fyo bacita bwino, ukubeba ati cili fye bwino nga ca kutila balufyanya, ukutaluka ku kubalengulula, elyo no kucita ifya kubatungilila fimbi. ***Ici cikankaala sana kabili cilakoselesha abaume ukuipoosamo muli programu ya ukulangilila ifya kwipika.***



Mwilaba inshila sha kukonka pa kupekanya

Ilyo Kwashala Ubushiku Bumo Ilyo Programu ya Ukulangilila Ifya Kwipika Tailatampa

Ilyo kwashala ubushiku bumo ilyo programu ya ukulangilila ifya kwipika tailatampa:

1. Landeni na babomfi bakuitemenwa nangu basolwesolwe mu citente pa kushininkisha ukutula intungulushi sha cikaaya na **ba mu mayanda nababeshibisha** pali programu ya ukulangilila ifya kwipika.
2. Ebeni ababomfi ba kuitemenwa bashininkishe ukutula **ifyakulya nafipekanishiwa** ifyo abekashi balaile ukusangwilako. Nga cakutula kuli akabungwe akaleafwilishako ukushita ifyakulya shininkisheni ukutula ifyo ifyakulya epo fili.
3. Shininkisheni ukutula **ifya kubomfya pa kwipika** fyonse epo fili kabili fili no kubapo ilyo kukaba programu ya ukulangilila ifya kwipika.
4. Pitulukenimo na **babomfi bakuitemenwa bonse abakwete imilimo** (ukushininkisha ukutula nabapekanya fyonse kuli programu ya kulangilila ifya kwipika).
 - Aba kuitemenwa aba kuwamya icifulo pa ntanshi na panuma ya programu ya kulangilila ifya kwipika,
 - Aba kuitemenwa abakwete umulimo wa kuwamya ifimbusu ukupekanisha programu ya kulangilila ifya kwipika
 - Aba kuitemenwa abakwete umulimo wa kubiika ifya kusambila ku minwe
 - Aba kuitemenwa abakwete umulimo wa kuleeta amatanda apa kuliila na apa kuliishisha abaana
 - Aba kuitemenwa abakwete umulimo wa kulonganika ifisooso no kufipoosa
5. Bafwile ukupekanya no kuwamya bwino-bwino ififulo ukukabeela ukulangilila ifya kwipika pakuti fyalinga ukubomfya

Pa Bushiku bwa Ukulangilila Ifya Kawipika

1. Pamo nga uulekondenkenya, **ubusaka bwa pa lwenu** cintu icacindama sana. Mufwile ukufwala icitambala ca busaka ku mutwe elyo **amaala (ingala) yafwile yaba ayeepi kabili aya busaka**. Banacifyashi/abaleshi-ba-baana abaleipikako mufwile ukubeshibisha pali ifi.
2. Mufwile ukufika **ilyo kwashala iawala limo** ilyo ukulangilila takulatampa no kupekanya icifulo.
3. Mufwile **ukutantika amatanda nangu ifipuna** mu nshila ya kutula bonse balemona ifilecitika.
4. Shininkisheni ukutula kuli **apa kusambila ku minwe apali ameenshi ya busaka na sopo**. Kufwile ukuba ameenshi ya kunwa aya busaka (umo baabiika klorini nangu ayo babilaushako). Shininkisheni no kutula ameenshi ya kwipikila aya busaka epo yali.



TEEKWESHA ukuya mu kulangilila ifya kwipika nga cakutula tamuleumfwa bwino (nampo nga mulekondenkenya nangu mulesangwakofye). Nga cakutula mu citente namupona ubulwele, shininkisheni ukutia mwakonka ifyakutungulula ne filandile abalashi ilyo mulelangilila ifya kwipika.

Ukulangilila Ifya Kwipika

Programu ya kulangilila ifya kwipika kuti yasenda **ama-awala yabili ukufika kuli yatatu**, kabili cikaba fye na kuli programu ne mpendwa ya basambi abeshile.

Ifyo Mwingakonka

Namba	Ifya Kucita	Inshita Cilesenda
0	Ipepo lya kwiswila	
	Umutande wa Mashina ya Beshile	
1	Amashiwi ya Kubasengela ne Ntendekelo	
2	Ukulondolola umutwe ne fyebo ifipulilemo (LYONSE mulelanda pa bucindami bwa Konsha Umukaka wa ku Mabeele epela pa myeshi 0-6, no kukonkanyapo ukoonsha mpaka umwana aba ne myaka ibili no kucilapo)	
3	Ukulondolola amabumba 6 aya fyakulya (moneni ifyalundwako 4)	
4	Ukulondolola ifyakulya (ifya-ampama na mabumba ya fyakulya)	
5	Ukusunga Ifyakulya Ifya Busaka ne nshita ya Kusamba ku Minwe	
6	Ukupekanya ifyakulya: londololeni saana pa fyakulya	
7	Inshita ya Kulyapo ukumfwa ifyo fileumfwika no kuliisha abaana: abasangilweko balondolola ifyakulya bacipekenya	
8	Amangalo ya Miliile Isuma/Ifisela fya kuwamya amasambililo	
9	Inshita ya kumfwa ifyafuma mu masambililo (sanshenimo ifyo baleipeelesa, amashiwi ya kutootela)	
10	Amashiwi ya kwisalila ne pepo	

Intampulo sha fili pa mutande wa fyakukonka nashilondololwa pano panshi:

Ukulondolola umutwe ne fyeboifipulilemo

Londololeni umutwe wa programu ya ukulangilila ifya kwipika no kulondolola **ifyebo ifipulilemo**. Cintu cacindama ukutula programu ya **ukulangilila ifya kwipika ikatane no mutwe**, elyo na basangilweko ukumfwa ifyebo ifipulilemo. Nga cakutula umutwe uli pa **miliile ya kulundapo**, kuti mwaloshako ku katabo ka *Zambian Complementary Feeding Book*². Kuti mwalemba umutwe pa cipepala icikulu pakutula ulemoneka mukati ka programu yonse iya kulangilila ifya kwipika.

Ukulondolola amabumba 6 aya fyakulya

Ilyo tamulatampa ukulondolola ifyakulya, londolweleni abasangilweko amabumba 6 aya fyakulya kufuma mu lupapulo lwa pa fyakulya fya mu Zambia ulwa *Zambian Food Based Dietary Guidelines*³. Kuti mwabomfya icikope icili panshi below ku kulangilila nga mulefwaya na fimbi kuti mwamona pa Ifyalundwako 4.



Amabumba 6 aya Fyakulya

² [Zambian Complementary Feeding Book-2nd Edition, 2015](#)

³ [Zambian Food Based Dietary Guidelines](#)

Ukulundapo, **LYONSE** mulelanda pa bucindami bwa **konsha umwana umukaka wa ku mabeele** epela pa myeshi 0-6, no kukonkanyapo ukoonsha mpaka umwana aba ne myaka ibili no kucilapo I (moneni amashiwi yali mu ifyalundwako 3)⁴.

Ukulondolola ifyakulya

Londololeni ifyakulya ifyo muli no kwipika. **Umusango wa cakulya onse uo muleipika** ufwile wapangwa ne fyakulya **ukufuma mu mabumba yatatu**. Bomfyeni **icikope ca mabumba ya fyakulya** pa kulondolola amabumba yapusana-pusana aya fyakulya. Londololeni no kulanshanya na basangilweko:

- Mabumba nshi aya fyakulya ayali mu fyo mwalaipika ifyapusana-pusana.
- Muulyo nshi untu ifyakulya ifyapusana-pusana fipeela: ku cakumwenako, umulyo uufwaikwa sana mu mubili uufuma ku fipeela umubili amaka, ifikusha umubili na mafuta, ne fifwaikwa saana mu mubili ifyaba mavitamini ne fikosha amafupa ne micincili.
- Bushe finshi umulyo ubomba mu kukula bwino, ukucicintila amalwele, no butuntulu?

Iciputulwa ca Kusamba ku Minwe no kusunga ifyakulya ifya busaka

Ilyo tamulatampa ukupekanya ifyakulya, langilileni ifya kusamba ku minwe na sopo. Londololeni ubucindami bwa **kusamba ku minwe na sopo** ukubomfya **ameenshi ya ku pompi nangu aya kwitulwilwa** ilyo tamulatampa ukupekanya ifyakulya. Ukulunda pa kubalangilila ifya kucita, kuti mwabomfya icikope icili pano panshi na mu fyalundwako 10.

