

**LET ME
TELL YOU**

WASHING HANDS



EAT HEALTHY
EAT DIVERSE
EAT DIFFERENT
FOOD GROUPS

Contributors

Zambian Government



NFNC

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GIZ

Food and Nutrition Security, Enhanced Resilience Project (FANSER) and Fish for Food Security (F4F) Project:
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Sources

GIZ, NFNC, Care Groups.

Arts and Designs

Agricomm, Anthony Zaza

This comic booklet was published by



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 washing hands for the benefit of good health.

Julia Kirya

Signature:

Project Coordinator FANSER Zambia

Samanta Mapfumo

Signature:

Project Coordinator F4F Zambia



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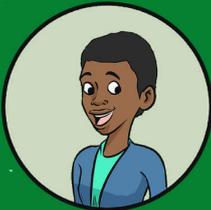
CHIMWEMWE
(Grandma)



LIMBANI
(Dad)



CHISENGA
(Mom)



MAPALO
(Brother)



DALISANI
(Sister)



CHISOMO
(Brother)



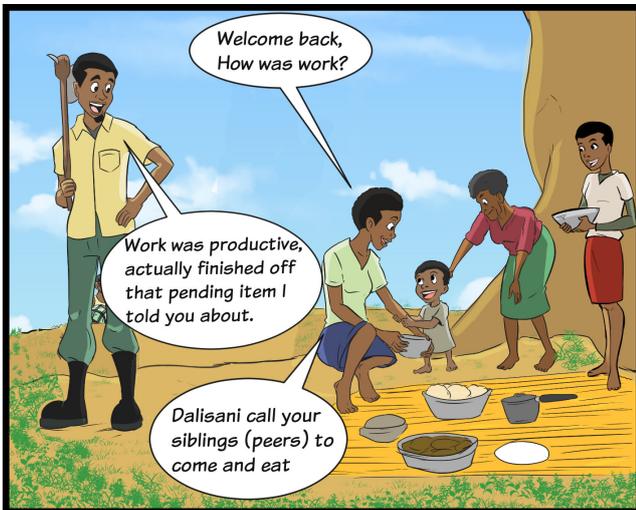
MALUBA
(Sister)

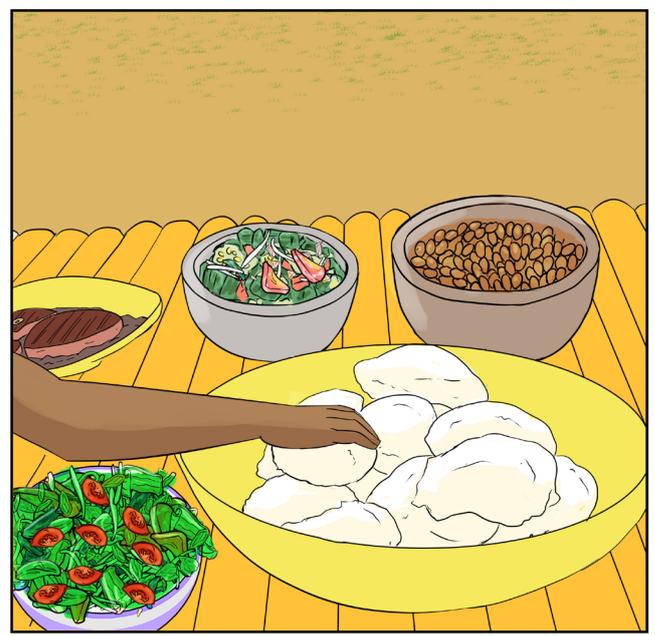
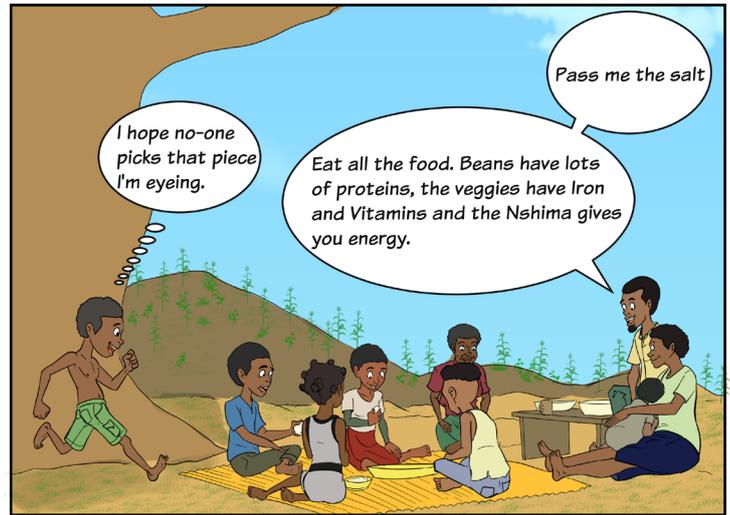


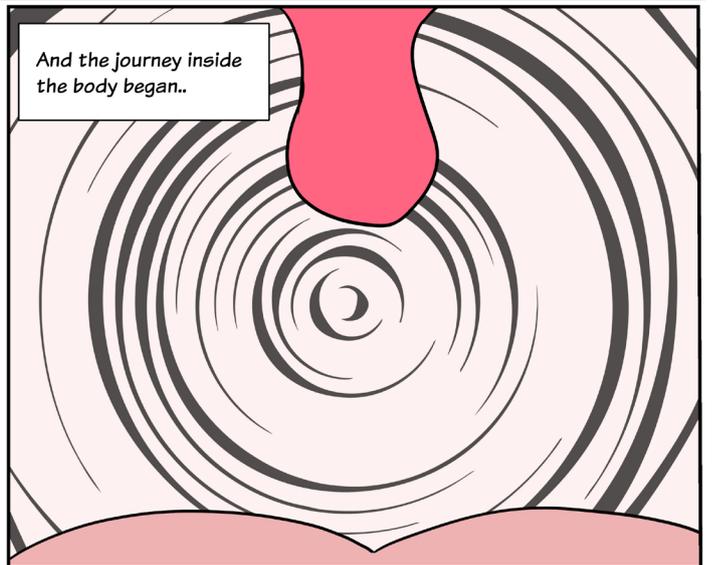
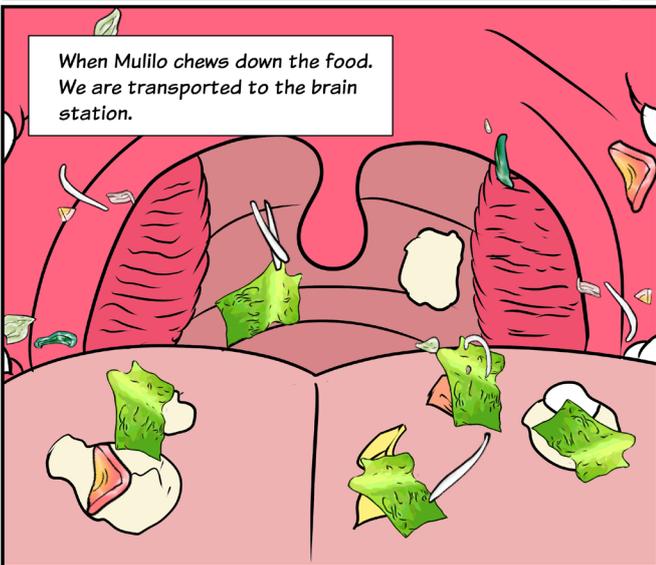
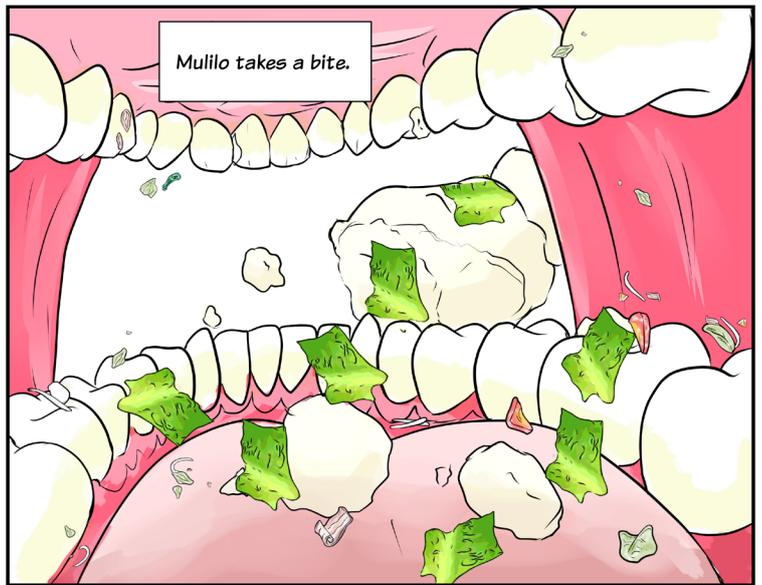
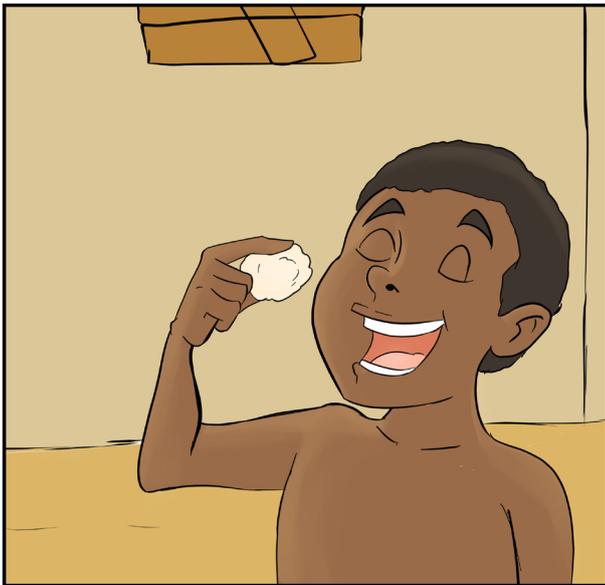
MULILO
(Brother)

