

LET ME TELL YOU



IRON



EAT HEALTHY
EAT DIVERSE
EAT DIFFERENT
FOOD GROUPS

Contributors

Zambian Government



NFNC

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GIZ

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Sources

GIZ, NFNC, Care Groups.

Arts and Designs

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Food and Nutrition Security, Enhanced Resilience Project (FANSER) Zambia
 and Fish for Food Security in Zambia (F4F)

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On behalf of the Federal Ministry for Economic Cooperation and Development (BMZ) Germany

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About this comic booklet

This comic booklet was produced under the Food and Nutrition Security, Enhanced Resilience Project (FANSER) and Fish for Food Security Project (F4F) in Zambia. FANSER and F4F have been initiated and commissioned by the German Federal Ministry of Economic Cooperation and Development (BMZ) as part of the Special Initiative ONE WORLD – No Hunger. The initiative aims to address the challenges of hunger and malnutrition.

As part of the national Scaling Up Nutrition process and the 1000 Most Critical Days Programme (MCDP) II, FANSER reaches out to 110,000 women and 70,000 children in Eastern and Luapula Provinces. The following fields of interventions are being covered by the project:

1. Increase knowledge about nutrition, change attitudes positively.
2. Increase knowledge about hygiene, change attitudes positively.
3. Increasing the year-round availability of nutrient-rich foods / nutrition-sensitive agriculture.
4. Developing improved strategies for households to manage their household and productive resources.
5. Strengthening nutrition governance at the district, provincial and national level.

Furthermore, the F4F project in Zambia aims to improve access to sustainable fish products for people facing food insecurity. To achieve this the project assists artisanal fishers and fish farmers in operating sustainably and efficiently, while curbing illegal fishing. Thereby having local communities' benefit from improved and sustainable livelihoods in fishing and fish processing, as well as gaining access to a broader range of fish products.

Through these approaches and by focusing on women in the fish value chain, the project helps to combat hunger, malnutrition and poverty. Creating linkages between food and income security, environmental and resource conservation, education and women's empowerment. The F4F project intends to educate and create awareness on the nutritional value of fish and sustainable fisheries within the designated target groups.

Based on the Social and Behaviour change (SBC) concept and national communication strategies, the project together with NFNC produced an animated series called 'let me tell you'. The series is available as an animated TV series, being aired on radio and as a comic booklet. This comic booklet provides an overview about the importance of iron to the human body.

Julia Kirya

Signature:



Project Coordinator FANSER Zambia

Samanta Mapfumo

Signature:



Project Coordinator F4F Zambia



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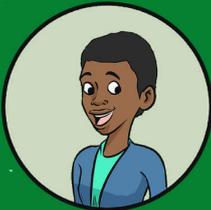
CHIMWEMWE
(Grandma)



LIMBANI
(Dad)



CHISENGA
(Mom)



MAPALO
(Brother)



DALISANI
(Sister)



CHISOMO
(Brother)



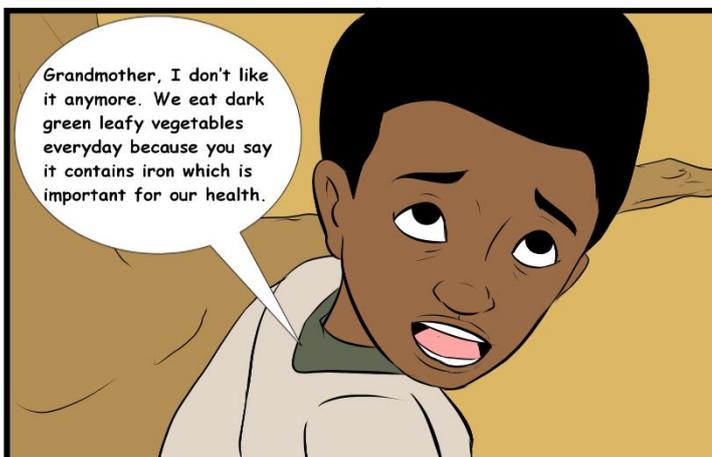
MALUBA
(Sister)



MULILO
(Brother)

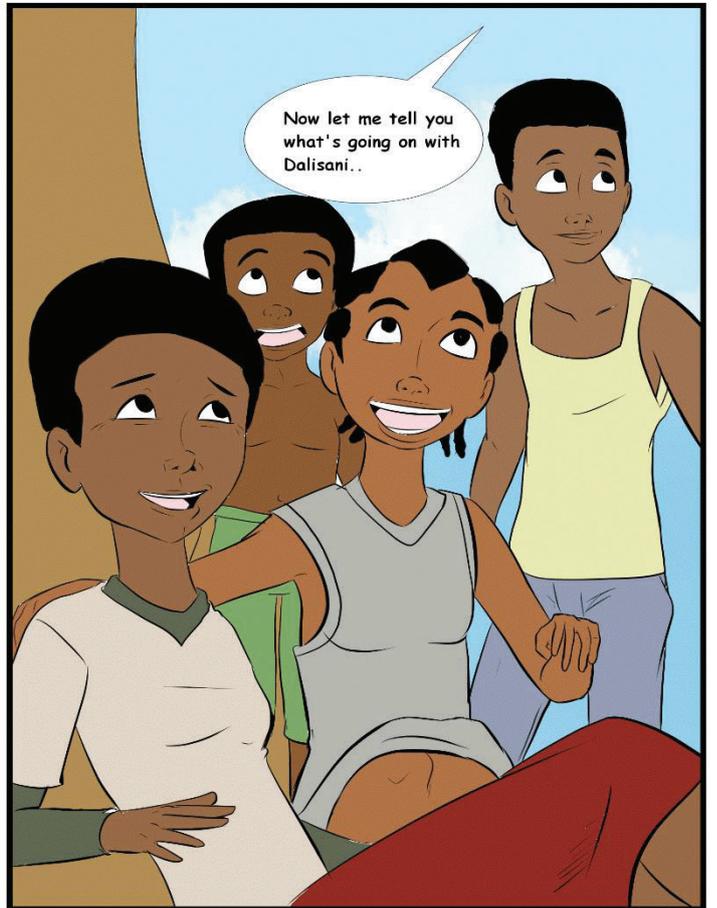
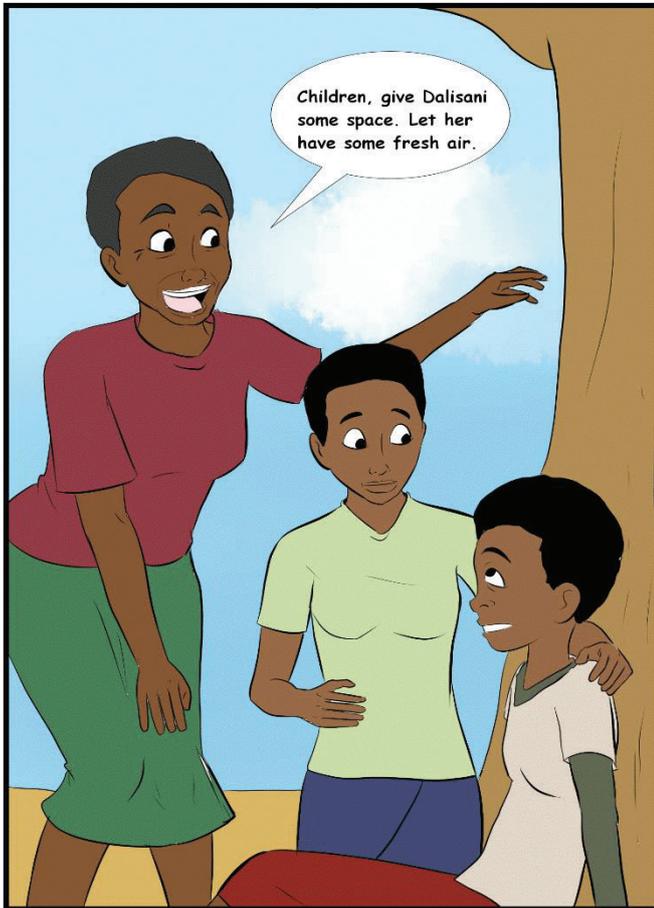
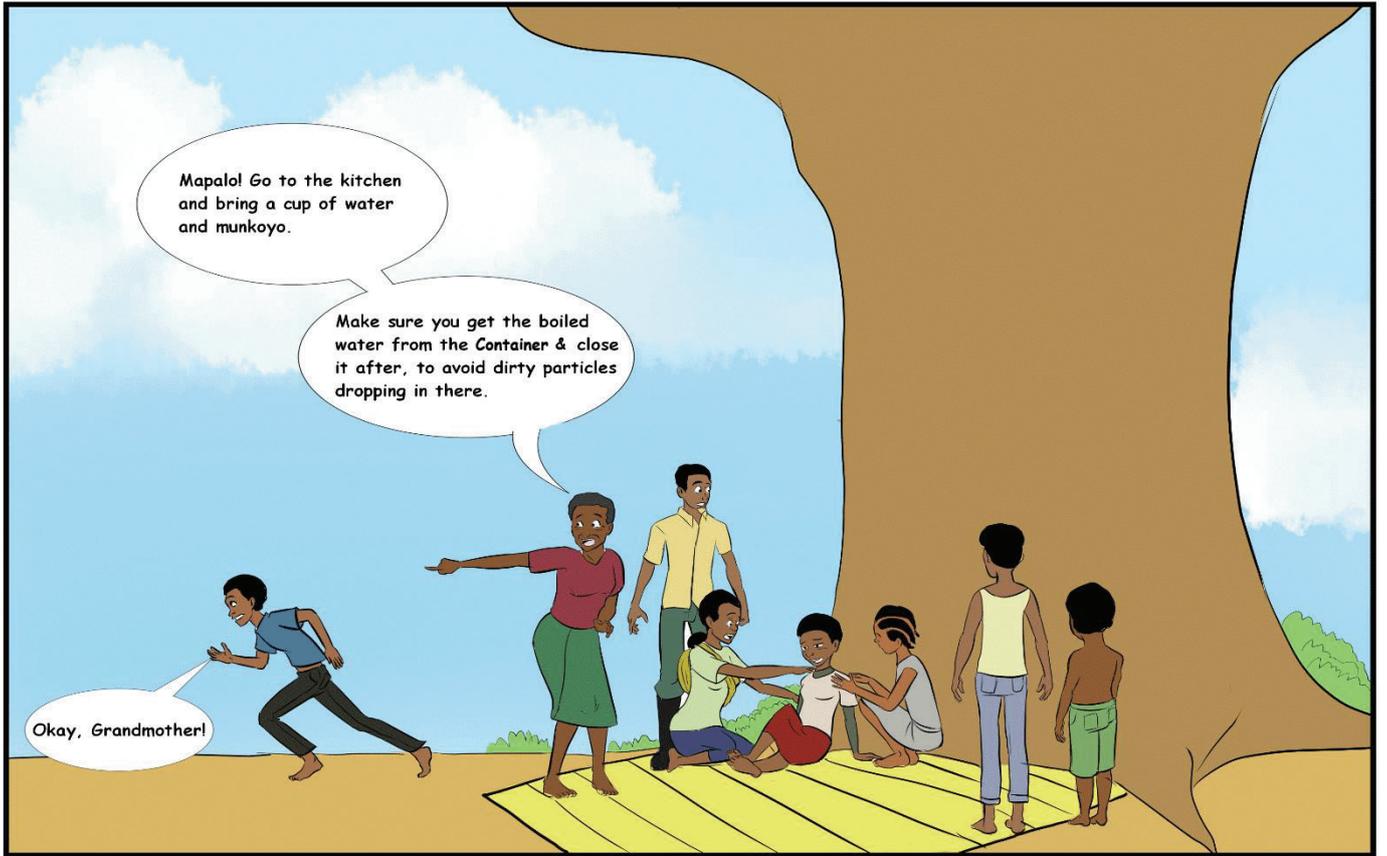