Koselesheni ukulanshanya pali **fimbi ifyacipulamo pa kusamba ku minwe na sopo ku meenshi ya ku pompi nangu aya kwitulwilwa** (pamo nga panuma ya kubomfya icimbusu, panuma ya kwikata ifiteekwa, panuma ya kucinja umwana amatebela, ilyo tamulatampa ukulya, pantanshi ya kuliisha umwana, na fimbipo); no **MULANDU ca cindamina**. Kuti mwalondolola ukutila **na baana bafwile ukusambilila ilyo bacilli abaice** ukutila calicindama ukusamba ku minwe kabili bafwile ukutampa ukucita ifyo.

Bonse abasangilweko abaleipoosa muli programu ya ukulangilila ifya kwipika nabo bene bafwile ukusamba ku minwe ukubomfya sopo.

Kuti mwapanga pompi ya kubomfya icibutiza apo mulecitila programu ya ukulangilila ifya kwipika nge nshila ya kukoselesha abantu ukwalula imibele pakutila balebomfya ifya kusambila ku minwe. Mufwile ukupekanya umwa kupoosa ifisooso no kwa kuyafipoosa ku muganda.

Ukulangilila Ifya Kusamba ku Minwe Ifyo Mufwile Ukukwata

- Ibeseni
- Ameenshi ya busaka mu cibutiza/imbeketi
- Sopo/sopo ya meenshi

Ifya Kucita

Lekeni umo alemitulwila ameenshi ukufuma mu cibutiza ku maboko yonse yabili/bomfyeni pompi ya cibutiza.

Sambeni iminwe na sopo, ukusanshako na mu maala/ingala na pakati ka minwe.

Lekeni sopo ipange ne pofu.

Sukulusheni iminwe na meenshi ayaleitikila mwi beseni (nga cakutla mulebomfya aya kwitulula, konkeni intampulo ishakonkapo)

Itileni ameenshi ya fiko, samfyeni ibeseni panuma ya kubomfya.

Lekeni iminwe yume mu mwela. (MWIBOMFYA ITAULO/UTUPEPALA TWANAKA UTO NA BAMBI BALEBOMFYA.)

Sambeni ku minwe ama sekondi  ukukonka intampulo shili pe samba



Intampulo shilelangilila ifya kusamba ku minwe



MWISAMBILA mwi beseni nangu mu cipe mubikile ameenshi.

Nga pali ica kusambila ku minwe, kuti mwacibomfya pa kulangilila. Ukubomfya icibutiza ne beseni kulalenga banacifyashi na baleshi ukumfwikisha pantu fiikaaya.

Cinkuleniko abasangilweko ukutula **bonse bali no kusamba ku minwe** na **sopo** ukubomfya **ameenshi ya kwitulwilwa** pa **nshita ishacindama muli programu ya ukulangilila ifya kwipika:**

- Ilyo tamulapekanya nangu ukubombela pa fyakulya
- Pa ntanshi ya kulya
- Pa ntanshi ya kuliisha umwana
- Nga mwapwa ukulya
- Panuma ya kubomfya icimbusu
- Panuma ya kwikata ifili ne fiko nangu panuma ya kubombela pa fyakulya ifibishi

Ubusaka bwa pa lwenu

Londololeni ukutula umo tafwile ukubombela ku fyakulya nangu ukutungulula programu ya ukulangilila ifya kwipika nga ca kutila nalwala icifuba, icifine, nangu ifilonda pa mukoshi. Abasambi bafwile ukufimba ku mutwe kabili tabafwile ukupeepa fwaka nangu ukulya ilyo balelangilila ifya kwipika. Abalekoola bafwile ukubomfya ica kufimba pakanwa na pa myona.

Ukusunga ifyakulya no kubombelapo

Kuti mwasambilisha abasambi/ abalesangwako palwa kusunga ifyakulya, ukufibakilila, no kufibombelapo: Panuma ya kusombola ifyakulya, kuti fyaonaulwa ku tushiishi pamo nga utushishi utuleeta amalwele, ifya kufufuma, na bunde-bunde. Kuti fyaonaika na ku kukaba. Ukusunga bubi-bubi ifyakulya kuti kwalenga fyabola nangu ukonaika. Kanshi, ifyakulya fifwile ukusungwa bwino pakutla tafishilelwalika abakesalya. Ifyakulya mufwile ukufisungila mu fipe umushileingila umwela, pantu ifi fikasungilila ifyakulya ifyauma kabili teti fingililwe ku tushiishi. Ukulunda pali ifyo, ukusunga ubusaka no kusansa umuti wa tushiishi e nkaama.

Ukwanika ifyakulya kulacincintila ukwingililwa ku tushiishi utusangwa muli ifyo ifyakulya nangu utwaingila kale muli ifyo ifyakulya. Ukusunga bwino ifyakulya ifyauma cintu cacindama nga nshi. Nga cakutla ifyakulya tafyumine bwino, kuti fyaingililwa no tushiishi, fyapeswa kabili kuti fyaleta ubwafya nangu ukonaika. Ukwanika kulaceefyako ubonaushi ubuletwa no tushiishi nangu ifya kumenako ku fintu pamo nga mataba nangu amasaka, ne fyakulya pamo nga cilemba. Imisaalu nayo kuti mwayanika pa kuisungilila pakutla mukeselya ku ntanshi. Ifyakulya fyonse ifyauma mufwile ukufisunga bwino pakutla tafibolele. Kuti mwabomfya inshila ishanaka umutengo isha kusungilamo ifi ifyakulya.

Ukupoosa bwino ifisooso no busaka fyalicindama icine cine muli programu ya kulangilila ifya kwipika. Shininkisheni ukutla fyonse ifyo mulebomfya fili ifya busaka kabili nafisambwa bwino-bwino ne fyakulya fyonse ifyalelema fyasungwa ifyatemfuma. Ifyakulya ifyo mupekenye kale filingile ukubiikwa bwino no kukupikapo pakutla ifiko tafiilepo. Ilyo mulepekanya ifyakulya, shininkisheni ukutla mwasamba ku minwe na sopo pa nshita ishacindama. Mulesunga ifyakulya ifyapusana pale-pale pantu utushishi kuti twafuma kuli fimo twaya kuli fimbi.

Ukulangilila Ifya Kwipika: Ukupekanya ifyakulya

- Ishibisheni abasangilweko ifyakulya muli no kwipika no **kufilondolola na kabili**. Balangeni **ifyo muli no kubiikamo** pa kwipika, cimo na cimo.
- Londololeni ifyo umulyo uwaba mu fintu muli no kubiikamo ifyapusana-pusana **wacindama** ku baana, ku bakalamba (maka-maka banamaayo), na ku balumendo na bakashana (maka-maka ku bakashana).
- Londololeni ulutampulo **lumo-lumo** ulwa fyakulya mu kushika.
- Koselesheni abasangilwepo ukuitemenwa **ukubombako imilimo pa kupekanya ifyakulya**.
- Kuti mwapangako **amabumba ayanoono** aya bantu 5 pa baleibimbamo ayali no kukwata incito ya kupekanya ifyakulya ifyapusana-pusana.



*Nga pali na **baume** abasangilweko, **nga mulefwaya** kuti mwakwata **ibumba lya baume beka** no kubapeela **ifyakulya fya kwipika** nabo.*



Abaume balepekanya ifipushi fya kuti bepika, photo © GIZ/CRS

- Koselesheni abali mwi bumba **ukwipusha amepusho** palwa nshila sha kupekanishishamo ilyo baleipika.
- **Bakoselesheni ukulandapo** mu nshita mu nshita ilyo balepekanya.
- Ilyo ifyakulya fyapekanishiwa, **balangeni ifyo filemoneka mu kulekelesha**, kabili lekeni bonse abasangilweko bafimone.

Ukusamba ku minwe

Cinkuleniko bonse abalipo ubucindami bwa **kusamba ku minwe na sopo ukubomfya ameenshi ya kwitulwilwa pa ntanshi ya ciputulwa ca kuliisha abaana no kumfwa ifyo fileumfwika**, kabili lekeni bacite ifyo.