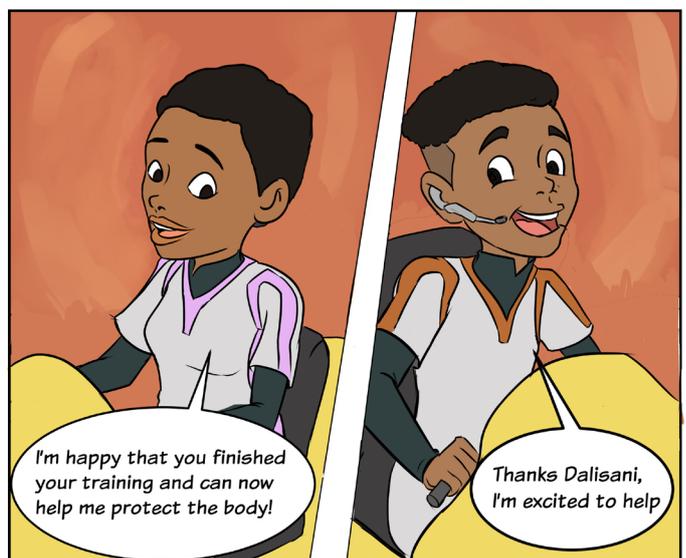
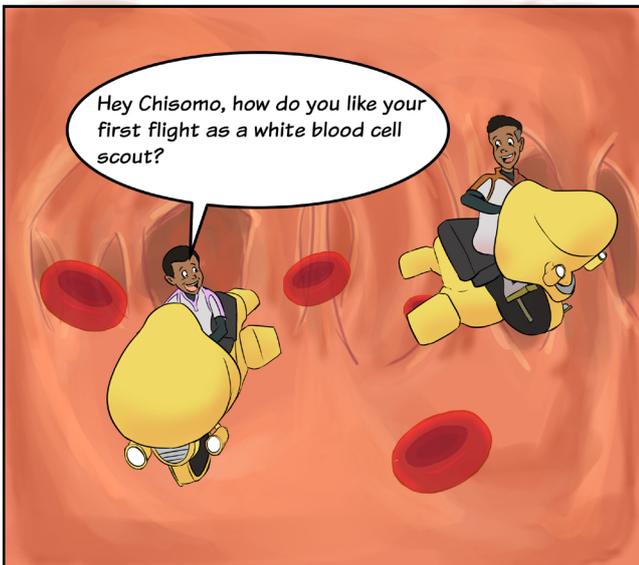


ALINAFE
(Sister)



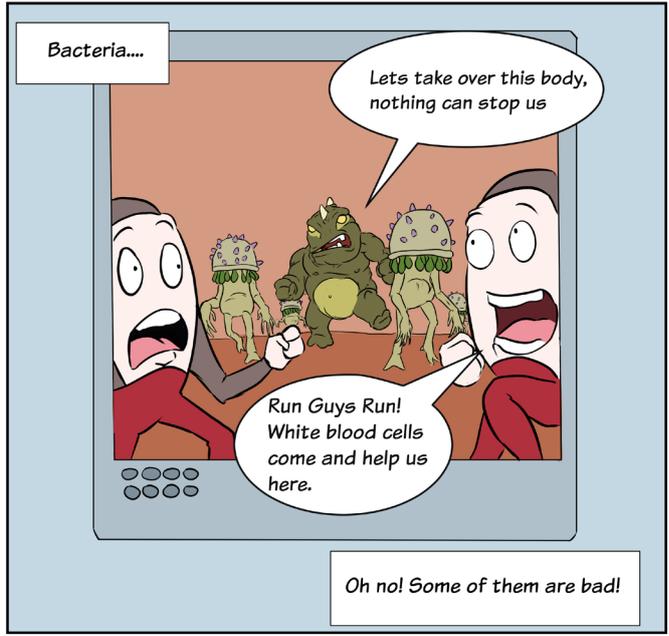








Hey, there are intruders inside your body Mulilo! We have to do something or you will get sick!



Bacteria....

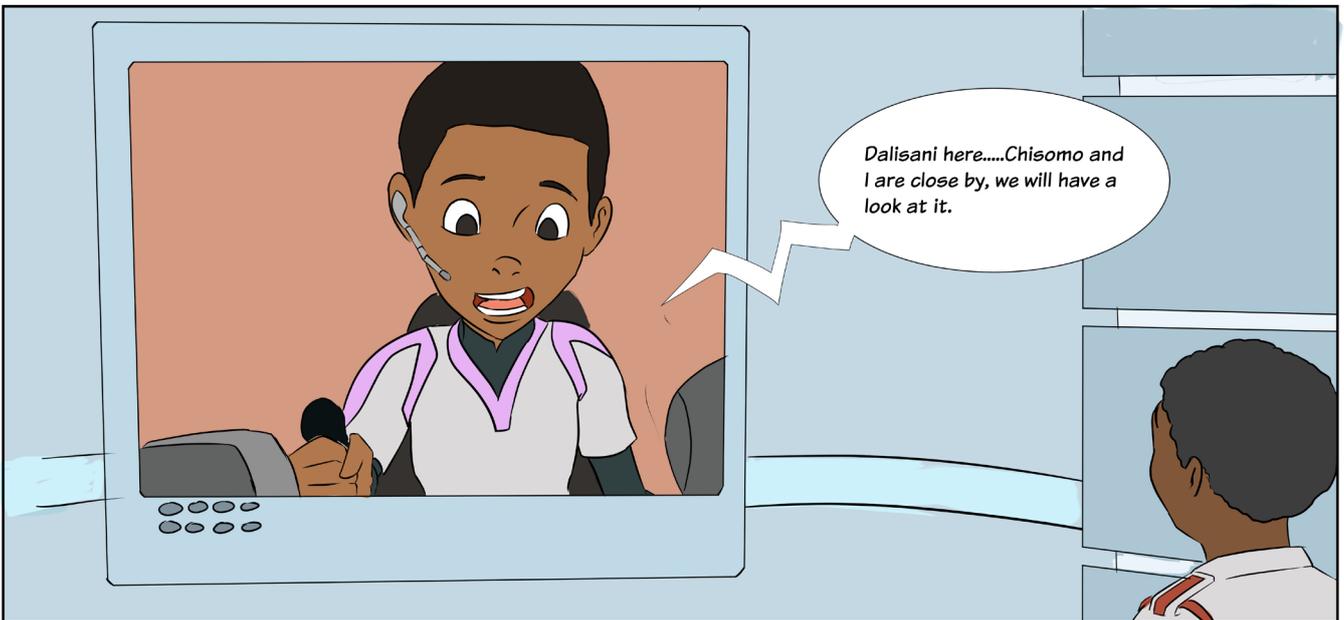
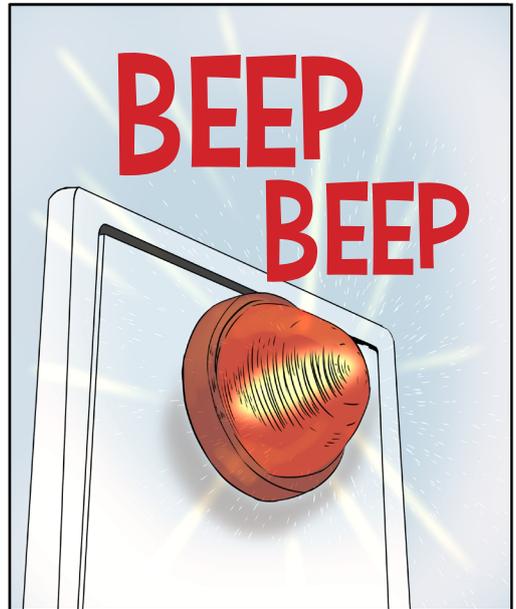
Let's take over this body, nothing can stop us

Run Guys Run! White blood cells come and help us here.