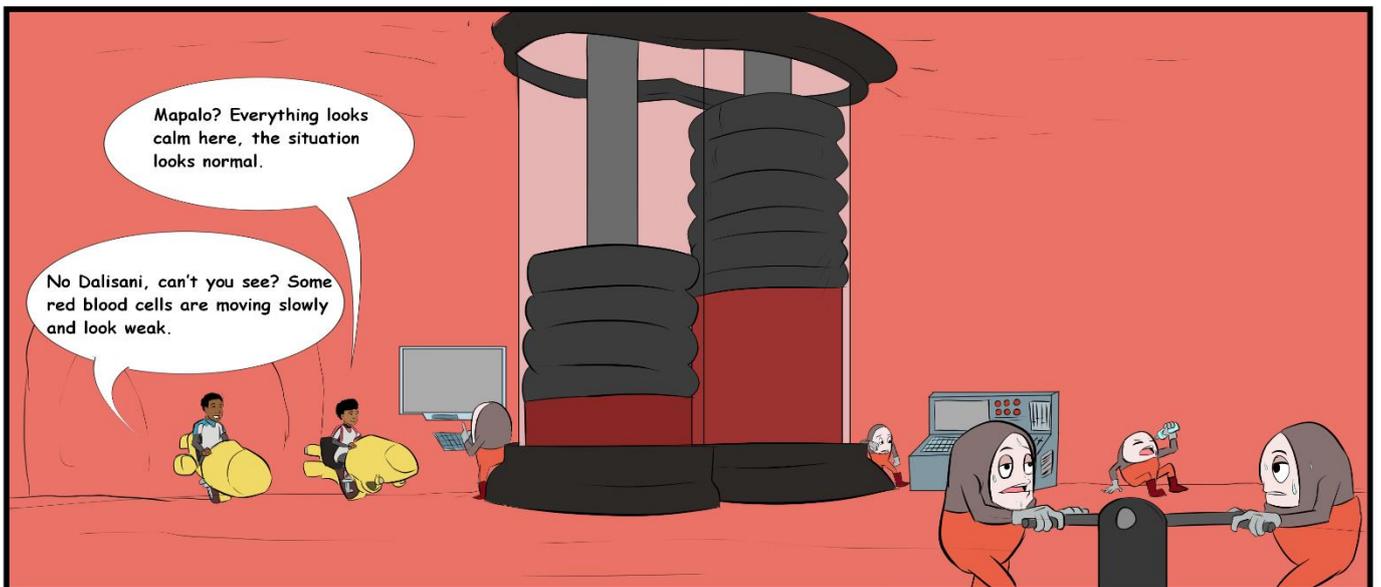
ALINAFE
(Sister)

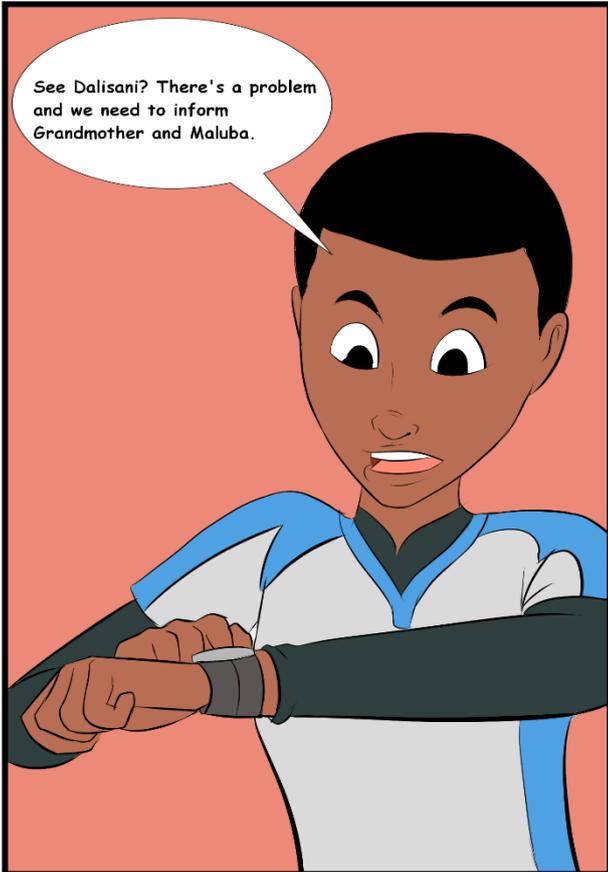
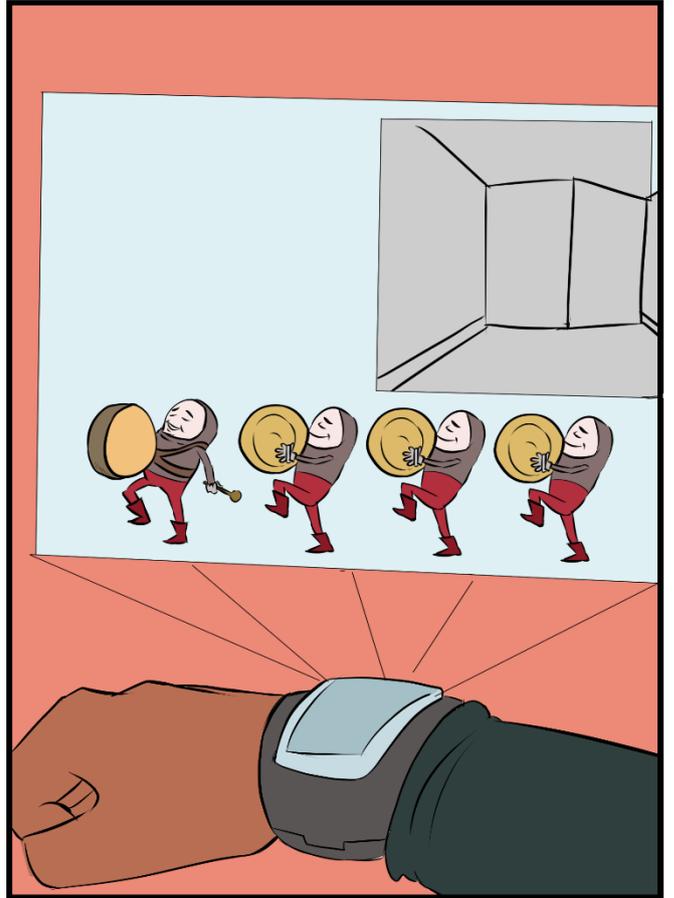