Iciputulwa ca Kumfwa Ifyo Fileumfwika/Ukuliisha

- Leken i bonse abasangilweko balyeko ifyakulya ukumfwa nga nafiwama kabil nafibondoka bwino.
- **Incende ya kwikalamo** ifwile ukuba iya busaka ku kwikalamo abalesangwako, abaana-ba-pamubili, na abaana abanoono. Kuti mwakoselesha abafyashi ukwisa na matanda nangu amasaaka apa kwikala ilyo baleumfwa ifyo ifyakulya fileumfwika nangu/na lintu baleliisha abaana baabo.
- **Ilyo tamulatampa** iciputulwa ca kumfwa ifyo fileumfwika/ukuliisha, lekeni uuleimininako ibumba limo-limo ilya bepik e **alondololwele** ibumba lyonse **ifyo bepiike**, ubusuma bwa mulyo uulimo (ifyebo ifipulilemo), ne **nshila bacibomfya pa kupekanya**.
- **Nga fyakulya fya kulundapo, londolweleni ibumba lyonse ati⁵:**
 - *Ilyo umwana-wa-pamubili afisha imyeshi nalimo 6, alakabila amaka no mulyo untu teeti asange mu mukaka wa ku mabele weka-weka, kabili kuti akabila ifyakulya fya kulundapo pakutila akumanishe ifyo alekabila.*
 - *Konkanyenipo ukumoonsha libili-libili, alekabila ukoonka mpaka akafishe imyaka ibili nangu ukucilapo.*
 - *Tampeni ukumupeela ifyakulya fya kulundapo ilyo afisha imyeshi 6. Mufwile ukutampa no tunoono-tunoono elyo ukuya mulelundako ilyo umwana aleeya alekula.*
 - *Ilyo umwana aleeya alekula lundeniko imiku ya kumuliisha:*

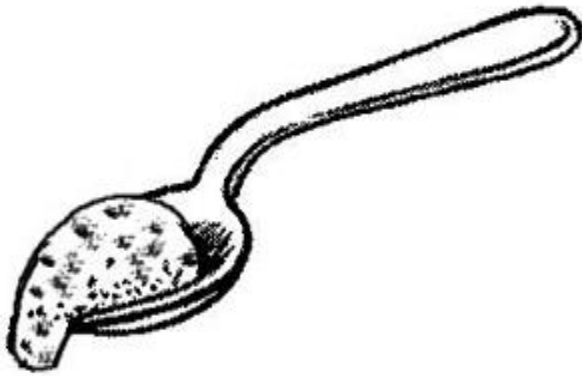
⁵ [Infant and young child feeding \(who.int\)](http://infantandyoungchildfeeding.who.int)

LENGENI UMWANA WENU UKUBALIKA! Ifyo mufwile ukwishiba				
	Imyeshi 0 ukufika 6	Imyeshi 6 ukufika 9	Imyeshi 9 ukufika 12	Imyeshi 12 ukufika 24
IFYA KUMULIISHA CILA BUSHIKU	IFYAKULYA NSHI? ☐ Umukaka wa ku mabelele epela ☐ Mvimupeela ameenshi nangu umusunga	☐ Umukaka wa ku mabelele epela ☐ Ifyakulya Ifishakosa *umusunga uwa tikama umuli imbalala, umukaka nangu amani •Imisaalu yashinawula ne fisabo pamo n'ga inkonde, poopo, na kotapeela	☐ Umukaka wa ku mabelele epela ☐ Ifyakulya ifya lupwa ifyashinawula, Teemulo weka-weka awe ☐ umusunga uwasikama umuli na fimbi ☐ Ifyakulya ukutuma ku nama Pamo ngoft: Ifwalo no musali Pamo ngoft:	☐ Umukaka wa ku mabelele epela ☐ Ifyakulya fya lupwa ifyashinawula, Teemuto ☐ umusunga uwasikama umuli na fimbi ☐ Ifyakulya ukutuma ku nama Pamo ngoft: Ifwalo no musali Pamo ngoft:
	FILEFULA SHANI? ☐ Pwisheni umukaka onse mu mabelele yonse Ku kuso Ku kulyo	☐ Pwisheni umukaka onse mu mabelele yonse lyonse ifyo muleonsha Ku kuso Ku kulyo	☐ Tendekefnye na ama supuni yatatu aya ifyakulya, muye mulelundako ifyo ele alekula Imyeshi 6 Imyeshi 8 Imyeshi 9 Imyeshi 12 Imyeshi 24	☐ Tendekefnye na ama supuni yatatu aya ifyakulya, muye mulelundako ifyo ele alekula Imyeshi 6 Imyeshi 8 Imyeshi 9 Imyeshi 12 Imyeshi 24
	MIIKU INGA? ☐ Lyonse ifyo afwaya. Imiku 8-12 ubushiku na akasuba	☐ Monsheni imiku 8 ukufika kuli 10 akasuba no bushiku ☐ Mulisheni imiku ibili mu bushiku bumo n'ga ali ne myeshi 6. Fisheni ku miku itatu ifyo alefisha ku myeshi 8	☐ Monsheni imiku 6 ukufika kuli 8 ☐ Mulisheni imiku itatatu ubushiku bumo no kulundapo tunoono	☐ Monsheni imiku 4 ukufika kuli 6 ubushiku na akasuba ☐ Mulisheni imiku itatatu no tunono imiku ibili cila bushiku
	KULIISHA SHANI? ☐ Umufyashi afwile ukwikala bwino no kusuna umubili onse uwa mwana ☐ Pwisheni umukaka mwi beele limo ifyo tanulatampa fimbi	☐ Sengeniko inshita ifya kulisha umwana ☐ Bikiileni umwana ifyakulya iyakwe pa mbale yakwe	Shininkisheni ukuti umwana alepwiwisha ifyakulya ☐ Umwana n'ga ala shupa pekulya, esheni ukumupela tunoono imiku ingi ipusheni ubwafwile	Shininkisheni ukuti umwana alepwiwisha ifyakulya ☐ Umwana n'ga ala shupa pekulya, esheni ukumupela tunoono imiku ingi ipusheni ubwafwile
IFYA BUUMI	☐ Sendameri mwi sumbu ifya bamung wingwi ☐ Sangweni ku kuceceeta kwa kukula kwa mwana cila mweshi	☐ Shininkisheni ukuti umwana napelewa umuti wa ku mudingila lyonse ☐ Pokeni Vitamin A ifyo umwana afisha imyeshi 6, 12, 18 na 24	UBUSAKA ☐ Sambeni iminwe ya umufwile-wa -mwana ne ya mwana ne sopo panuma ya kucinja amatobela, nangu ukubombya kimbubu ifyo lyonse mulefwaya ukulisha umwana ☐ Bilausheni ameenshi ya mwana uuli no mushiku wa myeshi 6-24 nangu ukubikamo chlorine	☐ Pooseni amafi yonse mu cimbusu ☐ Pangenzi apakulishisha na apakwangalila umwana apa busaka

Akapepala ka Kwibukishishako Ifya Kukonka pa Kuliisha Umwana

- Imiku ya kumuliisha ishintilila pa myeshi umwana akwete
 - Abaana-ba-pamubili abali ne myeshi 0-6 kubapeela umukaka wa ku mabelele epela
 - Ukubaliisha imiku 2-3 cila bushiku nga bafisha imyeshi 6-9
 - Ukuliisha abaana-ba-pamubili abali ne myeshi 9-24 imiku 3-4 cila bushiku, no twakulya utwayanguka imiku 1-2 ukulingana no kukabila.
 - Abaana-ba-pamubili mufwile ukubaliisha mu kulungatika, panoono-panoono kabili mu muteeka-tima, uku ninshi mulebasosha no kubalolesha mu meenso.
 - Abaana-ba-pamubili mufwile ukubakoselesha ukulya teekubapatikisha awe. Mufwile ukuba no mute ukubaliisha elyo no kubapeela ifyakulya ifyapusana-pusana no kuya mulelundako ifyo umwana aleeya alekula.

- Langeni ibumba **ubwingi bwa fyakulya ubwalinga** ubwa kupeela umwana ukulingana **no mushinku**. Leken i banacifyashi / abaleshi-ba-baana nabo **balange ubwingi ubwalinga** elyo mubebe **balondolole imiku ya kuliisha** umwana uuli **ne myeshi mwalabepusha** (moneni kaadi ya kucinkulako ukuliisha umwana).
- Balangeni **ukutikama kwalinga ukwa fyakulya** nangu lekeni banacifyashi/abaleshi-ba-baana balondolole.