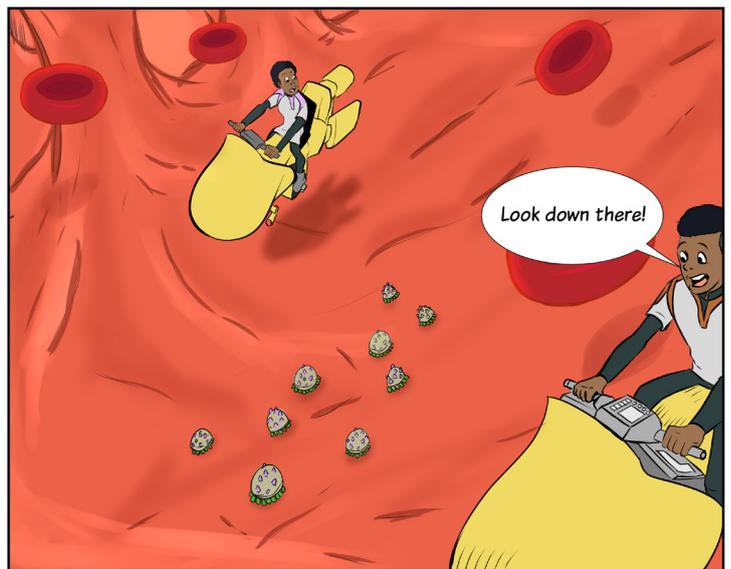
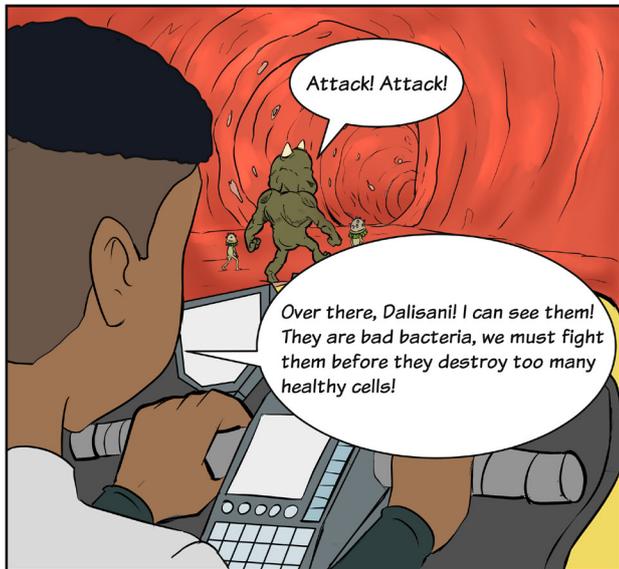
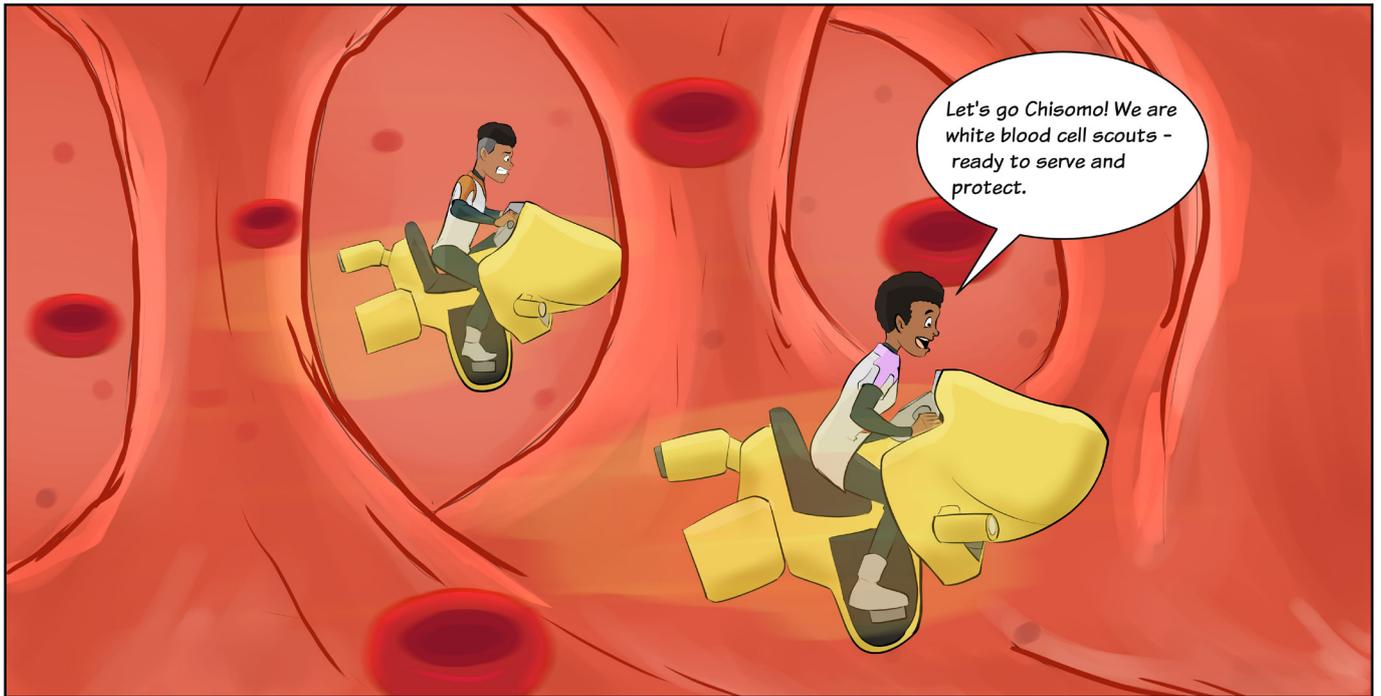
Oh no! Some of them are bad!

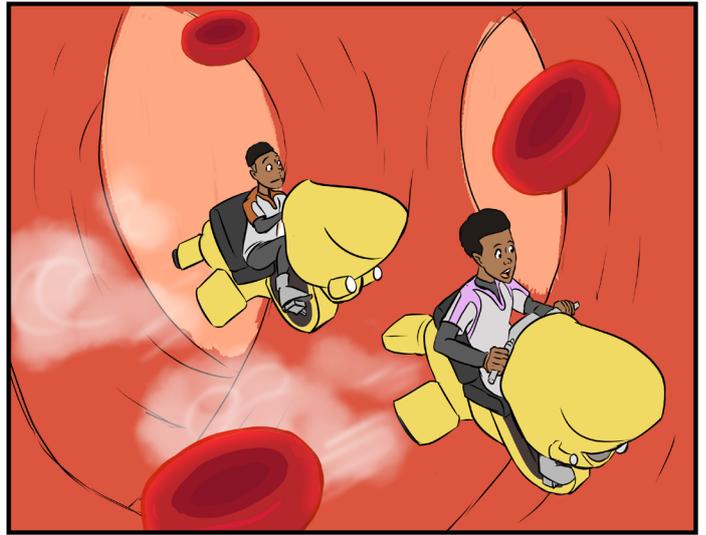
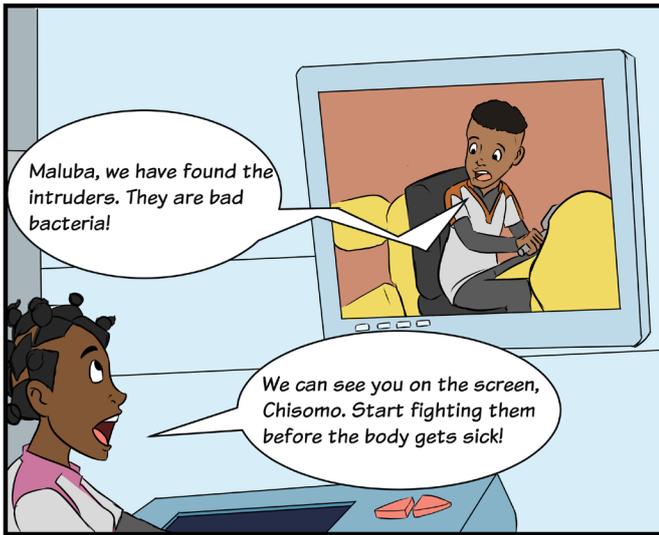


Attention everyone! We have an emergency situation. We have spotted suspicious bacteria in the stomach. We need you to check the situation.