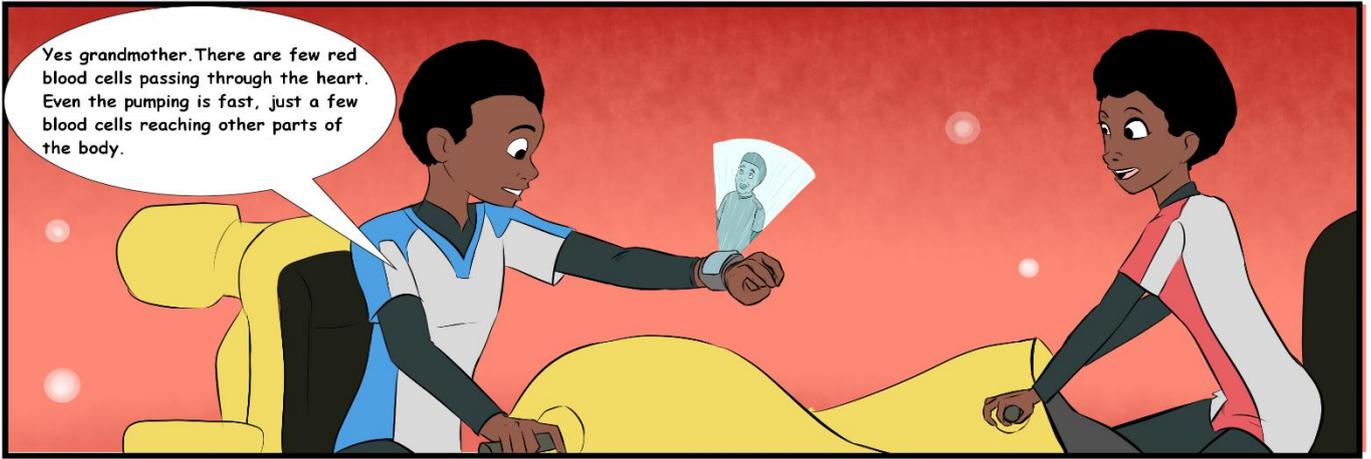












Yes grandmother. There are few red blood cells passing through the heart. Even the pumping is fast, just a few blood cells reaching other parts of the body.



Maybe there's something wrong at the red blood cell farm?

Dalisanil, Mapalo? Go and check what's happening at the red blood cell farm. You will find Limbani waiting for you.