Umusunga Uwatikama



Umusunga Uwa-anguka

- Leken i banacifyashi / abaleshi-ba-baana **besheko ukuliisha abaana babo**.
- **Langilileni** banacifyashi/abaleshi-ba-baana ifyo **bengaliisha umwana mu nshila iishili ya muleele** atemwa lekeni **balangilile**.
- **Bebeteni banacifyashi/abaleshi-ba-baana** ilyo baleliisha abaana pa kushininkisha ukutula **baleliisha mu nshila iishili ya muleele**.
- **Koselesheni abasangilweko ukushimikilana ifyo bapitilemo**, pa fyacikosa ne fyaciwama, pa kuliisha abaana. Ipusheni abasangilweko nga cakutula bacikwatapo amafya mu kuliisha abaana baabo kabili **kuti mwalanshanyapo**.



Banamaayo baleliisha abaana ifyakulya ifya mulyo ifyo baciipika abene, © photo, GIZ/CRS

Ifisela fya Kuwamya Amasambililo/Amangalo ya Miliile Isuma

Panuma ya ciputulwa ca kumfwa ifyo ifyakulya fileumfwika/ukuliisha, kuti mwa-angalako akabwangalo nangu ukucitako ifisela na basangilweko. Ici ca kuwamya fye amasambililo no kwafwa abasangilweko ukwibukisha ifyebo ifipulilemo/umutwe wa programu ya ukulangilila ifya kwipika. **Ifisela mwingacita nangu ifyangalo** kuti fyaba (icikapima ifyo mukasala ni nshita mukwete ne fyo abalipo bali abacincimuka):

- Ukwimba inyimbo ishakuma ku miliishishe, ku fyakulya ifyalekana-lekana, amabumba ya fyakulya, ubusaka bwa meenshi no kusanguluka, na fimbipo
- Ubwangalo bwa mitantikile ya kuliisha / Ifyakucita
- [Nutrition card game. \(Ubwangalo bwa makaadi pa fya miliile\)](#)
- Inshita sha ciputulwa ca mwaka (ukulanda pa fyakulya fya cikaaya ifiliko pali iyo nshita nangu uyo mweshi).
- Ukutantika ifya kubomfya ifyakulya: Ici cili no kwafwa abasangilweko ukusambilila ifyo ukutantika ifya kubomfya ifyakulya. Pekanyeni umutande wa kulanga ulupiya ulwilepo pa fyakulya mwacipekanya. Calyanguka kuli banacifyashi/abaleshi ba baana ukwipika ifyakulya pa ng'anda nga baishiba ati fyalinaka umutengo kabili tafyashupa ukusanga.

ULUTAMPULO 3: Ukubebeta no Kupitulukamo

3.1 Ibumba Iya Ukumfwa Ifyo Umulimo Wacibombwa

Ukumfwa ifyo umulimo wacibombwa ku basangilweko kuli no kwafwa imwe pamo nga uulekondenanya ukuwamyako inshila ya kucitilamo ifintu ne imisambilishishe. Pa mpela ya kulangilila ifya kwipika, ipusheni abasangilweko balandepo. Kuti mwakwata iciputulwa ca mabumba umo abasangilweko balelanda pafyo umulimo wacenda ukupitila mu kulanshanya kwe bumba mutontelepo, ukukonka ifya kwafwa ifili mu Ifyalundwako 12. Abasangilweko muli no kubabiika mu mabumba ya bantu 8 ukufika kuli 12.

Iciputulwa ca kumfwa ifyo umulimo wacibombwa cili no kusanshamo ifyapusana-pusana, ukubiikako ifyo ifyakulya fileumfwika, inshila sha kupekanishishamo, no kumfwa nga cakutila nabeshiba kuti bayaipika na ku ng'anda, na fimbipo. Kabili, ishibeni ifyakulya nangu imipikile iyo abana bacitemwa sana.

Muli ici iciputulwa mufwile ukulemba na **mashina ya basangilweko** no kuyasunga.

3.2 Ukupituluka muli Programu ya Ukulangilila Ifya Kwipika

Pa kubebeta programu ya ukulangilila ifya kwipika kuti mwabomfya amepusho ayanoono (Ifyalundwako 11). Ukufuma pa bantu bonse 30 (impendwa ya bantu abafwile ukusangwako), kuti mwasalapo abantu 5 ukufika kuli 8, ukubasala fye icisale-sale, kabili ababomfi ba mu fitente abakuitemenwa kuti bamyafwako pakutila balemba ipepala lya mepusho (Ifyalundwako 11).

Ukubomfya ifya kwafwa pa kulanshanya (Ifyalundwako 12), abalekondenanya kuti batungulula ukulanshanya kwe bumba ilyo batontelepo umuli abantu 8 ukufika kuli 12 pa bacisangwako, mu kwafwilishiwa na babomfi bakuitemenwa aba mu fitente babili aba kulemba ifilelandwa.



*Panuma ya kumfwa ifyo ifintu fyaenda ukwa mwi bumba na /nangu ukubebeta kuti **mwaipusha abasangilweko balande** ifyo bali no kubomfya nangu ifyo bali no kubombela pa fyo basambilile.*

3.3 Ukubebeta kwa panuma ya Kulangilila Ifya Kwipika

Ukutungilila banacifyashi/abaleshi-ba-baana panuma ya programu ya ukulangilila ifya kwipika kulakampula ukusambilila no kusangwilako ku kwaluka kwa mibele. Bomfyeni umutande wa mashina na basangilweko no kusala banacifyashi/abaleshi-ba-baana icisale-sale, abo mwingatandalila. Kuti cawama mwacita **Ubutandashi bwa panuma ya Kulangilila** nga papita **milungu 2-4**. Ilyo mulebatandalila kuti mwabepusha **amepusho ayakonkapo**:

- Bushe mwalyeshapo imipikile imo iyo mwamwene muli programu ya ukusambilila ifya kwipika?
- Nga cakutila mwalyeshapo, bushe umwana wenu alalya? Finshi mwamonapo?
- Nga talya, cinshi cilenga? Londololeni mukwai.
- Bushe kuti mwalondolola ifyo mwalecita pa kupekanya ifyakulya?
- Bwafya nshi mwakwete pa kupekanya ifyakulya? Mwacita shani pa kucimfya ayo amafya?

Ifyalundwako

- (1) Ukupekanya Umutande wa Filefwaikwa
- (2) Umutande wa Fintu Ifilefwaikwa/Ifya kubomfya mu kulangilila ifya kwipika
- (3) Ifyebo ifipulilemo palwa koonsha umukaka wa ku mabeele [Nutrition Key Messages for the First 1000 Most Critical Days of Life - The National Food and Nutrition Commission \(NFNC\)](#)
- (4) Amabumba 6 aya Fyakulya mu lupapulo lwa Zambian Food Based Dietary Guidelines (Iciputulwa Icilolesha pa Bulimi, 2021, [Zambian Food Based Dietary Guidelines](#))
- (5) Ukuliisha Ifyakulya fya Kulundapo [Nutrition Key Messages for the First 1000 Most Critical Days of Life - The National Food and Nutrition Commission \(NFNC\)](#)
- (6) Icikope Cilelenga Imiku ya Kuliisha ne Fyakupiminako fya mu Ng'anda ([Zambian Complementary Feeding Book-2nd Edition, 2015](#))
- (7) Ifyakulya fya Muli Programu ya Ukulangilila Ifya Kwipika ifya kupakamisha ukulya ifyakulya pamo nga cilemba no kuceefyako inshita ya kwipika
- (8) Ipepala Iya Kulembapo Ifyo Umulimo wa cibombwa mu Ukulangilila Ifya Kwipika (mu Cisungu na mu Citundu ca cikaaya)
- (9) Amakaadi ya Kucinkulako Ukuliisha Umwana (mu Cisungu na mu Citundu ca cikaaya)
- (10) Ukulangilila ifya kusamba ku minwe na sopo
- (11) Amepusho ya pa Kubebeta nangu ukupitulukamo
- (12) Icakutungulula mu Kulanshanya ne Bumba Mutontelepo