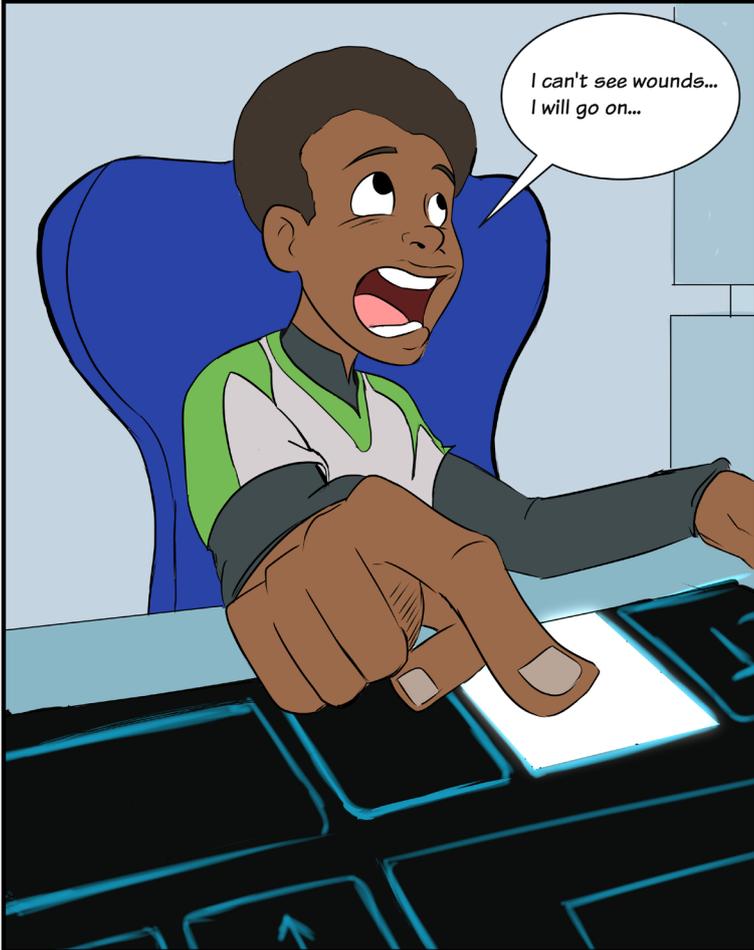
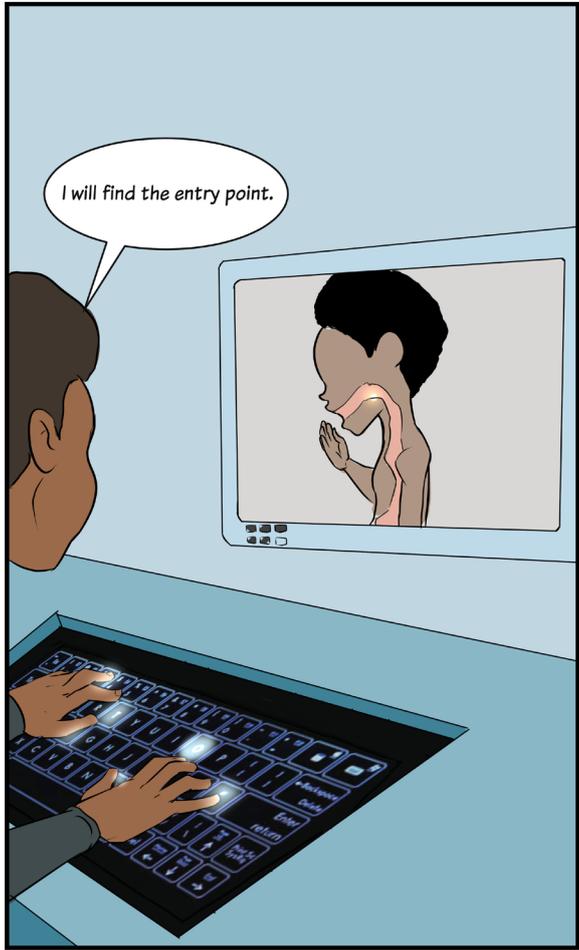


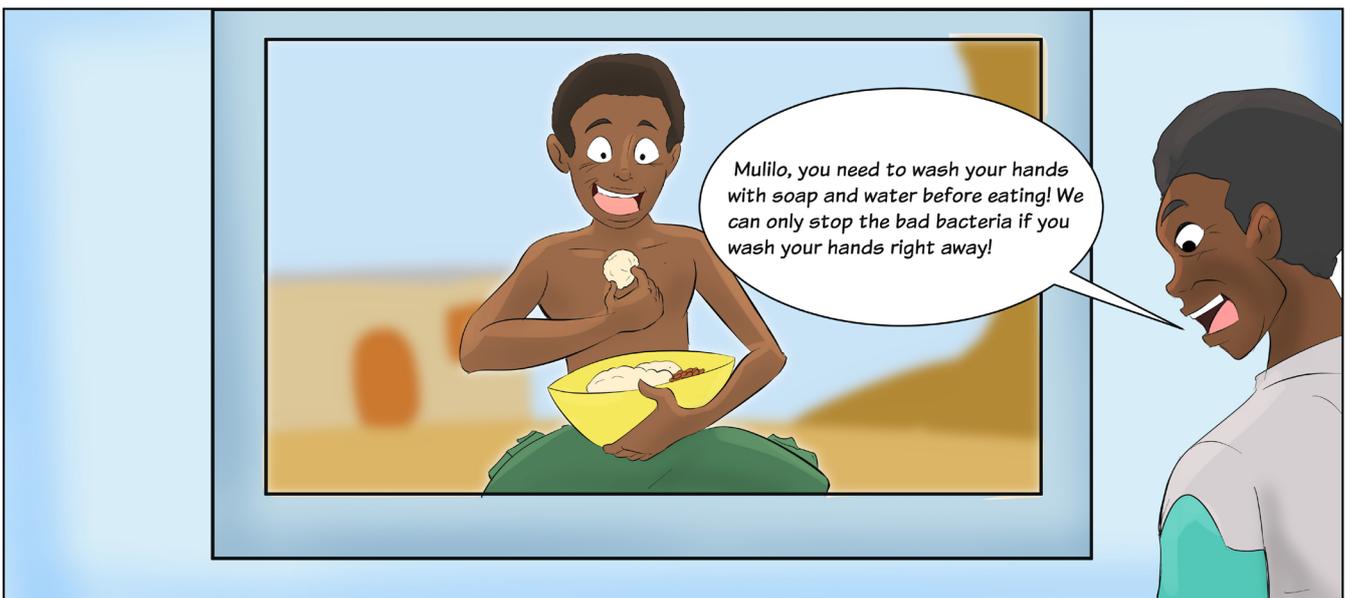
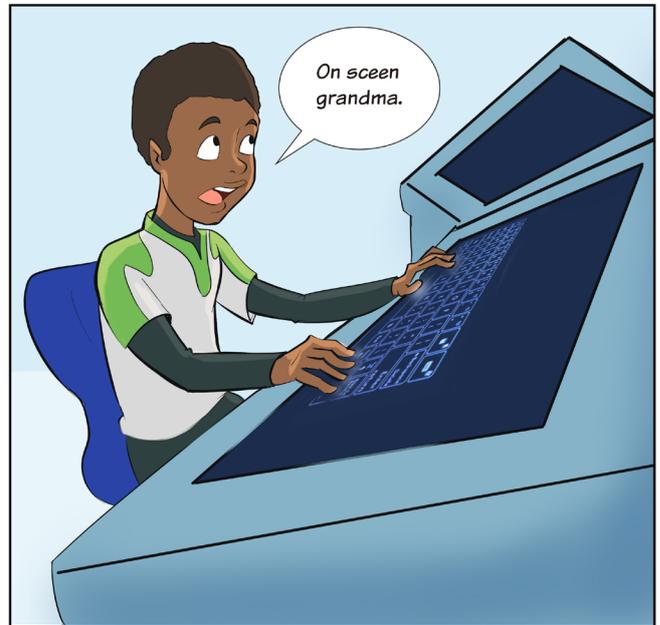
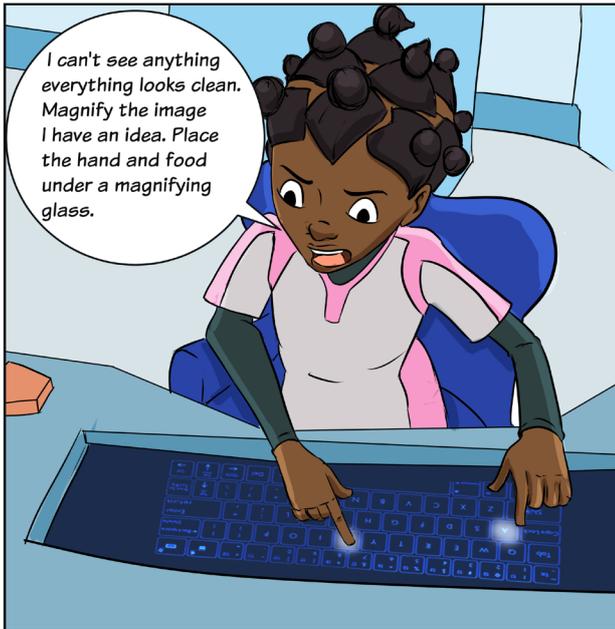
Dalisani here....Chisomo and I are close by, we will have a look at it.