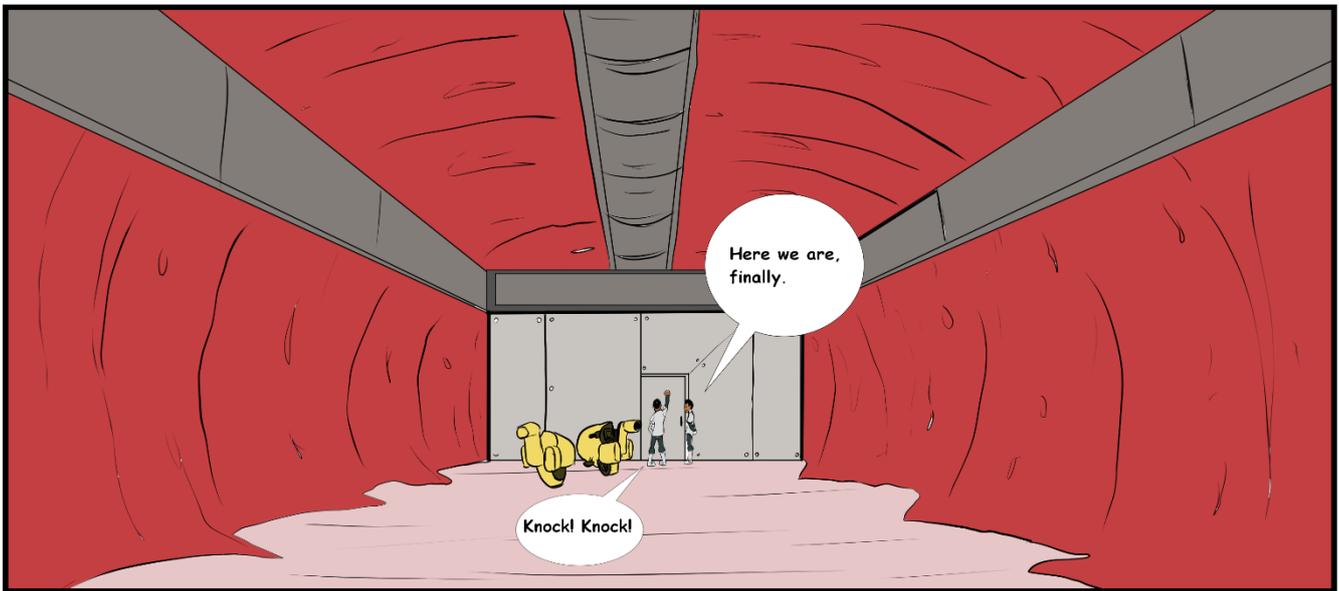


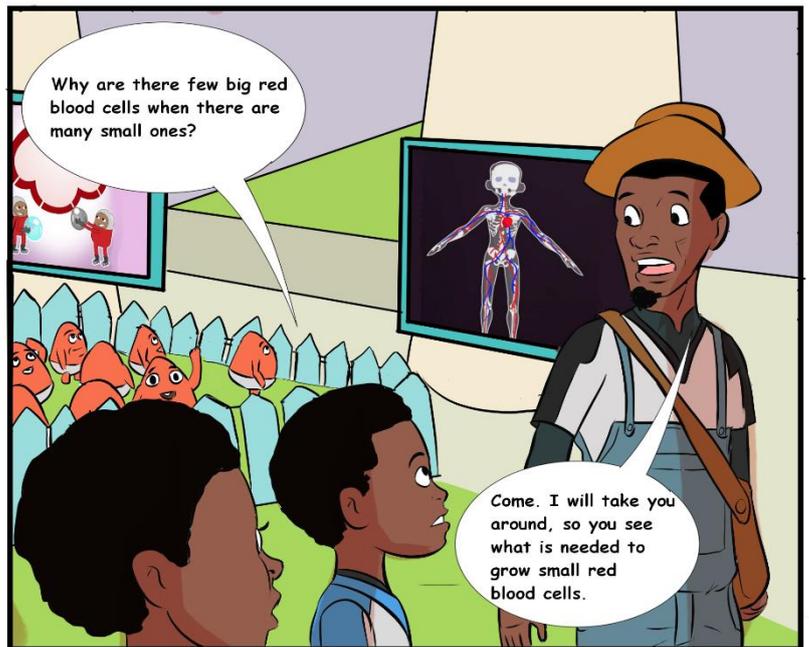
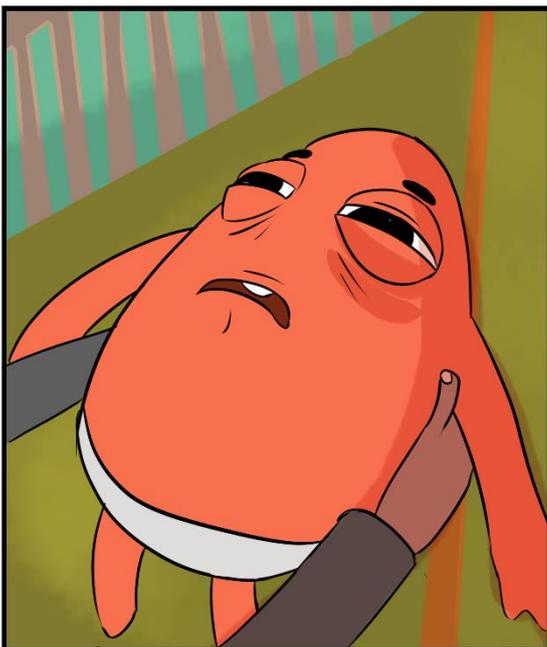
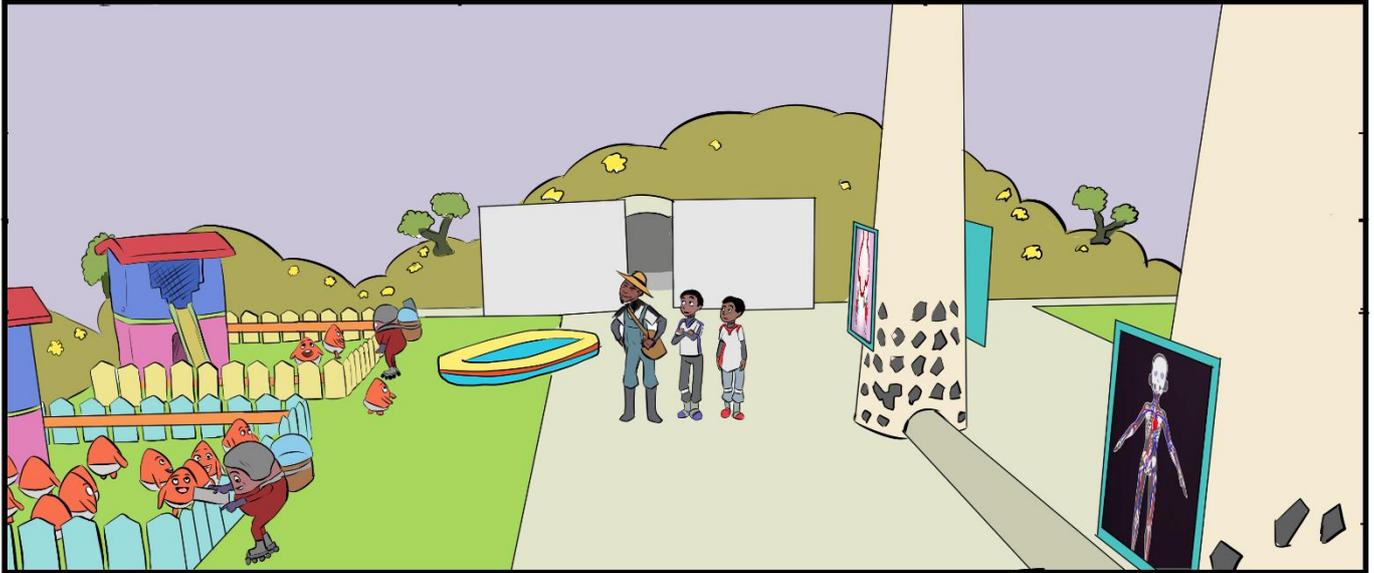
Alright grandmother.

Also, check if there is enough iron and red blood cells being fed as required.



Dalisanil! It's time to work. Hiiiyaaa!





You need a lot of iron to produce red blood cells, grown in farms like these inside of the bones. You might think this farm is enough for one single body, but there are hundreds of these.

Now let me explain to you how blood moves through our body.

These are the blood vessels and the red blood cells moving through with their load of oxygen.

KEY

- Oxygenated Blood
- Carbonated Blood
- Carbon Dioxide
- Oxygen

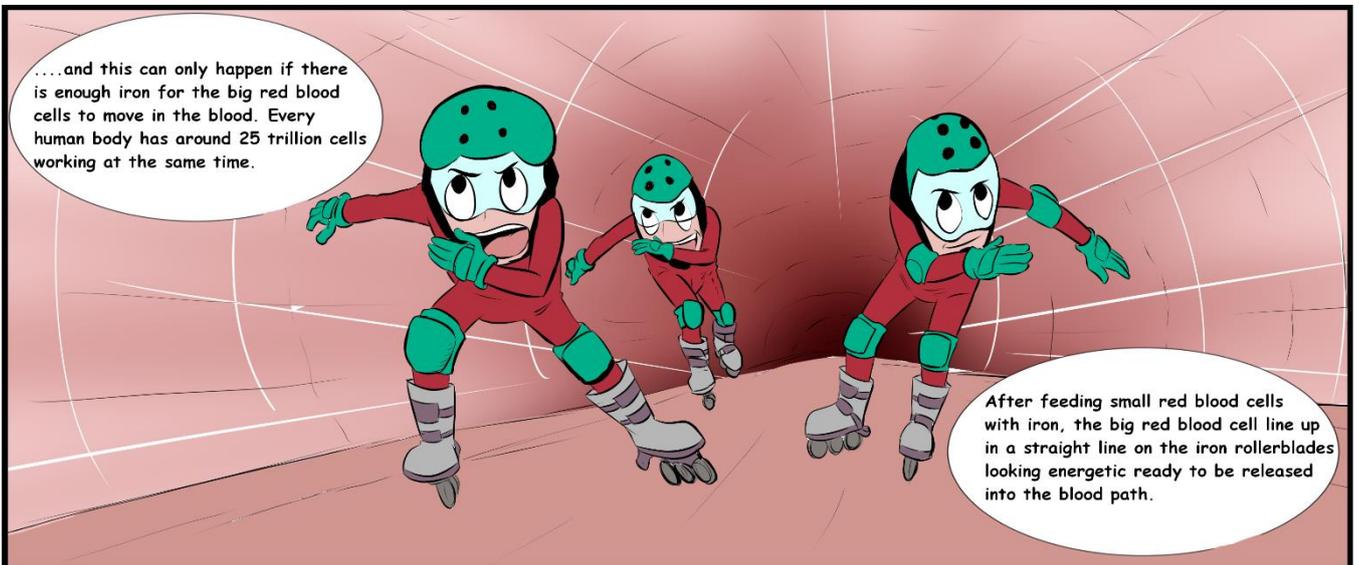
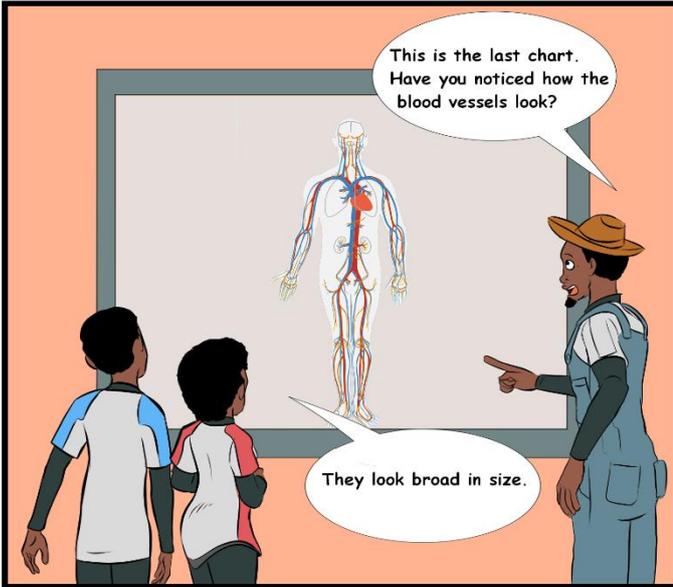
They bring oxygen to all parts of the body including our toes and fingertips. After they deliver the oxygen, they take the leftovers like carbon dioxide so the lungs can breathe it out.