Ifyalundwako 1: Umutande wa Filefwaikwa pa Kupekanya

Intampulo sha Kupekanya	Ificitiwe (Congeni nga calicitwa)	Ukulandapo
Saleni ubushiku ne nshita ya kulangilila ifya kwipika		
Saleni umutwe wa programu ya kulangilila ukwipika ne fyakulya fyakwipika		
Pekanyeni ifyebo ifili no kukosha umutwe wa programu ya kulangilila ifya kwipika		
Saleni ifyebo fya IEC ifili no kubomfiwa mu kulangilila ifya kwipika		
Saleni icifulo ukwalabela Ukulangilila ifya kwipika icakwata apa kusamfisha no kusamba ku minwe, apa kuliila nangu ukuliishisha abaana, no muganda wa kupoosamo ifisooso mupepi		
Pangeni ifipangano fya kukumana kwa kupekanya ne cipangano ca bushiku bwa programu ya kulangilila ifya kwipika		
Pa kukumana kwa kupekanya kuti mwakumana na banacifyashi/abaleshi-ba-baana/bashitata na babomfi bakuitemenwa		
Bombeleni pamo na banacifyashi/abaleshi-ba-baana/bashitata pa kusala ifyakuya bali no kusangwilako		
Akanyeni ifya kucita ne milimo pakati ka banacifyashi/abaleshi-ba-baana/bashitata na babomfi bakuitemenwa		
Pekanyeni iciputulwa ca kubebeta no kumfwa ifyo programu ya kulangilila ifya kwipika yaenda		
Cinkuleniko ababomfi bakuitemenwa ukwibukisha ukuyacinkulako banacifyashi/ababomfi ba uitemenwa		

Ifyalundwako 2: Umutande wa Fyakulya/Ifya Kubomfya Ifilefwaikwa kuli programu ya ukulangilila ifya kwipika

Ifilefwaikwa pa Kwipika		Ifya Kubomfya	
Impoto		Sopo ya kusambila ku minwe no kusukila imbale	
Imyele (amanaifi)		Amafuuso	
Imiiko		Inkuni/Amalasha	
Ulunyungo (sefa)		Icitoofu (kuti mwafwayako icapangwa bwino)	
Imbale, amasupuni na mafoloko		Machisa	
Imbale ishafonka		Amatanda, ifipuna	
Amakaapu		Ebeni abalesangwako ukuleeta amasupuni, imbale, na makaapu ya kubomfya pa ciputulwa ca kulya pa kumfwa fyo fileumfwika/ukuliisha abana. <i>Kuti cawama baleeta imbale ishaselebala ishikulu pakutila babiikapo ifyakulya ifyapusana-pusana, kuti bafilya pale-pale pa kumfwa.</i>	
Ibende no mwinshi			
Icakusendelapo Ifyakulya (Tray)			
Imbeketi sha meenshi –aya kusamba ku minwe, aya kunwa, aya kwipikila			
Ibeseni			
Icibutiza			

Ifyalundwako 3: Ifyebo Ifipulilemo palwa Koonsha Umwana Umukaka wa ku Mabeele

([NFNC Nutrition Key Messages For The First 1000 Most Critical Days Of Life](#))

UKOONSHA UMWANA (UKUTENDEKA , UKOONSHA KWEKA-KWEKA UKWABULA UKUPEELA UMWANA FIMBI NO KUTWALILILA UKOONSHA)

Umukaka wa kubalilapo uwatikama, uwa cibobo (yellow) uufuma ku mabeele ya kwa nacifyashi uo beta mu cingeleshi ukuti colostrum, ecakubalilapo ca kucingilila umwana ku malwele. Ukoonsha umwana mukati ke awala limo panumafye ya kufyalwa, takulundululafye isenge Iya mwana kuli nyina iyoo, lelo cilenga umwana apokelela uyu mukaka uufwaikwa nganshi. Ukufwailisha kwasanga ukuti umukaka wa ku mabeele eufwaikwafyeukupeela umwana mu myeshi 6 iyakubalilapo iya buumi epela. Ifyakulya fimbi ifyalundwapo ifya kupeela umwana ilyo talakwanisha imyeshi 6 filaleetela umwana amaafya ayengi nganshi ayengaletela umwana ubusanso no

*kulesha ukuti alekula bwino. Panuma ya myeshi 6, umwana alaba uwalinga ukumupeela ifyakulya fyalundwapo ukusansha pa mukaka wa ku mabeele. Neci ni mukutila pali uyu mushinku, umwana nomba alafikapo ukusungulula ifyakulya fimbi, elyokabili umukaka wa ku mabeele weka-weka teekuti umupeelee fyonse ifikabila umubili pali uyu mushinku; **Ielo** ucili ulakwatamoifyo umubili ukabila pakuti atwalilile ukulakula bwino.*



IFIKALAMBA FILELANDWAPO:

- Banacifyashi balingile ukoonsha umwana mukati ke awala limo panumafye ya kufyalwa.
- Koselesheni banacifyashi ukoonsha abaana umukaka watikama uwa yellow uwakubalilapo(Colostrum)
- Koselesheni banacifyashi ukoonsha abaana umukaka wa ku mabeeleukwabula ukubapeelelapo fimbi pa myeshi yonse iyakubalilapo 6, pantu uyu mukaka walikwata fyonse ifikabila umwana pakuti abe no buumi busuma, alekula bwino no kutunguluka.

- Banacifyashi abaleonsha bafwile ukukoseleshiwa ukoonsha abaana babo libili-libili. baleonka saana, no mukaka mu mabeele ukalapangilwako uwingi
- Koselesheni banacifyashi abaleonsha ukutwalililafye ukonsha ukwabula ukupeela umwana imfimi pa myeshi ya kubalilapo 6, nangu nga balikwata akashiishi ka HIV cikulufye balanwa ukubapoka ku cipataala
- Banacifyashi bafwile ukutwalilila ukoonsha ukufika umwana afisha imyaka ibili no kucilapo pumukaka wa ku mabeele ulatwalilila ukuba icakulya cisuma ku mwana.

Ifyalundwako 4: Amabumba 6 aya Fyakulya ([Zambian Food Based Dietary Guidelines, 2021](#))

1. IFYA NSEKE, IFIIKATILA KWI SAMBA
2. IMISAALU
3. IFISABO NANGU IFINSABWANSABWA
4. ISABI, IFYA MU LUPWA LWA FISHISHI, IFIPUPUKA ne NAMA
5. UMUKAKA ne FIPANGILWA KU MUKAKA
6. IFYA MU LUPWA LWA CILEMBA, ne MBALALA.

Lyonse mulelya ifyapusana ukufuma mwi bumba limo-limo mu mabumba 6 aya fyakulya!



LYENI IFINGI

Mulelya ifyakulya ifyapusanapusana ukufuma mu mabumba 6 aya fyakulya pakuti muleba abakosa, ababuumi busuma

Amabumba ya fyakulya 6 ni aya:

- Ifya nseke, Ifya mishila ifyabamo starch nangu ifikatila kwi samba
- Imisaalu
- Ifisabo
- Isabi, Ifishiishi ifipupuka ne fifuma ku nama
- Ififuma ku mukaka
- Ifya mutundu wa cilemba ne mbalala

ifituntulu nangu ifyapeleka, ifyakwatamo starch ifikatila kwi samba:

ngo ulubali lwa fyakulya cila bushiku pa kuti mwaba no butuntulu busuma ubwa mutima elyo no kufina kwalinga

muleeshekao ukulyako imiku 4 ifi ifya nseke nangu imishila ukufika kuli 560g



Imisaalu yapusana amalangi

Lyeniko ifi cila bushiku pa kupeela umubili ama vitamin ne fikabilwa fimbi ukucingilila umubili ku malwele

Esheni ukulyamo imisaalu iibishi (mupepi na 230g nangu kaapu umo na hafu uwaipikwa nangu amakaapu yatatu ayashaipikwa imiku itatu cila bushiku



Ifisabo fya malangi yapusanapusana

Cila bushiku pa kupeela umubili ama Vitamin na fimbi ififwaikwa ku kucingilila amalwele

Lyenimo ifisabo imiku ibili cila bushiku (mupepi na 300g nangu ifya bukulu bwalinga pamo nga inkonde na amacungwa nangu kaapu umo uwa fisabo fyaputaulwa



Cilemba, ilanda, imbalala, intoyo ne fyapala ifi.

Mulelyako ifi fyakulya cila bushiku pa kutungilila ubuumi busuma.