Do you see why it is so important to wash your hands, Mulilo? If you don't wash your hands, it becomes easy for the bad bacteria (germs), viruses and other intruders to attack your body even if you can't see them with your eyes.



Sometimes your defense system is quick and strong enough to fight them off but other times like today, it can fail since you didn't wash your hands.



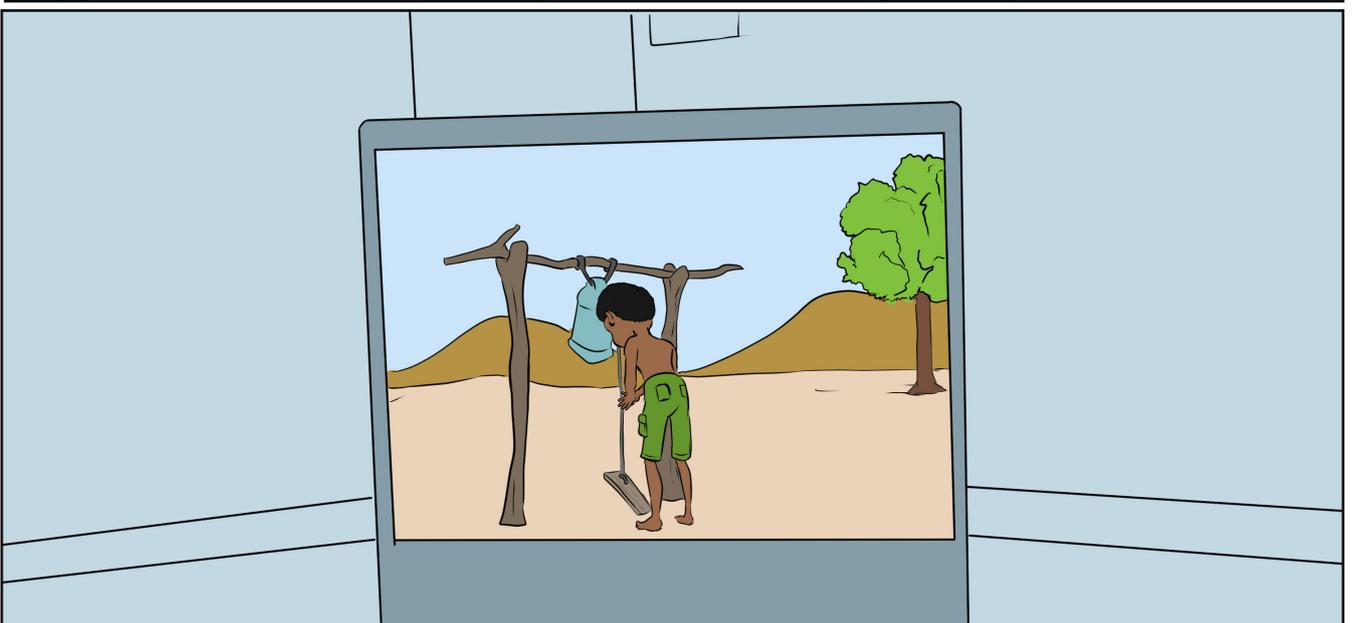
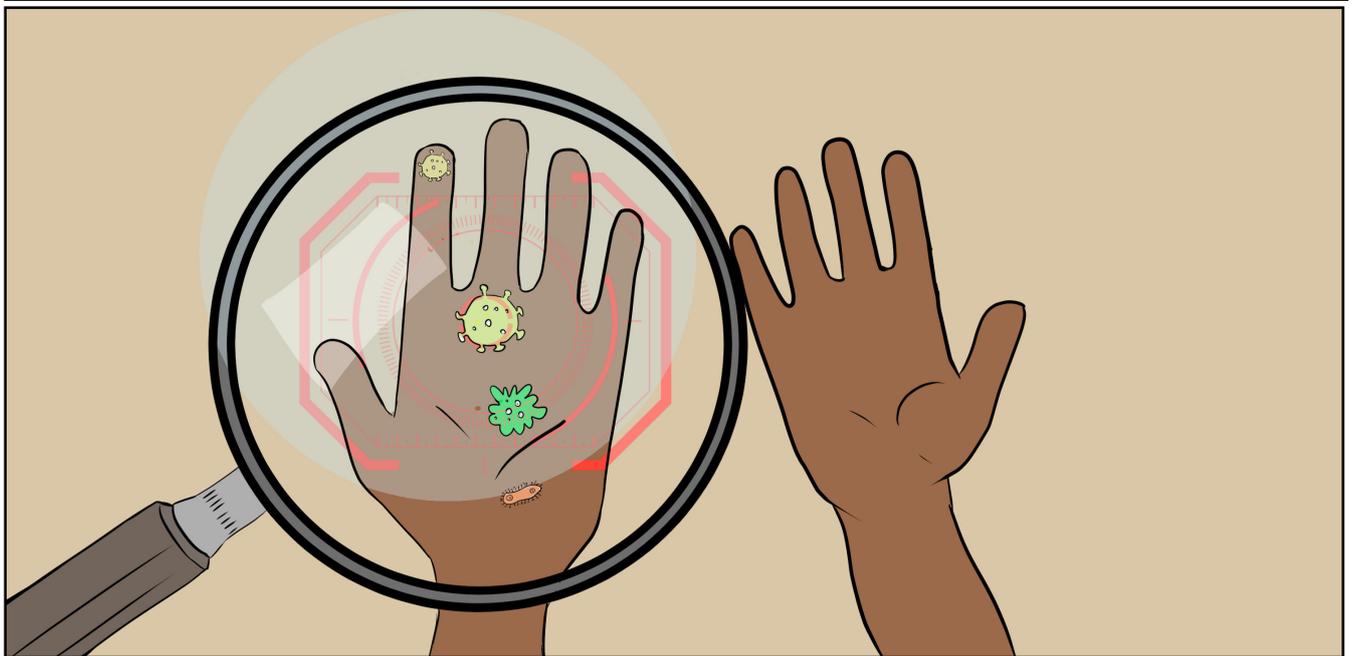
Mulilo! You didn't wash your hands.



I thought they were clean

I cannot believe these clean looking hands can actually carry bacteria





HOW TO WASH HANDS PROPERLY



Wet your hands with clean, running water (warm or cold)



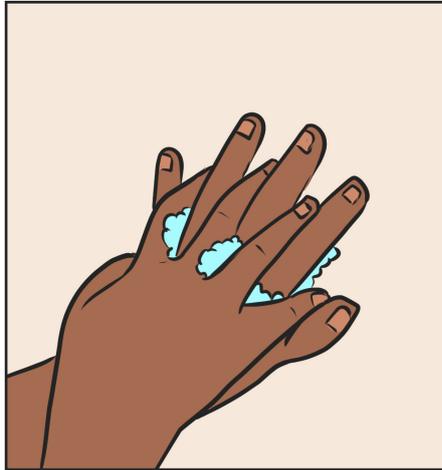
Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub palm to palm with finger interlaced