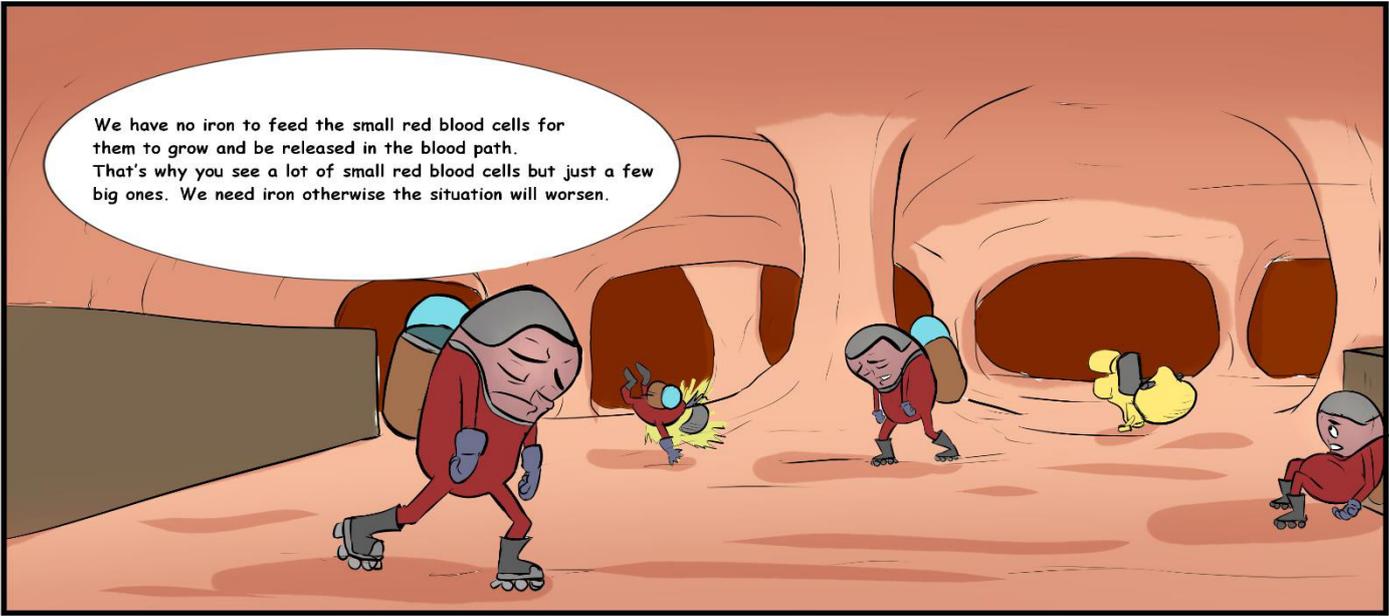
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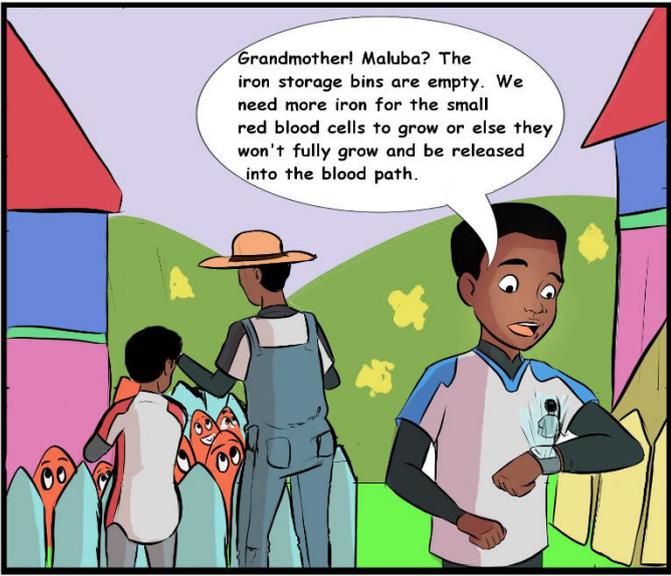
On the next chart, they change into the veins, which take them back to the heart. Come and see the next chart.

This is the heart. It works like a massive pump. Helping the red blood cells to reach their destination and come back carrying carbon dioxide.

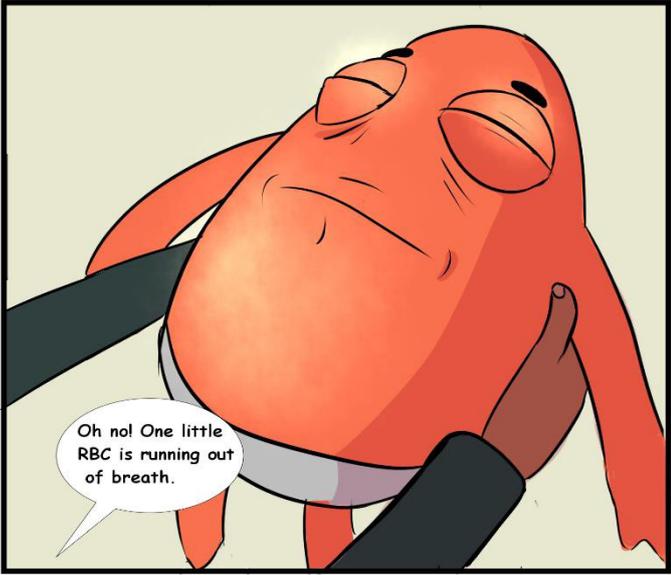
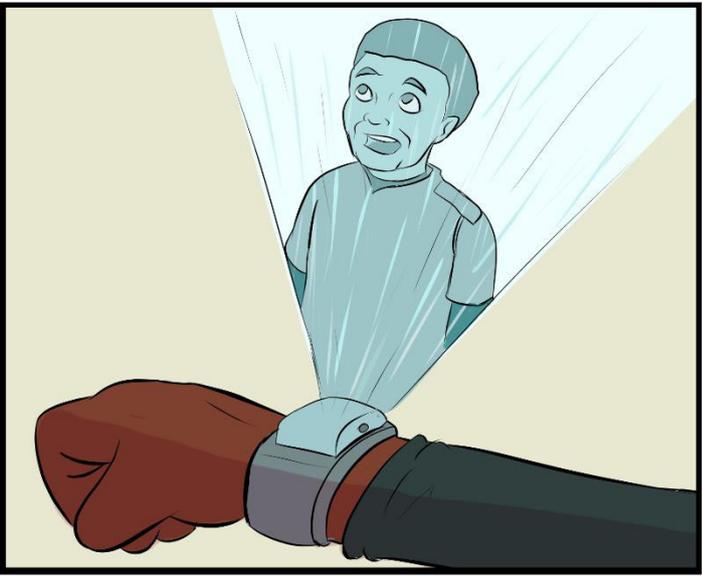




We have no iron to feed the small red blood cells for them to grow and be released in the blood path. That's why you see a lot of small red blood cells but just a few big ones. We need iron otherwise the situation will worsen.



Grandmother! Maluba? The iron storage bins are empty. We need more iron for the small red blood cells to grow or else they won't fully grow and be released into the blood path.

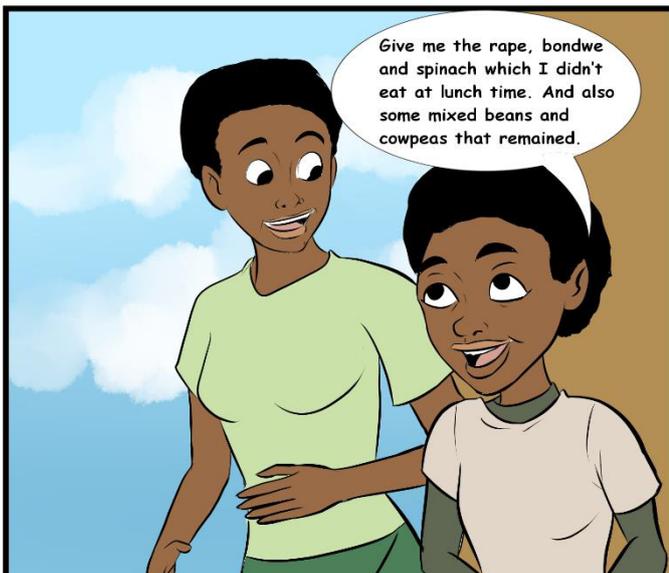
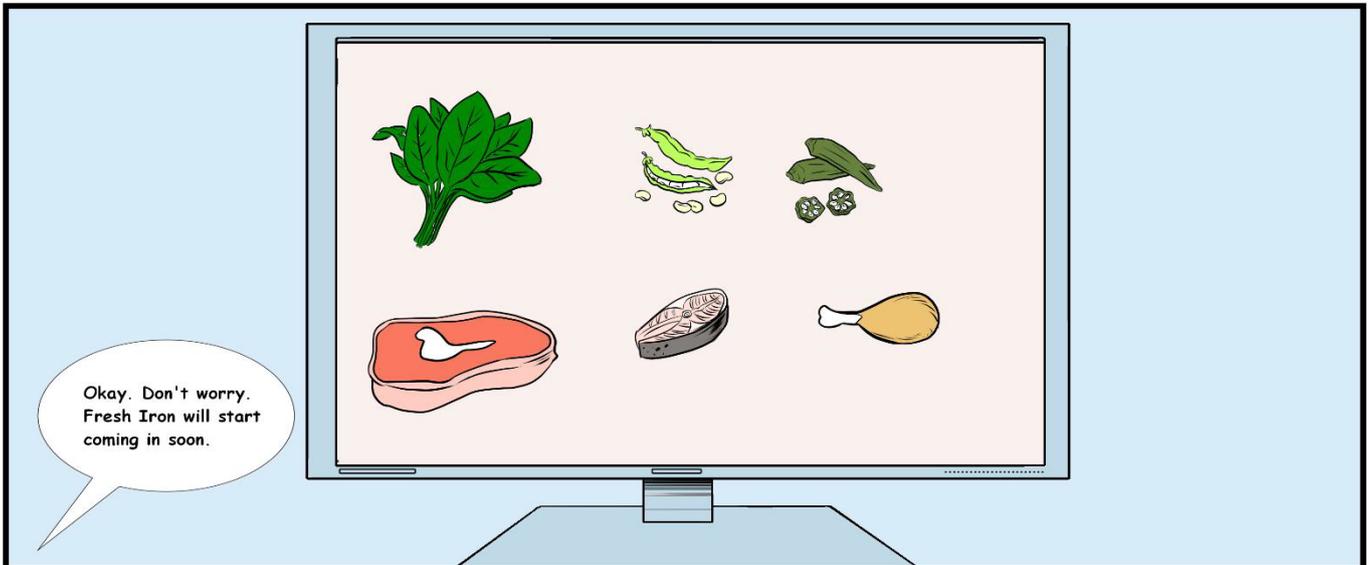
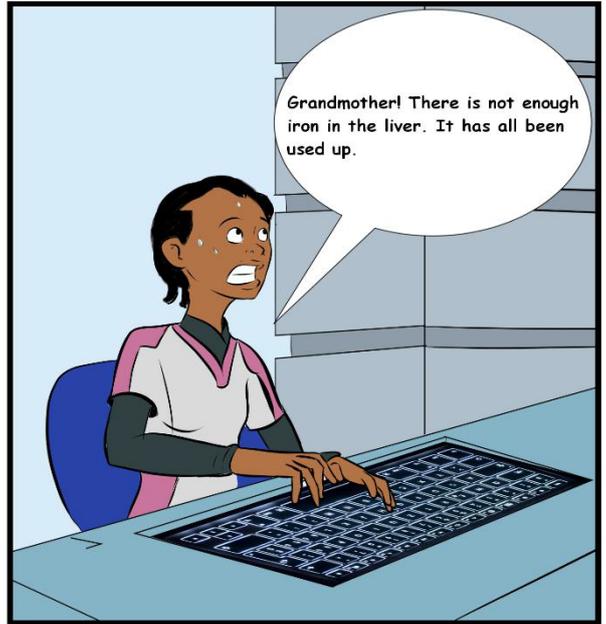


