

PEDS **NUTRITION CHALLENGE**

MEET OUR VENDORS

Mrs. Omolabake Matthew-Ibrahim
Mrs. Ifeyinwa Omesiete

About PEDS Nutrition Challenge

PEDS nutrition challenge is a 14 day online child Nutrition Challenge targeting 100 moms with kids 6 months to 6yrs+. Because we believe in this digital and tech savvy generation distance should not be a barrier for a good cause, we would be involving the use of digital products such as videos, audio files, e-books and written text through Whatsapp messaging app.

There would also be sub groups according to child's age so targeted impact can be made.

Objective

With overwhelming facts of the effects of undernutrition, PEDS Nutrition Challenge would address this by educating, supporting and motivating moms and caregivers on the best feeding practices for children's nourishment.

Facilitators



MRS. IFEYINWA OMESIETE is a certified Nutritionist with a Bsc. In Nutritional Sciences from the University of Minnesota-Twin Cities. Her passion is to cater to the wellness of children dealing with nutrition and dietary ailments. With experiences ranging from picky-eaters to the management of genetic disorders through nutrition. She creates and introduces innovative recipes designed to improve a child's diet based on their diagnosis, physical activity and age bracket. She is the Pediatric nutritionist who slays!

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MRS. OMOLABAKE MATTHEW-IBRAHIM is a digital content enthusiast with BSc. in Computer Science From the University of Lagos. Her passion for cooking, research and her new role as a mom birth her personal blog, Working mum Diary, where she shares her experiences as a working Nigeria mom. Through her blog contents (menu & recipes) she inspires moms to make nutritious feeding choices despite their busy schedule.

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Altogether, Ifeyinwa and Labake are the perfect blend of passionate women who understand that being a mom and working is no joke! But feeding our children right is a priority!

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ADY'S AGRO

ADY'S AGRO is a agricultural outfit that is focused on creating amazing spices blends out of local indigenous produce found in Nigeria. The also offer a wide range of minimally processed produced that are staples in most homes. The difference? you are sure of the quality and the intergrity of a dish when you shop from Ady's Agro.

Through NUTRITION4KIDSNG, Ady's Agro would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>



THEIR AVAILABLE RANGE OF PRODUCTS INCLUDE

Fried rice mix
Jollof rice mix
All purpose seasoning

Crayfish powder
Palm oil (3l or 1l)



PALEO PLANT FOODS

Paleo plant foods is an amazing Nigerian brand centered around exploring the highly nutrient dense fruit Dates. It is said be a cone of nature's purest gifts offering a unique blend of nutrients. With multiple varieties and uses, Dates is that food that should be a staple in your home and in your child's meals.

Through NUTRITION4KIDSNG, Paleo Plant foods would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THEIR AVAILABLE RANGE OF PRODUCTS INCLUDE

- Baby food Sprinkler

BAMYAT NUTS AND SEEDS

In a place where adultration is rampant, Bamyat nuts and seeds chose to be different. They produce all natural nuts and seed butters which focuses on providing healthy delcious fats without any extras. Thier butters are made from just the nuts and seeds alone with no added oils, sweeteners or preservatives.

Through NUTRITION4KIDSNG, Paleo Plant foods would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THEIR AVAILABLE RANGE OF PRODUCTS INCLUDE

- Peanut butter
- Peanut choco butter
- Almond butter
- Coconut cashew butter
- Cashew butter
- Coconut Almond butter
- Mixed nut butter



NOREESH FOODS

Noreesh Foods is a plant-based food company devoted to promoting health and well-being for everyone in the family, with a special focus on children. Our gluten-free, dairy free, and protein-packed pancake & bake mixes are made with natural ingredients sourced mainly from Africa's super crops, offering nutrient-dense options that cater to families seeking healthier alternatives to less nutritious grocery staples. They contain Four Ancient Superfoods, which are filled with essential nutrients, vitamins, minerals, and antioxidants required for the body to function optimally.



Through NUTRITION4KIDSNG, Noreesh would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THEIR AVAILABLE RANGE OF PRODUCTS INCLUDE

Coconut pancake mix Classic pancake mix

AGAS WHOLESOME FOODS



Agaswholesome foods is an amazing Nigerian brand that sells superfoods that are in a convenient form. They also make amazing MSG FREE spices that are tasty, natural and pair well with most dishes. Their spices are also safe and are great to add to meals from 6 months (except curry powder) in small quantities..

Through NUTRITION4KIDSNG, Agaswholesome foods would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THEIR AVAILABLE RANGE OF PRODUCTS INCLUDE

Baobab fruit powder
Baobab sugar
Tigernut milk
Dates choco powder
Dates sugar
Black seed oil
Immunity boost mix
Peanut oil

Soupa delish seasoning
Soupa delish (vegan) seasoning
Meat seasoning
Baobab ranch seasoning
Vegetable stock seasoning
Barbecue rub seasoning
Soupa delish seasoning
Black pepper

Garlic and ginger mix
Sea salt
Curry Powder
Chia seeds
African raw honey
Cinnamon powder

KASHER ORGANIC FARMS

Kasher organic farms is a local farm that grows and harvest only organic produce. They are also the amazing makers of kasher whole wheat and All purpose organic flour. Their goal is to give African access to pesticide free produce from the ground to their table.