Rub back of each hand a rotational movement



Rub each thumb using a rotational movement



Rub each wrist with opposite hand

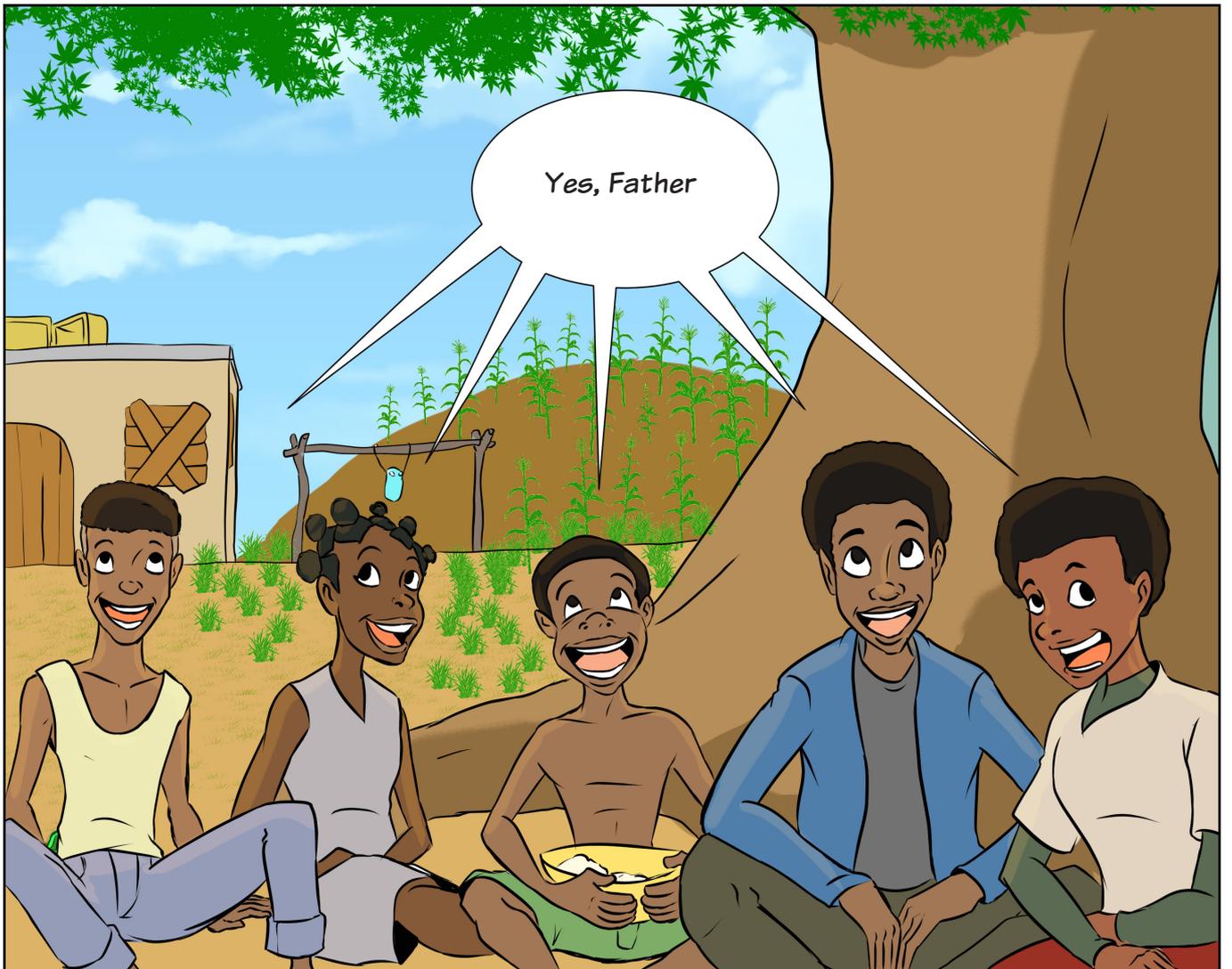
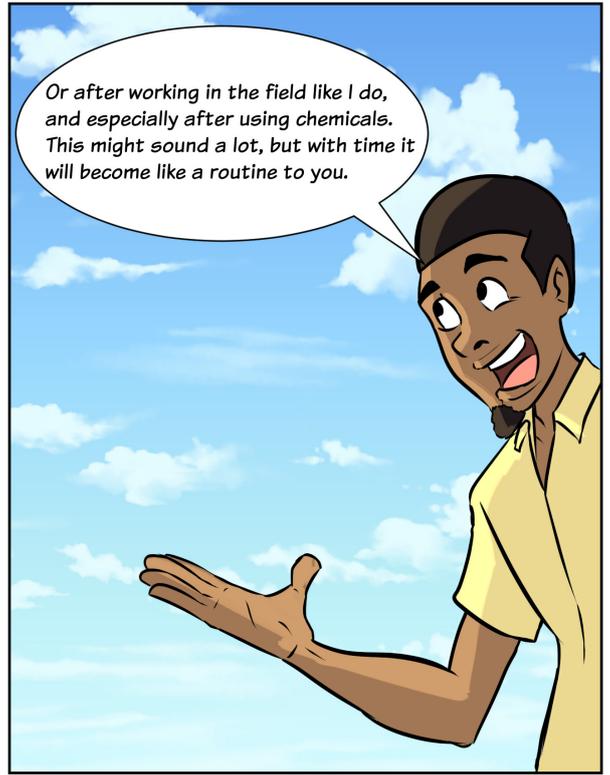


Rinse your hands well under clean, running water.



Dry your hands using a clean towel or air dry them.









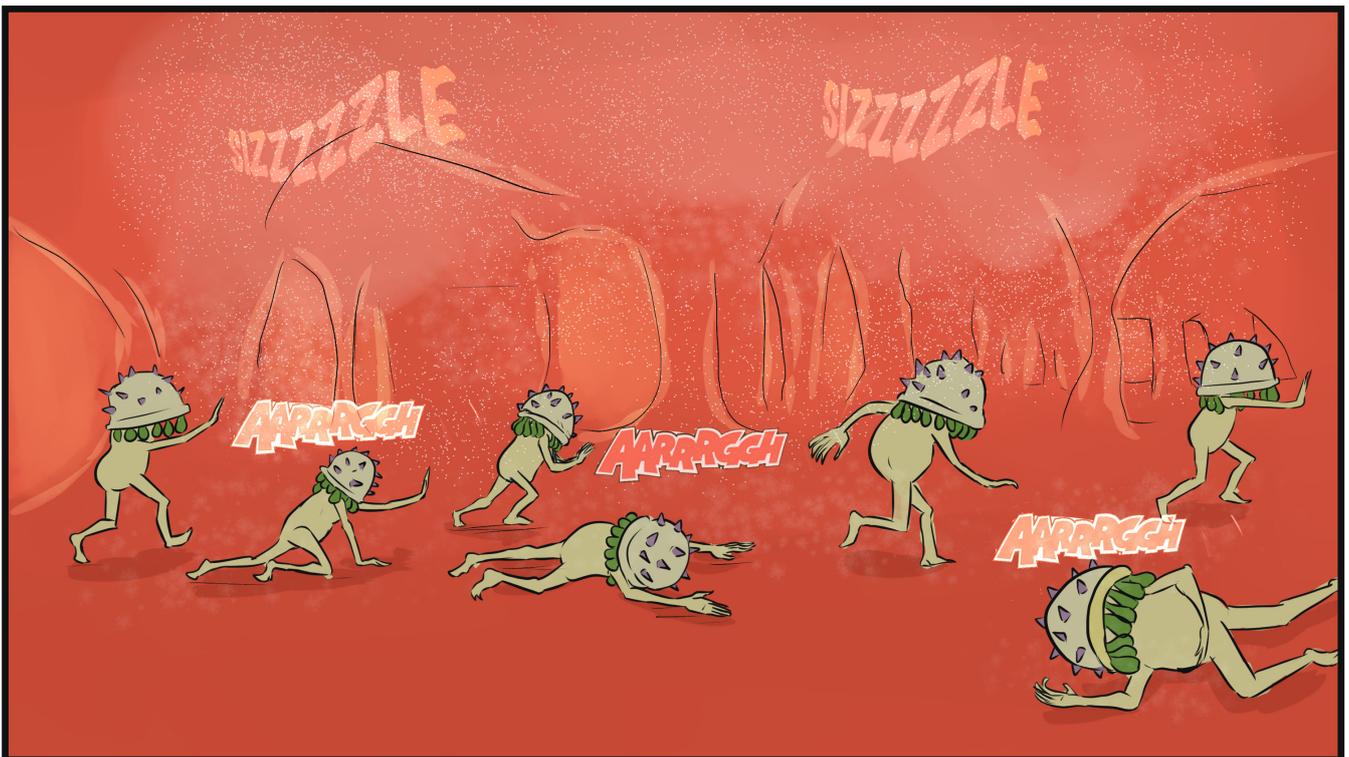
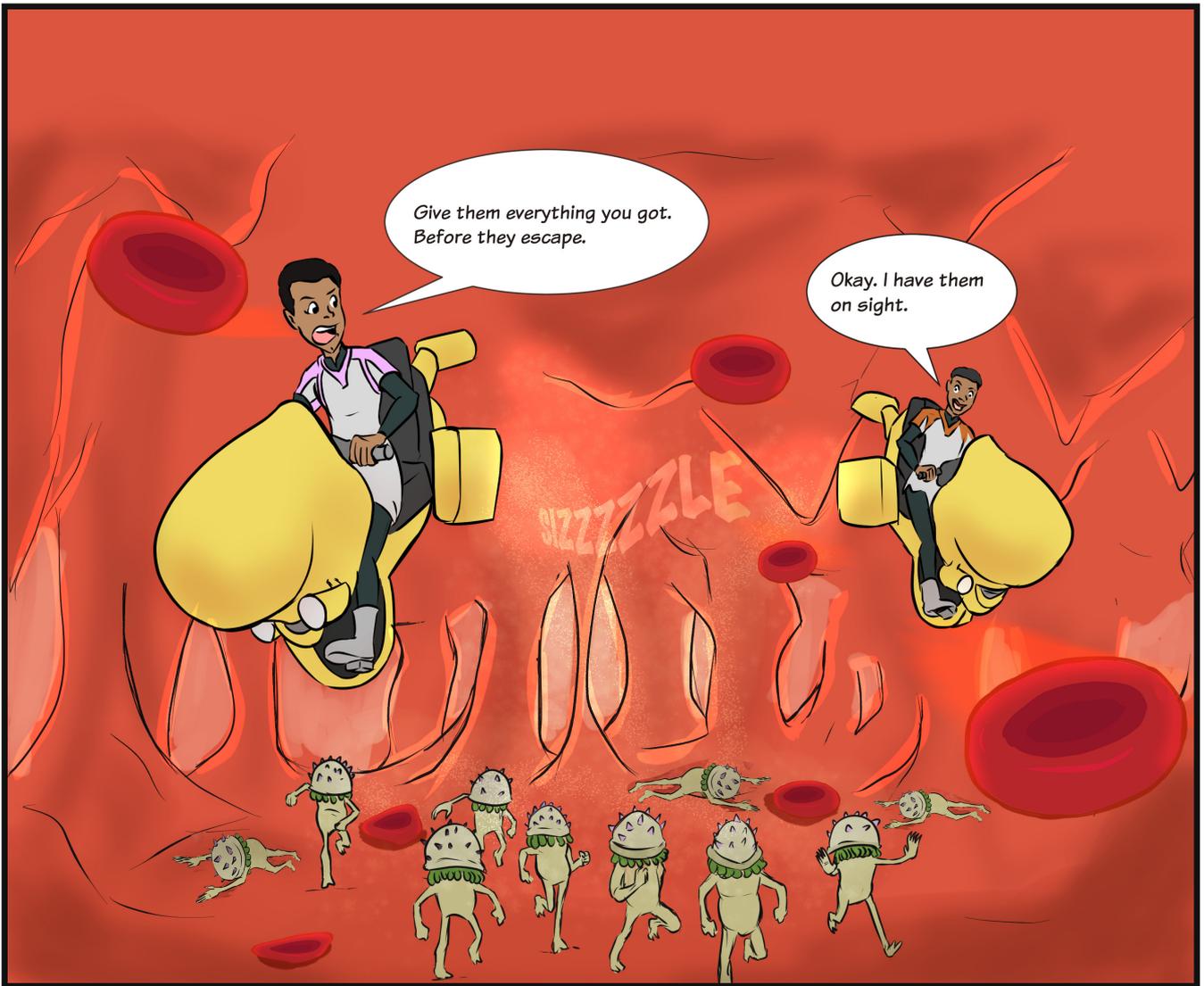
Lets Get them all