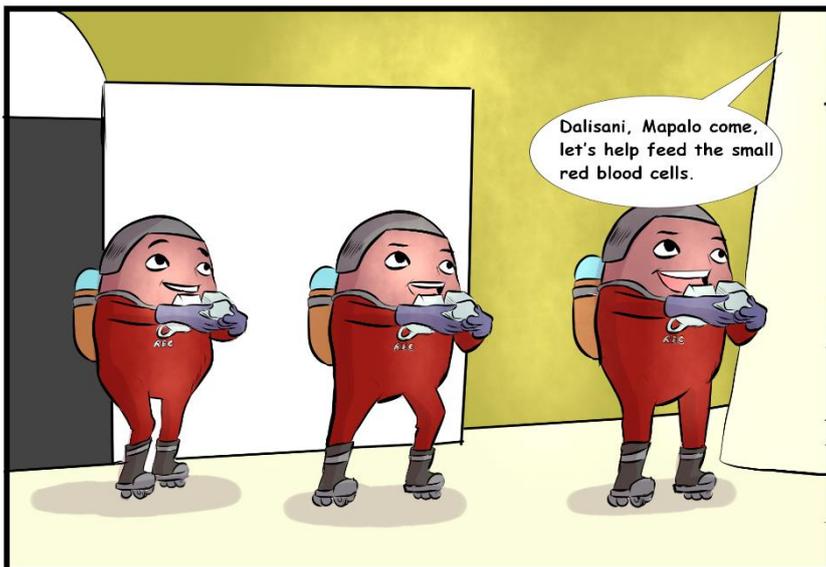
Oh no! One little RBC is running out of breath.

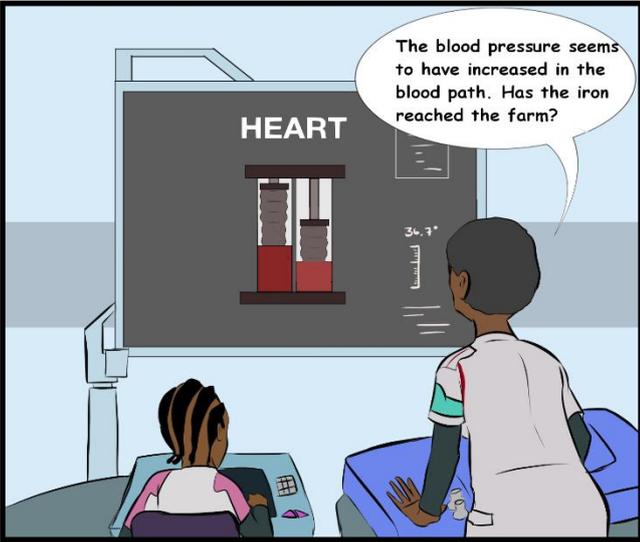


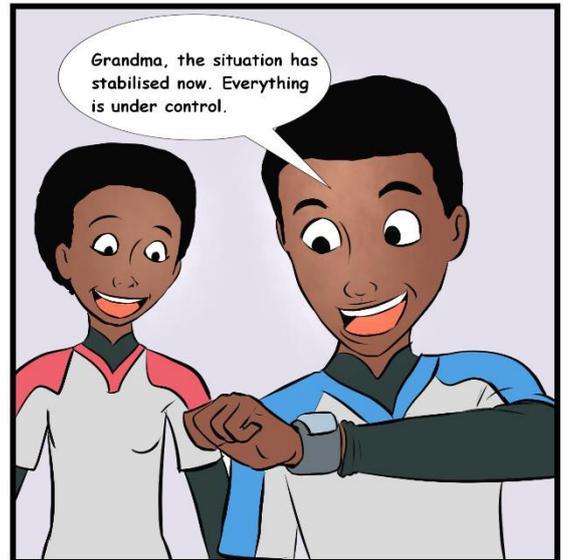
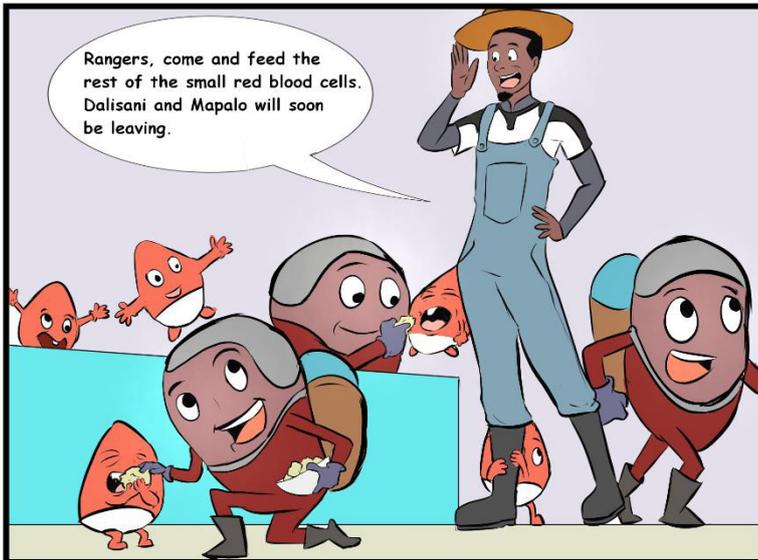
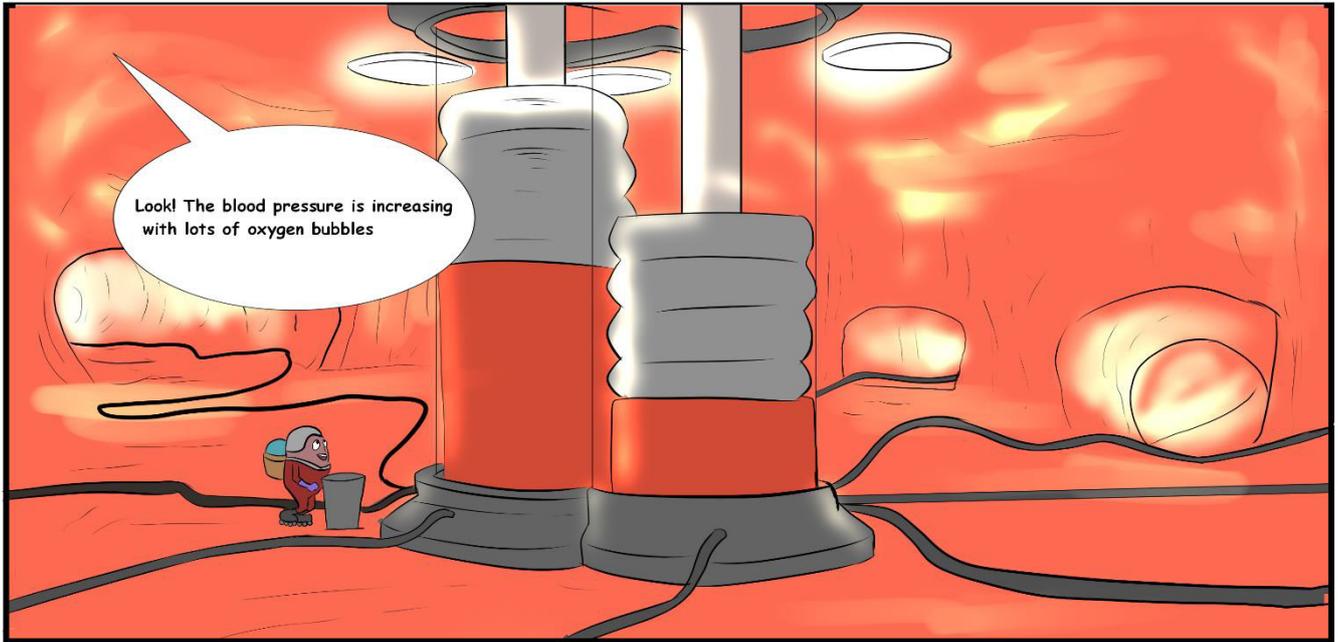
Maybe I could feed it one of the iron medals on its suit.