Ifi fyakulya fyalikwatamo saana umulyo wa protein kabili fyakulya ifyo mwingalya nga tapali ififuma ku nama

inkoko ne fyuni, isabi, amani, ifishiishi ifipupuka nangu ifishimu

cila bushiku pa kukuula umubili no kuwamyamo ifishili bwino

umukaka ne fipangwa no mukaka (pamo nga yogurt, umukaka wasasamina na cheese

cila bushiku pa kukosha amafupa

Nga tamukwete umukaka, lyeniko ifyafulamo calcium pamo nga moringa, cimpapila, katapa, mabula ya mubuyu, amabula ya kawawasha, kapenta no tusabi utunoono uto mwingalila kumo ne myunga

Esheni ukulyako imiku ibili mu kasuba kamo ifya nseke ne fya mutundu wa mbalala, ifyaipikwa, mupepi na 180g (sashileni kaapu imo iya fya nseke 90g ama table spoon 9 aya nseke nama table yatatu aya mbalala 30g)



Esheni ukulyamo cimo umuku umo cila bushiku (mupepi na 50-115g ukulingana ne fili pa mutande wenu ukufuma mu mabumba ya fyakulya)



lyenimo cimo cila bushiku (mupepi na 245g)



Ifyalundwako 5: Ukupeela Umwana Ifyakulya fya Kulundapo ([Nutrition Key Messages for the First 1000 Most Critical Days of Life - The National Food and Nutrition Commission \(NFNC\)](#))

UKULIISHA UMWANA FIMBI IFYALUNDWAPO

Panuma ya myeshi yakumanina 6 iya buumi bwa mwana, umukaka wa ku mabeele tauba nomba icakulya ca kumanina ku mwana icingamupeela ififwaikwa ku mubili elyo na amaka. Kanshi kuti mwatendeka ukumupeela ifyakulya fimbi ifinoono-finoono kabili mu kukonkanya pamo na umukaka wa kumabeele ukufikafye na ku myaka ibili no kucilapo pakuti mukwanishe ifyo umwana nomba alekabila ilyo ele alekula. Ifi fyakulya filingile ukutikama mu kulinga, ifyapalana, lelo if yabamo umulyo uwapusanapusana, kabili fifwile ukupekanishiwa no kusungwa ubusaka pakuti fingawamina umwana. Kwaliba ifilyo fya cikaaya ifingi muno Zambia ifyakwatamo umulyo wafikapo ifyo mwingapekanishisha umwana.



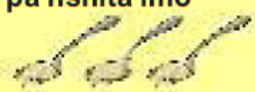
IFIKALAMBA FILELANDWAPO

- Koselesheni banacifyashi ukutwalilila ukoonsha abaana ukufikapa myaka ibili.
- Bafwile ukupeela abaana icakulya cikalamba imiku 3 nangu 4 mu bushiku bumo, pa mbali ya kuboonsa.
- Abaana nga nabalwala, kuti bakwata bwangu ubulwele bwa kondoloka, ubwa mantilishoni. Eco mufwile ukukoselesha abaleshi-ba- baana ukulapeela abaana ifyakulya ifinoono lelo mu kukonkanya ukusansha pa koonsha pakuti bapola bwangu.
- Koselesheni abaleshi-ba- baana ukusamba ku minwe ne sopo nangu imito na ameenshi aya busaka ilyo tabalatendeka ukupekanya ifyakulya fya baana, na panuma yakucinja abaana amatebela pakuti belalwala ubulwele bwa kupolomya na amalwele yambi.
- Koselesheni abaleshi-ba-baana ukuti baleyangalila ukuliisha abaana abashilafisha imyaka ibili pa kushininkisha ukuti balepeelwa ifyakulya fyalinga pa nshita shonse isha cakulya.

- Abaana balingile ukubaliishisha pa mbale iyabo beka pakuti mwamona ubwingi bwa fyakulya balelya kabili nga balelya bwino.
- Bacincisheni ukubomfya ifyakulya fya cikaaya ifya muno Zambia Ifyo bengapekanishisha abaana abali ne myeshi 6, pamo nga ifyumbu fya kashikila, imisaalu yalekanalekana, cilemba, ifipushi, umusunga wabiikwamo imbalala, cikanda, na fimbipo.

Ifyalundwako 6: Imiku ya Kuliisha na Ifyakupiminako Ifya mu Ng'anda

([Zambian Complementary Feeding Book-2nd Edition, 2015](#))

Umushinku mu myeshi	Imiku ya Kullisha	Umusango wa fyakulya	Ifyakulandapo
Imyeshi 6-9 	Imiku ibili nangu itatu cila bushiku Tendekeni na amasupuni 2-3 pa nshita imo 	Mufwile mulepeela ifyakulya ifyanaka pamo nga umusunga, ne ifisabo no musaalu ifya shinaulwa 	Twalilileni ukoonsha umwana wenu lyonse ilyo alefwaya- ubushiku na akasuba. Monsheni ukufika pa myaka ibili Muletekanya kabili mulemukoselesha ukulya. Mwilamuliishisha ku cibotoolo. Ifibotoolo fyalyafya ukusuka kuti fyalwalika umwana ukupolomya.
Imyeshi 9-12 	Ukufuma pa myeshi 9, peeleni umwana wenu imiku 3-4 cila kasuba Mupeeleni 1/4 ya 250ml kaapu/ mbale pa nshita yonse iya kulya	Pa myeshi 9, umwana kuti atendeka ukulya ifyakulya fya kwikata ku minwe pamo nga mango iyapya, poopu, inkonde no musaalu	Twalilileni ukoonsha umwana mpaka afisha imyaka ibili no kucilapo. Mupeeleni imbale yakwe kabili moneni ukuti alepwise ifyakulya mu mupee. Ici cikalenga mukeshibe ubwingi bwa fyakulya aliile
Imyeshi 12-24 	Ukufuma pa myeshi 12, muliisheni imiku 5 cila kasuba (ifyakulya fikalamba 3 nangu 4 na utunoono 2 nangu kamo. Mupeeleni 250ml Kaapu/ Mbale panshita yonse iya kulya.	Putauleni mu tupimfya utunoono pakuti umwana engasheete bwino no kumina. Ukufika pa myeshi 12, kuti mwamupeela ifyakulya na fimbi ifyakosa imiku iingi cila bushiku	Twalilileni ukoonsha umwana ukufika ku myaka ibili no kucilapo. Abaana balalya panoono-panoono ukucila abakalamba. Eco mulemubiikila pa mbale eka ifyakulya fyakwe
NB: Cikashintilila pafyo umwana aleumfwa insala utwakulya twakulundapo tunoono kamo nangu tubili kuti twapeelwa cila bushiku			

Ifyakupiminako Fya Mu Ng'anda

Ifi ifyakonkapo efyakupiminako ifyakulya eflyo balebomfya muli aka katabo:

Imbale Yakuliilamo Umwana (250ml)



Kaapu (200ml)



Impoto



Akapo Ka Musaalu



Umuceele Wa Tupoompo



Akapoto



Tablespoon (15 ml)



Teaspoon (5 ml)



Ifyakubomfya	Icipimo icilingene ne cibombelo
Kaapu imo	Amagramu 250 aya fya bunga-bunga
Ama tii supuni yabili	Amagramu 10

Ifyalundwako 7: Ifyakulya fya Muli Programu ya Ukulangilila Ifya Kwipika ifya kupakamisha ukulya ifyakulya pamo nga cilemba no kuceefyako inshita ya kwipika

UMUSUNGA WA CIMPAPILA

Ifyakubomfya

- Hafu kaapu ya cilemba ya soya iyasalulwa
- Tii supuni ya cimpapila ya kutwa
- Hafu kaapu ya bunga bwa mataba
- Amakaapu 5 aya meenshi
- Tii supuni imo iya mucele

Ifyakucita

- Tweni cilemba iyasalulwa no kunyunga pakuti ibe ubunga.
- Kafyeni Kabili biikeneni amakaapu yatatu aya meenshi mu mpoto no kukafya Sankanyeni pamo ubunga bwa mataba, ubunga bwa cilemba, cimpapila ya kutwa no mucele.
- Fikumbuleni mpaka fibe ngo musunga.
- Bikeneni mu meenshi ayakaba ayali mu mpoto no kuleka filebilauka panoono-panoono mpaka fipye (pa mamineti 20-30)
- Peeleni abantu ilyo ficili nafikaba.

UMUTO WA CILEMBA

Intampulo sha kubalilapo isha kupekanya cilemba

- Saleni cilemba: Bomfyeni umutundu umo fye uwa cilemba. Mwisankanya imitundu ya cilemba.
- Fumyenimo fyonse ifishili cilemba.
- Fumyenimo yonse iyakontoka, ilemoneka fimbi, na iishilakula, iyaonaika ne yabola.

Ukwabikila cilemba ubushiku bonse

1. Pimeni kaapu umo uwa cilemba no kubiika pa kabeseni.
2. Samfyeni bwino-bwino na meenshi ayatalala.
3. Biikenimo amakaapu yatatu aya meenshi no kuleka isendame mu meenshi (Ama-awala 12 ukufika ku14)



Kaapu umo uwa cilemba iyauma nga yanaka ilemupeela amakaapu yabili

4. Susuululenimo ameenshi mwacabikamo.
5. Moneni ukuti cilemba nainaka bwino, fumyenimo yonse iishinakile.
6. Nga mulefwaya anguleni ukubomfya iminwe.

