

HANDOUT 3.4. SEASONAL CALENDAR OF LOCAL AFFORDABLE FOODS

Complete the list below with foods that are available locally in the market and shops around the community you serve. Use this list to counsel clients on good nutrition. Help them identify foods they can eat even when they are not feeling well and show them how they can vary their diet to include as many foods from all the food groups as possible.

Energy foods		Protective foods		Body-building foods	
Staple foods (cereals, tubers and roots)		Fruit		Animal sources	
<u>January</u>	<u>February</u>	<u>January</u>	<u>February</u>	<u>January</u>	<u>February</u>
<u>March</u>	<u>April</u>	<u>March</u>	<u>April</u>	<u>March</u>	<u>April</u>
<u>May</u>	<u>June</u>	<u>May</u>	<u>June</u>	<u>May</u>	<u>June</u>
<u>July</u>	<u>August</u>	<u>July</u>	<u>August</u>	<u>July</u>	<u>August</u>
<u>September</u>	<u>October</u>	<u>September</u>	<u>October</u>	<u>September</u>	<u>October</u>
<u>November</u>	<u>December</u>	<u>November</u>	<u>December</u>	<u>November</u>	<u>December</u>

Fats and oils	Vegetables		Plant sources	
	<u>January</u>	<u>February</u>	<u>January</u>	<u>February</u>
	<u>March</u>	<u>April</u>	<u>March</u>	<u>April</u>
	<u>May</u>	<u>June</u>	<u>May</u>	<u>June</u>
	<u>July</u>	<u>August</u>	<u>July</u>	<u>August</u>
	<u>September</u>	<u>October</u>	<u>September</u>	<u>October</u>
	<u>November</u>	<u>December</u>	<u>November</u>	<u>December</u>