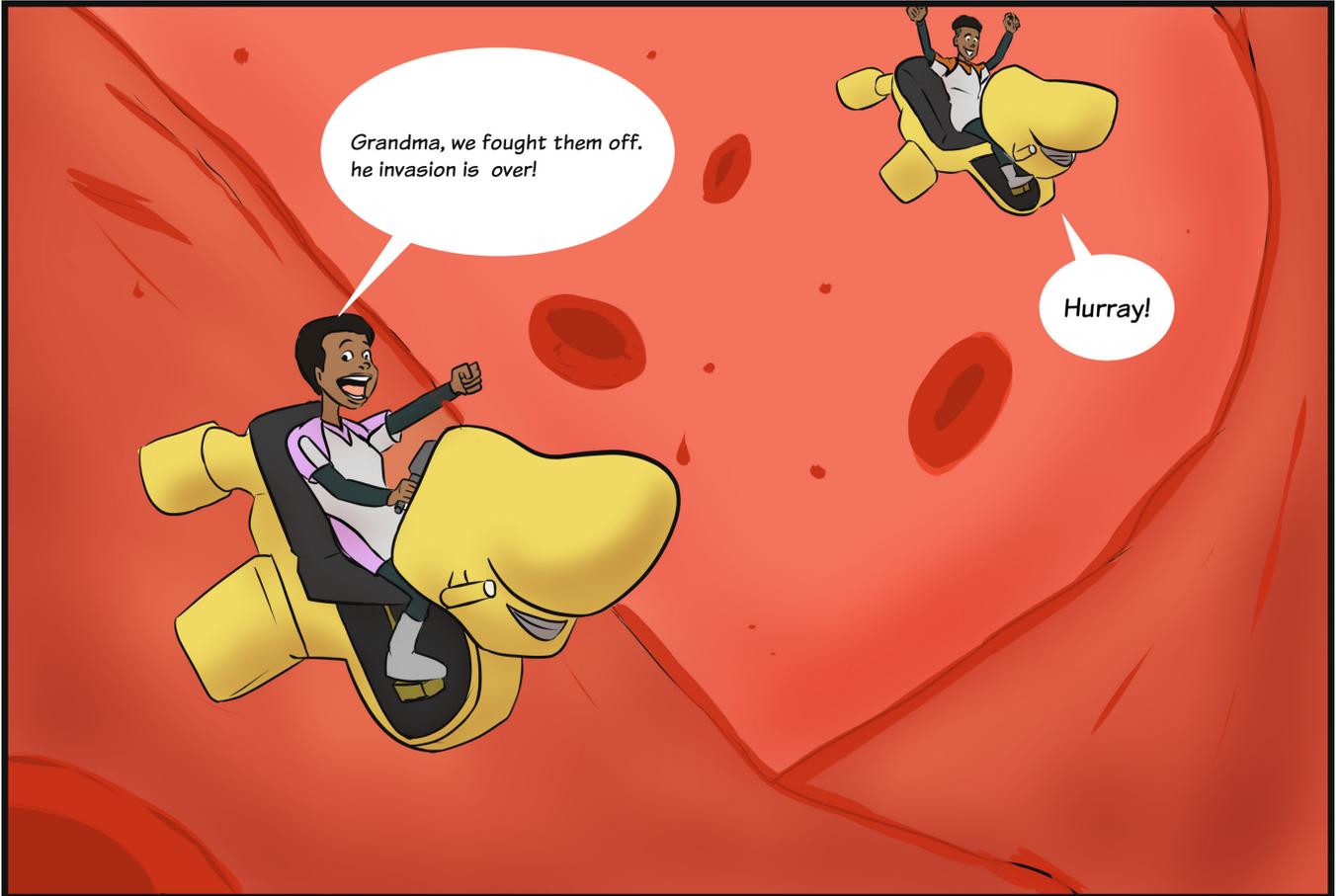
SIZZLE



Run for your Life, Run!

SIZZLE





Grandma, we fought them off.
the invasion is over!

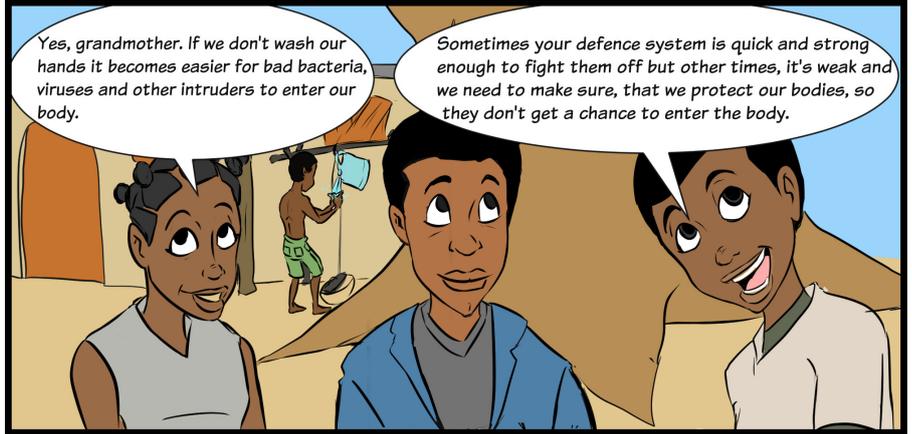
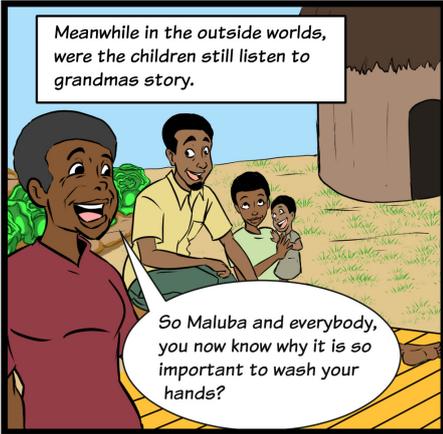
Hurray!