IFYA KUPEKANYA

- Ifipe Ifyakubomfya
- Cilemba – Kaapu imo
- Kanyense-iyalinga nangu iikulu- imo
- Tomato-iyalinga nangu iikulu -imo
- Amafuta ya kwipikila (saladi)
- Umucele
- Ameenshi

Ifyakucita

1. Saleni cilemba, ukuisamfya no kuyabikila ubushiku bonse mu cipe umo mwitiile amakaapu yatatu aya meenshi.
2. Nga namuyangula ukufumyako aka kunse, lekeni ibilauke pa mamineti 10-15, elyo nga tamwangwile ibilausheni pa mamineti 30.
3. Anguleni, samfyeni, no kuputaula kanyense.
4. Samfyeni tomato no kuiputaula.
5. Kafyeni amafuta ya kwipikila no kusalula kanyense mpaka ibe iyakashikila.
6. Biikenimo tomato no kusalulako panoono.
7. Sankanyeni na cilemba.
8. Kuti mwaliila ku bwali, umupunga, nangu amataba ya kusompa (umusaku; cisembe).

Ifyalundwako 8: Ipepala Iya Kulembapo Ifyo Umulimo wa Ukulangilila Ifya Kwipika Wacenda

S/N	Amepusho	Ee	Awe
1	Nintemwa ifyakulya twacipika lelo.		
2	Umwana wandi acifitemwa sana ifyakulya twacipika		
3	Iyi programu ya kulangilila ifya kwipika nainsambilishako ifya kwipika ici icakulya ku ng'anda.		
4	Ninsambililako inshila iipya iya kwafwa abana bandi pakuti balelya ifyakulya fya mulyo ifya cikaaya kabili ifyo ningakwanisha ukushita.		
5	Fyonse ifyo twacibomfya pa kwipika fintu momfya na ku ng'anda.		
6	Ifyo twacibomfya muli uku ukulangilila ifya kwipika fintu ningakumanisha ukushita.		
7	Ndi na mapange ya kwipikako ici icakulya ku ng'anda.		
8	Nalisangwako kuli programu ya kulangilila ifya kwipika na imbi.		
9	Mutundu nshi uwa fyakulya mwingatemwa ukumona mu kulangilila ifya kwipika ukwa ku ntanshi?		
	Ukulandapo/ukupanda amano		

Ifyalundwako 9: Amakaadi ya Kucinkulako Ukuliisha Umwana

LENGENI UMWANA WENU UKUBALIKA! Ifyo mufwile ukwishiba				
	Imyeshi 0 ukufika 6	Imyeshi 6 ukufika 9	Imyeshi 9 ukufika 12	Imyeshi 12 ukufika 24
IFYA KUMULIISHA CILA BUSHIKU	FYAKULYA NSHI? ☐ Umukaka wa ku mabeele epela ☐ Mwimupeela ameenshi nangu umusunga 	☐ Umukaka wa ku mabeele epela ☐ Ifyakulya ifishakosa *umusunga uwa tikama umuli imbalala, umukaka nangu amani •Imisaalu yashinaulwa ne fisabo pamo nga inkonde, poopu, na kotapeela  	☐ Umukaka wa ku mabeele epela ☐ Ifyakulya fya lupwa ifyashinaulwa, Teemuto weka-weka awe ☐ umusunga uwatikama umuli na fimbi ☐ Ifyakulya ukufuma ku nama ★★ Pamo ngefi:  ☐ Ifwalo no musalu ★ Pamo ngefi: 	☐ Umukaka wa ku mabeele epela ☐ Ifyakulya fya lupwa ifyashinaulwa, Teemuto ☐ umusunga uwatikama umuli na fimbi ☐ Ifyakulya ukufuma ku nama ★★ Pamo ngefi:  ☐ Ifwalo no musalu ★ Pamo ngefi: 
	FILEFULA SHANI? ☐ Pwisheni umukaka onse mu mabeele yonse  Ku kuso  Ku kulyo	☐ Pwisheni umukaka onse mu mabeele yonse lyonse ilyo muleonsha  Ku kuso  Ku kulyo	☐ Tendekenifye na ama supuni yatatu aya fyakulya, muye mulelundako ilyo ele alekula  Imyeshi 6  Imyeshi 8  Imyeshi 9  Imyeshi 12  Imyeshi 24	
	MIIKU INGA? ☐ Lyonse ilyo afwaya. Imiku 8-12 ubushiku na akasuba 	☐ Monsheni imiku 8 ukufika kuli 10 akasuba no bushiku ☐ Muli sheni imiku ibili mu bushiku bumo nga ali ne myeshi 6. Fisheni ku miku itatu ilyo alefisha ku myeshi 8 	☐ Monsheni imiku 6 ukufika kuli 8 ☐ Muli sheni imiku itatatu ubushiku bumo no kulundapo tunoono 	☐ Monsheni imiku 4 ukufika kuli 6 ubushiku na kasuba ☐ Muli sheni imiku itatatu no tunono imiku ibili cila bushiku 
	KULIISHA SHANI? ☐ Umufyashi afwile ukwikala bwino no kusuna umubili onse uwa mwana ☐ Pwisheni umukaka mwi beele limo ilyo tamulatampa limbi 	☐ Sanganeniko inshita iya kuliisha umwana ☐ Biikleni umwana ifyakulya fyakwe pa mbale yakwe 	☐ Shininkisheni ukuti umwana alepwisha ifyakulya ☐ Umwana nga ala shupa pakulya, esheni ukumupela tunoono tunoono, imiku iingi ipusheni ubwafwilisho 	
IFYA BUUMI	☐ Sendameni mwi sumbu lya bamung'wingwi 	☐ Shininkisheni ukuti umwana napeelwa umuti wa ku mucingilila lyonse 	☐ Sambeni iminwe ya umuleshi-wa -mwana ne ya mwana ne sopo panuma ya kucinja amatebela, nangu ukubomfya icimbusu ilyo lyonse mulefwaya ukuliisha umwana 	
	☐ Sangweni ku kuceceeta kwa kukula kwa mwana cila mweshi 	☐ Pokeni Vitamin A ilyo umwana afisha imyeshi 6, 12, 18 na 24 	☐ Bilausheni ameenshi ya mwana uuli no mushinku wa myeshi 6-24 nangu ukubikamo chlorine 	☐ Pooseni amafi yonse mu cimbusu 
UBUSAKA	☐ Pangenzi apakulishisha na apakwangalila umwana apa busaka 			

MAKE YOUR BABY A STAR! What you need to know

		0 to 6 months	6 to 9 months	9 to 12 months	12 to 24 months
FEEDING EACH DAY	WHAT FOODS?	☐ Breast milk only ☐ No water or porridge	☐ Breast milk ☐ Soft foods: - Thick porridge with pounded groundnuts, milk or eggs; - Mashed fruits and vegetables like bananas, pawpaw or avocado	☐ Breast milk only ☐ Mashed or small pieces of family foods, not only soup ☐ Thick enriched porridge ☐ Foods from animals (★★ foods) like: ☐ Vegetables and fruit (★ foods) like:	☐ Breast milk only ☐ All family foods, no more soup ☐ Thick enriched porridge ☐ Foods from animals (★★ foods) like: ☐ Vegetables and fruit (★ foods) like:
	HOW MUCH?	☐ Empty both breasts at each feed	☐ Empty both breasts at each feed	☐ Start with 3 tablespoons of food at each meal & slowly increase as child grows to full bowl	
	HOW OFTEN?	☐ Whenever the baby wants - 8 to 12 times day and night	☐ Breastfeed 8 to 10 times, day and night ☐ Feed 2 times a day at 6 months. Increase to 3 times a day by 8 months	☐ Breastfeed 6 to 8 times ☐ Feed 3 meals a day and 1 snack/small meal	☐ Breastfeed 4 to 6 times day and night ☐ Feed 3 meals and 2 snacks/meals a day
	HOW TO FEED?	☐ Mother should be comfortable and support baby's whole body ☐ Empty one breast before feeding from the other	☐ Make time to feed the baby ☐ Separate the baby's food in own bowl	☐ Make sure baby eats all food ☐ If baby is a fussy eater, try small amounts more often, ask for help	
HEALTH	☐ Sleep under treated bednet ☐ Attend monthly growth monitoring	 	☐ Ensure the baby gets all the vaccinations that are due ☐ Get Vitamin A when baby is 6, 12, 18 and 24 months	 	
	HYGIENE	☐ Wash caregiver and baby's hands with soap after changing the nappies and using latrine; and before every feed/meal ☐ Boil or chlorinate water for the baby from 6 to 24 months	 	☐ Dispose all faeces in the latrine ☐ Create clean feeding and play spaces	 