Come on little one wake up! Don't give up on me







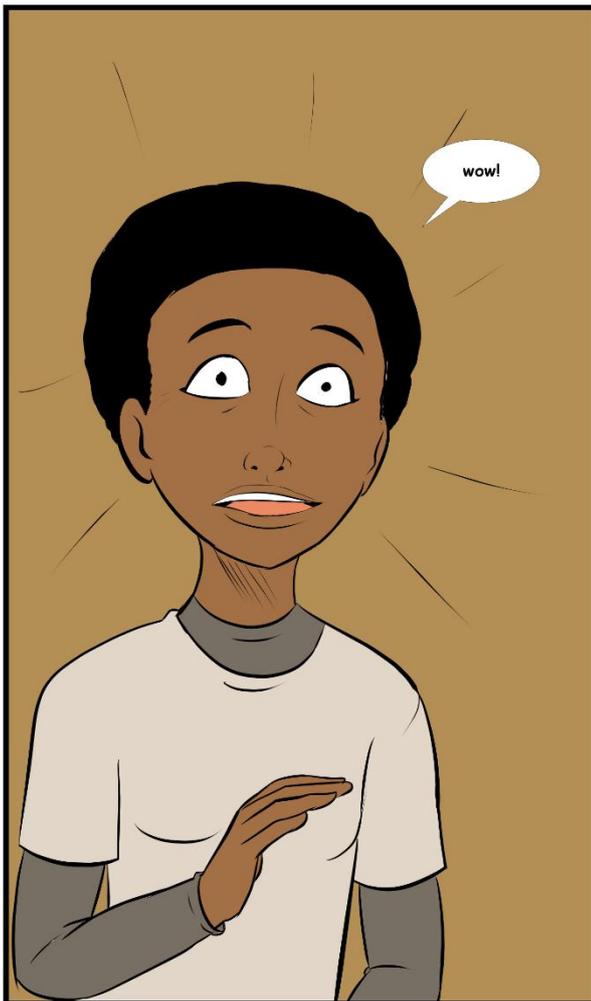




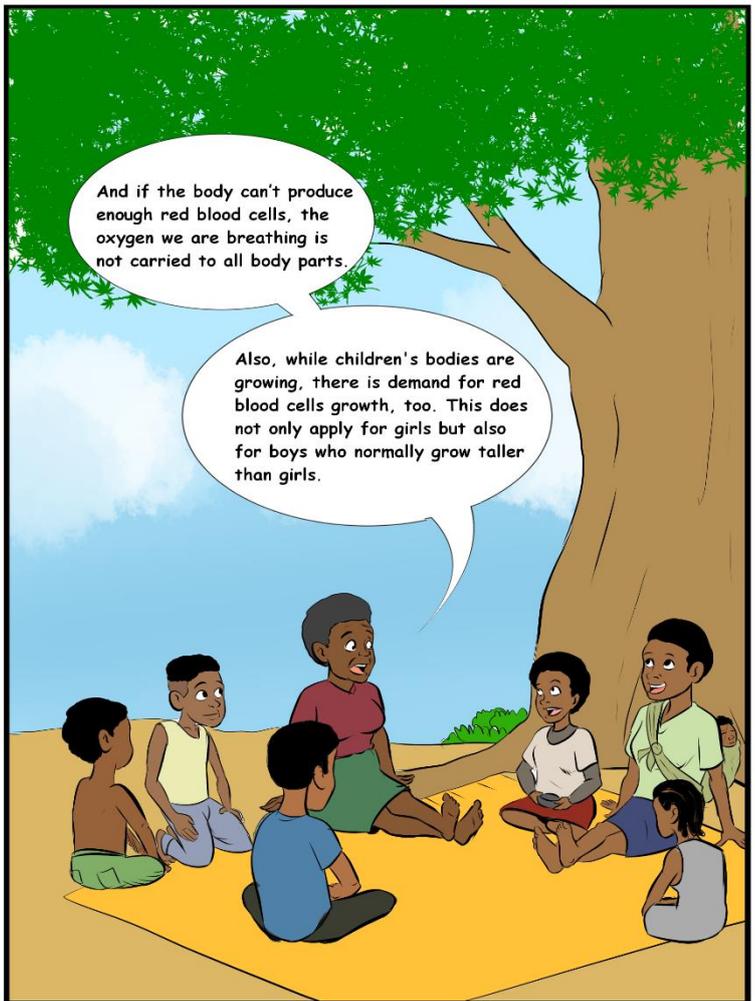
Grandmother, why is it that most of the girls at our school in my age complain of feeling dizzy and weak like I was feeling earlier?

One of the reasons low iron occurs in girls like you is menstrual periods. During this time girls and women lose some blood and the body needs to produce new red blood cells.

If you don't include iron rich foods into your diet such as; dried beans, cowpeas, green leafy vegetables, meat, some fish and supplements, the body does not have the resources to do so.

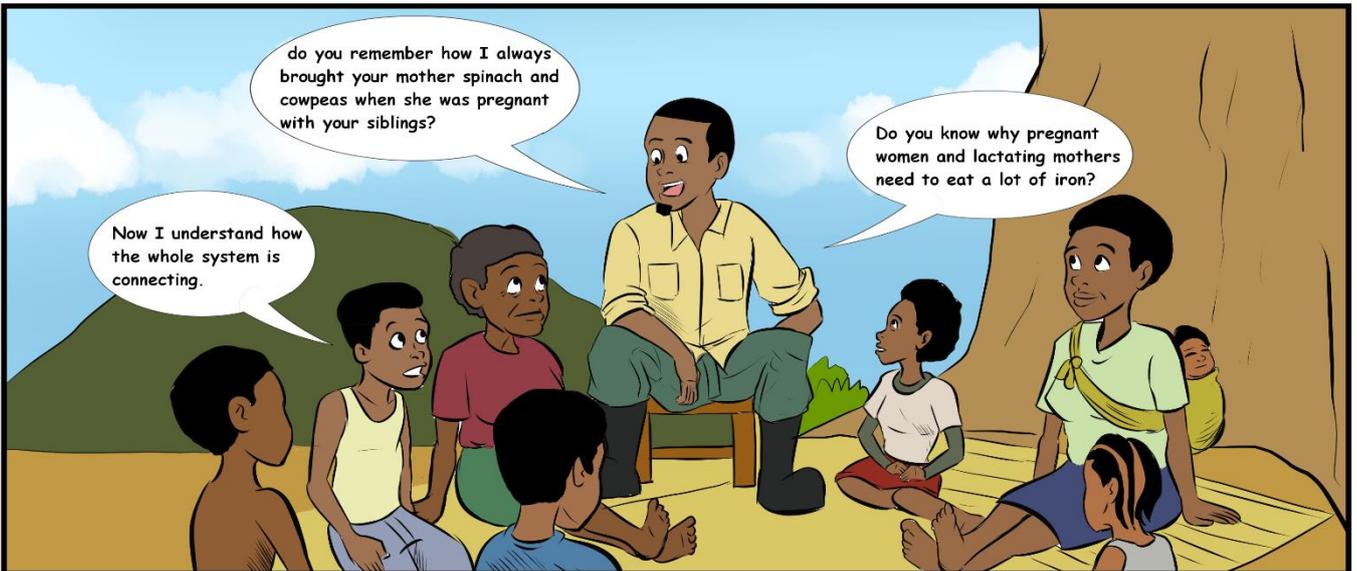
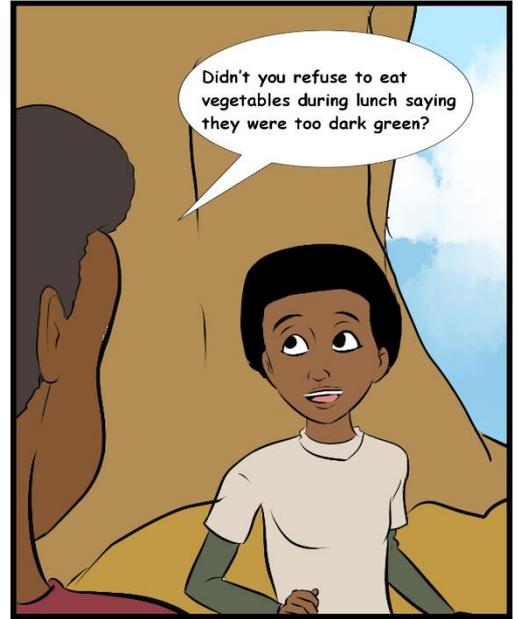