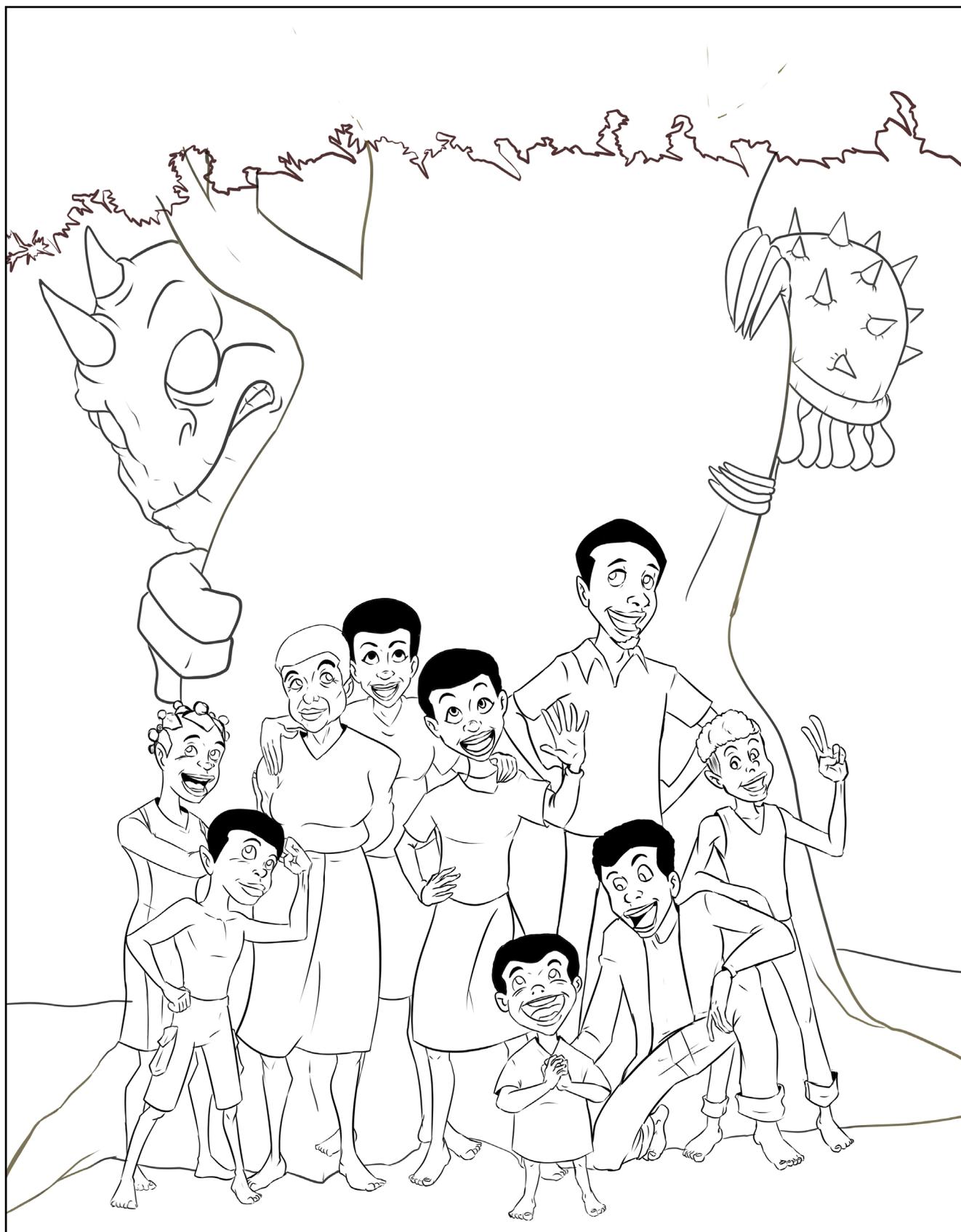
Great! You did a very good job.



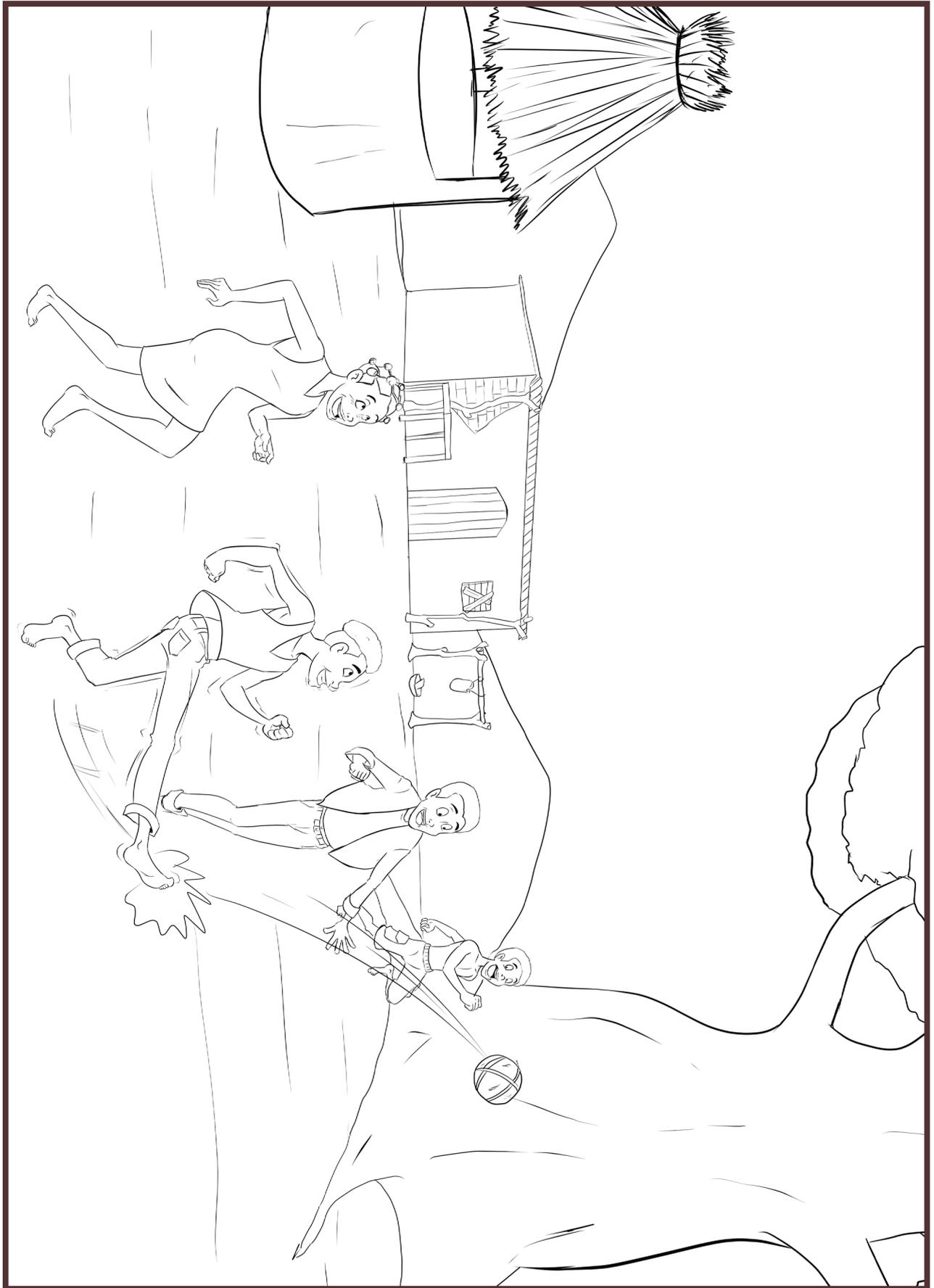
Wow, that was very close!



COLOUR HERE



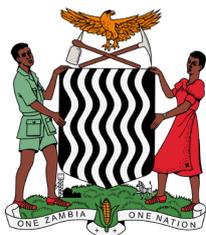
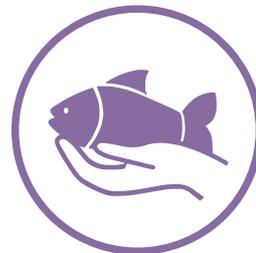
COLOUR HERE



COLOUR HERE



A publication of the Food and Nutrition Security, Enhanced Resilience (FANSER) and Fish for Food Projects in Zambia



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