Inshita ya kutwala umwana ku cipataala

☐ Umubili wa mwana ulekaba



☐ Umwana alepolomya



☐ Umwana ali ne cifuba nangu talepeema bwino



DANGER

Twaleni Umwana Ku Cipataala Ilyo Line Nga:

★ Umwana taleonka nangu talenwa



★ Umwana aleluka fyonse ifyo aliile



★ Umwana nanaka nangu taleankulako



★ Umwana alesamfula nga nalwala



Ukuliisha umwana umulwele nangu uucili talapolelela

Ukuliisha umwana umulwele

Imyeshi 0-6

☐ Twalilileni ukoonsha kabili muleonsha libili-libili



Imyeshi 6-24

☐ Twalilileni ukoonsha kabili muleonsha libili-libili



☐ Twalilileni ukoonsha umwana, mupeleeni utunoono nga talelisha, lelo libili-libili

☐ Muliisheni ifyakulya fyapala umusunga umuli mabisi, inkonde shashinaulwa, nangu kotapeela na juisi ya ndimu

☐ Tekanyeni, mwilalisha mu kwangufyanya, lombeni ubwafwilisho



Ukuliisha pa milungu ibili panuma ya kulwala:

Imyeshi 0-6

☐ Twalilileni ukoonsha umwana libili-libili



Imyeshi 6-24

☐ Mupeleeni ifyakulya ifyalundwa pa fyo alya lyonse cila bushiku

☐ Mupeleeni ifyakulya fyalundwapo pamo nga ilini, umukaka, kotapeela yashinaulwa, nangu umusunga watikama umuli imbalala



☐ Twalilileni ukumupeela umuti wa bulwele ngefyo bamwebele ku cipataala, nangu umwana alemoneka kwati napola



Ukoonsha umwana nga mwalikwata akashiishi ka HIV

Ukuliisha

Imyeshi 0-6

☐ Ukoonsha umukaka wa ku mabele EPELA pa myeshi ya kuballapo 6 Mwilamupeela ifili fyonse fimbi nangufye meenshi no musunga



Nga Afisha Imyeshi 6

☐ Muliisheni ifyakulya fyayanguka

• Umusunga watikama umuli imbalala, umukaka nangu amani

• Ifisabo ifyashinaulwa no musalu pamo nga inkonde, poopo na kotapeela



☐ Twalilileni ukoonsha umwana mpaka afika umwaka umo



Ukundapa no Kumona nga ali no bulwele

☐ Peleeni umwana umuti wa ku mucingilila cila bushiku ngefyo bamwebele aba ku cipataala

☐ Twalilileni ukumupeela umuti wa kucingilila HIV umulungu umo panuma ya kusumuka

☐ Kamupimisheni nga akwanisha imilungu 6, imyeshi 6, umwaka umo na pa mwaka umo ne myeshi 6

☐ Konkeni fyonse bamwebele ku cipataala no kupeela umwana umuti

Ubwafwilisho

☐ Lashanyeni ifyakusunga, ukuliisha no kupeela umwana umuti na ababomfi ba ku cipataala no lupwa lwenu pakuti bamwafwe





CHILD'S NAME: _____

When to take your baby to the clinic

- ☐ Baby has body hotness



- ☐ Baby has diarrhea



- ☐ Baby has a cough or problem breathing



DANGER

Take baby to the clinic IMMEDIATELY if:

- ★ Baby is unable to drink or breastfeed



- ★ Baby vomits everything taken



- ★ Baby is weak or not responding



- ★ Baby has had fits during the current illness



Feeding your sick or recovering baby

Feeding during illness:

0 to 6 months:

- ☐ Continue breastfeeding and breastfeed more often



6 to 24 months:

- ☐ Continue breastfeeding and breastfeed more often
- ☐ Continue feeding your child; If appetite is poor give smaller quantities, but more often
- ☐ Offer soft foods like porridge with mabisi, mashed banana, or avocado with lemon juice
- ☐ Take time, patiently feed, get help



Feeding for 2 weeks after the illness:

0 to 6 months:

- ☐ Continue breastfeeding and breastfeed more often



6 to 24 months:

- ☐ Give an extra meal of normal food each day
- ☐ Give an extra snack like an egg, milk, mashed avocado, or thick porridge with groundnuts



- ☐ Continue any medicine for the illness as advised, even if the child appears to be better

Feeding your baby if you are HIV+

Feeding:

0 to 6 months:

- ☐ Give breast milk ONLY for first six months. Do not give anything else - NO water or porridge



At 6 months

- ☐ Feed soft foods:

- Thick porridge with pounded groundnuts, milk or eggs;
- Mashed fruits and vegetables like bananas, pawpaw or avocado



- ☐ Continue breastfeeding until the baby is one year old



Treatment and Testing:

- ☐ Give your baby HIV prevention medicine every day as instructed by the health worker
- ☐ Continue giving your baby HIV prevention medicine for 1 more week after you have stopped breastfeeding
- ☐ Take your baby for testing at 6 weeks, 6 months, 1 year and 1 year 6 months
- ☐ Follow any other advice and give all other medication exactly as advised

Support:

- ☐ Discuss care, feeding and medicines with a health professional and your family so you receive help



Ifyalundwako 10: Ukulangilila ifya Kusamba ku Minwe na Sopo

Sambeni ku minwe ama sekondi  ukukonka intampulo shili pe samba



Ifyalundwako 11: Amepusho ya pa Kubebeta/ Ukupitulukamo

Icitungu			
Iboma			
Wardi			
Icipanda*			
Incende**			
Umushi/ikomboni			
Imyaka mukwete			
Mwaume/Mwanakashi			
Ubushiku			
S/N	Amepusho	Ee	Awe
1	Nintemwa ifyakulya twacipika lelo.		
2	Umwana wandi acifitemwa sana ifyakulya twacipika		
3	Iyi programu ya kulangilila ifya kwipika nainsambilishako ifya kwipika ici icakulya ku ng'anda.		
4	Ninsambililako inshila iipya iya kwafwa abana bandi pakuti balelya ifyakulya fya mulyo ifya cikaaya kabili ifyo ningakwanisha ukushita.		
5	Fyonse ifyo twacibomfya pa kwipika fintu momfya na ku ng'anda.		
6	Ifyo twacibomfya muli uku ukulangilila ifya kwipika fintu ningakumamo ukushita.		
7	Ndi na mapange ya kwipikako ici icakulya ku ng'anda.		
8	Nalisangwako kuli programu ya kulangilila ifya kwipika na imbi.		
9	Mutundu nshi uwa fyakulya mwingatemwa ukumona mu kulangilila ifya kwipika ukwa ku ntanshi?		
	Ukulandapo/ukupanda amano		

*Icipanda** ni ncende inono iya mu citente,

*Incende*** ilelosha ku ncende iiyo ifiputulwa fya buteko fibombelamo muli ico icitente

Ifyalundwako 12: Icakutungulula mu Kulanshanya ne Bumba Mutontelepo

Ubushiku:

Icifulo:

S/N	Amepusho	Ukulandapo
1	Muletipo shani pa fyakulya twaciipika lelo Ifyo fyacumfwika, ukununkila kwa fyakulya fyaciipikwa Ifyakulya fyaciipikwa fyalifula kuno kabili fyalyanguka ukusanga Inshila sha kupekanishishamo	
2	Bushe abaana bacumfwa shani ifyakulya twaciipika? Lembeni impendwa ya bacifitemwa na bashacifitemwa	
3	Finshi mwacisambililako nangu ifyo mwalasendapo ukufuma pali ino programu? Amasambililo nasambilila (ifyebo, imipikile) Ifingacitwa ku ng'anda	
4	Mutundu nshi uwa fyakulya mwingatemwa ukumona mu kulangilila ifya kwipika ukwa ku ntanshi?	
5	Finshi ifyo tamwacitemwamo muli programu ya kulangilila ifya kwipika?	

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Abapanga

Abapulinta

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Ukupekanya kwa mu

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Cooking Demonstration Guide 2024