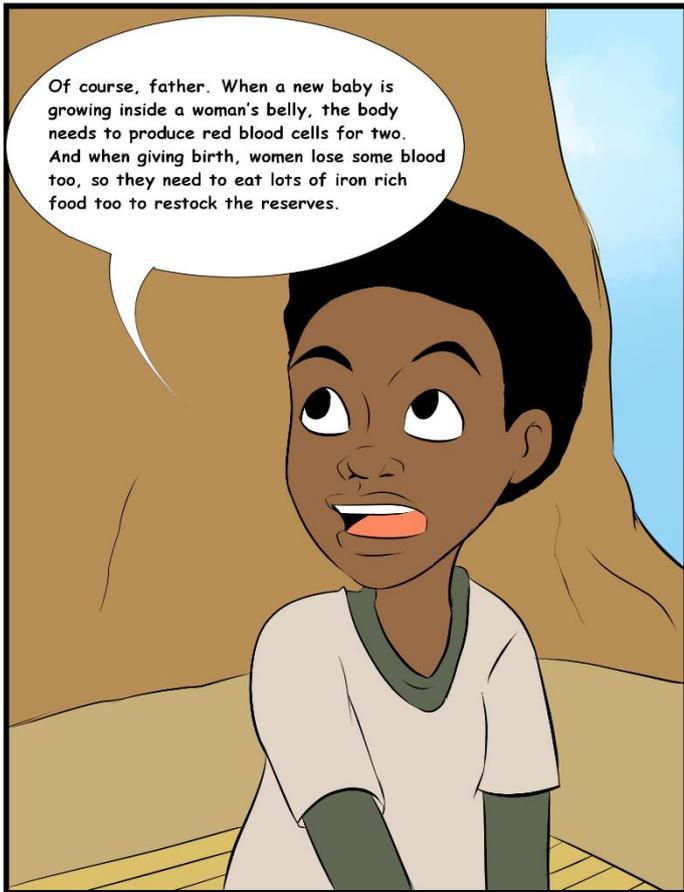
wow!

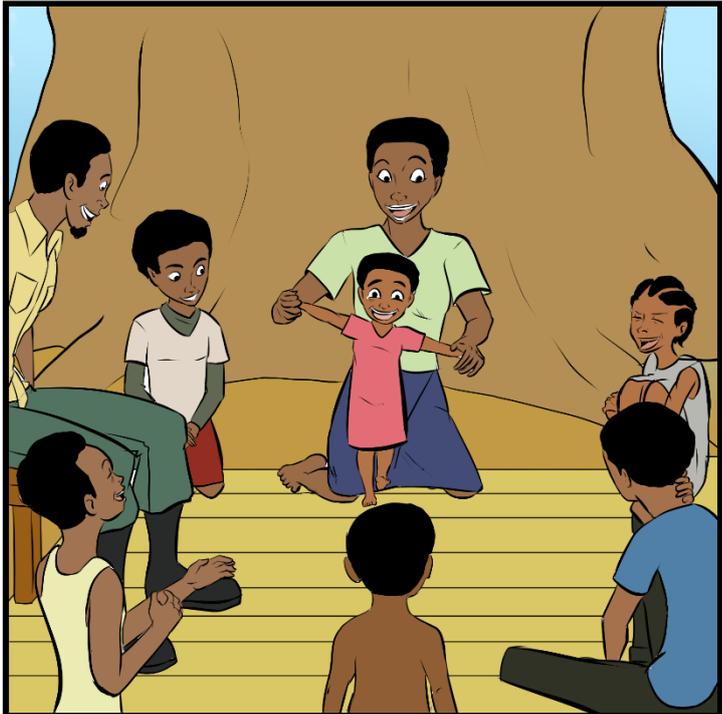


And if the body can't produce enough red blood cells, the oxygen we are breathing is not carried to all body parts.

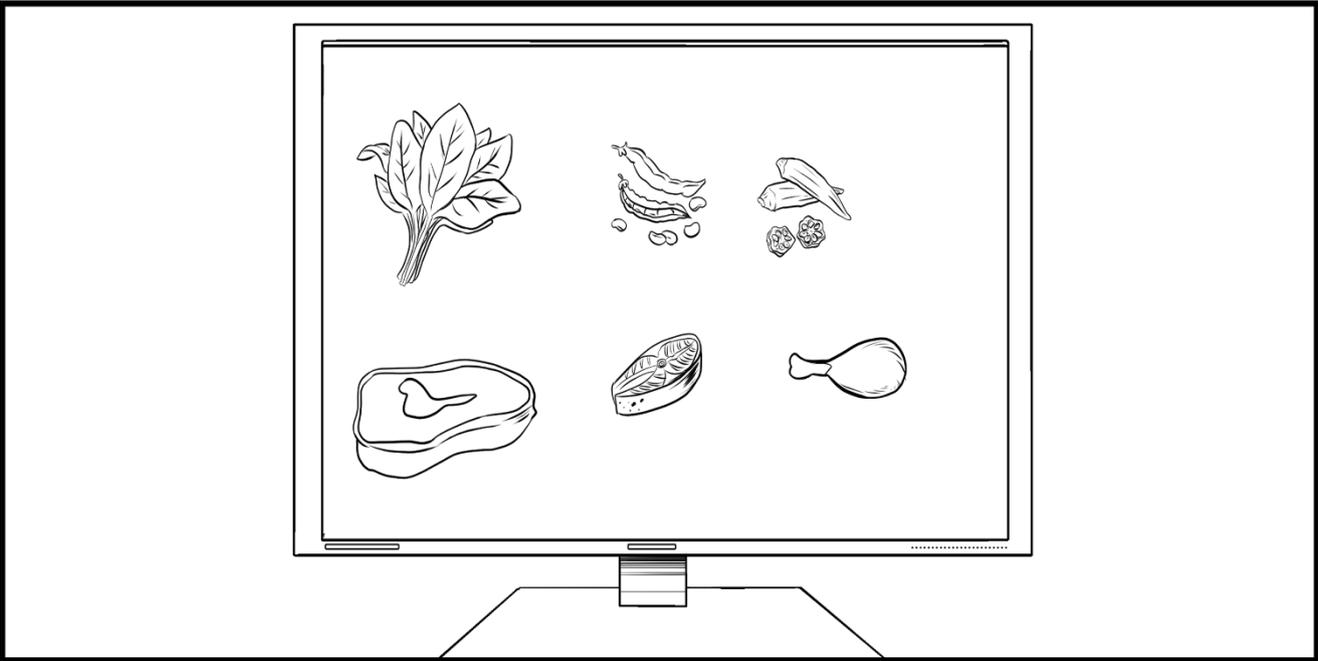
Also, while children's bodies are growing, there is demand for red blood cells growth, too. This does not only apply for girls but also for boys who normally grow taller than girls.







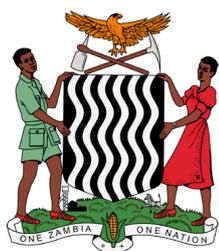
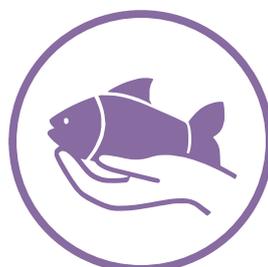
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