Through NUTRITION4KIDSNG, Kasher organic farms would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THEIR AVAILABLE RANGE OF PRODUCTS INCLUDE

- ORGANIC ALL PURPOSE FLOUR
- ORGANIC WHOLE WHEAT FLOUR



MAMALAC FOODS



Mamalac foods makes products that are preservatives & refined sugar-free. They have a wide range of lactation supplements made from herbs, seeds and spices. Their products are also great as seasonings and a great way to boost the nutritional profile of a meal for the whole family.

Through NUTRITION4KIDSNG, Mamalac foods would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

Nature's burst

SOMETHING LITE NG

Something lite is successful Nigerian brand geared towards providing greek yoghurt and yoghurt products filled with beneficial probiotics.

They offer a unique variation of a thick, rich and creamy fresh cow milk greek yoghurt sourced from grass fed cows. Their products are suitable for weaning babies, growing children, adults and the aged who want to indulge in good healthful yoghurt.

Through NUTRITION4KIDSNG, Something Lite Ng would be offering their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

Regular greek yoghurt
Fresh cow milk greek yoghurt



ETI FARMS



Eti Farms is a Nigerian brand that specializes in farming harvesting and packaging tasty oyster mushrooms which are rich sources of selenium, protein amongst other essential nutrients.

Through NUTRITION4KIDSNG, Etifarms would be offering all their products, where they will give % off their mushroom powder which would only be accessible through

<http://nutrition4kidsng.com/shop/>

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

Oyster mushrooms (fresh)
Oyster mushrooms (dried)

Oyster Mushroom powder
Lion's Mane Mushroom powder

KUDARA BABY FOODS

Kudara baby foods is a Nigerian brand that specializes in a blend of cereals that are sweet, savoury and pack a punch in nutrients. Specially created from a natural blend of grains and legumes; their varieties meet the need for growing and developing children.

Through NUTRITION4KIDSNG, Kudara baby foods would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

- Brown rice and Dates Cereal
- Mixed grain with cinnamon Cereal
- Mixed grain with nuts Cereal



PACHAMAMA FOODS NG

PachaMama ng is the only brand that produces Tombrown PLUS.

A nutritious blend of 3 grains and 2 legumes, developed by nutritionists and chefs to deliver a unique nutritious and affordable all-in-one breakfast porridge to start your day or enjoyed as a nourishing meal anytime in the day. Tom brown is suitable for weaning babies, growing children, adults and the aged who deserve to have a healthy and delicious food staples. Tom Brown PLUS has been produced under the safest of conditions, NAFDAC Certified and processed to meet with strict nutritional values that the human body needs.



Through NUTRITION4KIDSNG, PachaMama Foods Ng would be % off on all their products which would only be accessible through

<http://nutrition4kidsng.com/shop/>

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

- Tom brown Plus (450g)
- Fonio grain (1kg)
- Fonio flour (1kg)

Instant cereal variants include

Tom Brown PLUS

Beetroot + Multigrain

Rice + Multigrain

Multigrain mix

COLOURFUL GIGGLES



An indigenous brand that makes INSTANT baby cereal made from 100% locally sourced ingredients. Each variant has a unique taste of Africa to give babies on the continent the nutrition they need for growth, brain development, immune boosting and overall wellbeing. Simply put, with 128 separate nutrient optimization tests, you have the 100% nutrition advantage in every box for every 56g of our cereal you consume.

From supporting growth for regular eaters to picky eaters as well as the promotion of healthy weight gain for your children. They have just the right mix, flavour combination and nutrient optimization for every child right up to the standards prescribed by the World Health Organization (WHO).

Through NUTRITION4KIDSNG, Colorful Giggles would be offering % off all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

- Sweet potato Soyabeans Cucumber and Dates Instant Cereal
- Wheat, Cashew, Pawpaw and Banana Instant cereal
- Multigrain Rice Banana and Apple Instant cereal
- Multigrain Cornmeal Apples and Nuts Instant cereal
- Mixed grain Carrots Dates and Yoghurt Instant cereal
- Mixed grain Pawpaw and Pineapple Instant Cereal

ALDENTE

Aldente Premium Fresh Pasta and Noodles is 100 % proudly Nigerian, as they work with local farmers to source true, fresh vegetables that is used to infuse their noodles and pasta.

There Pastas are gluten free and made from the freshest and locally source crops. Their fresh pasta or noodles are intimately blended with fresh vegetables such as turmeric, beetroot, spinach or Kale to give the meal vivid shades of yellow, red and green respectively.

Through NUTRITION4KIDSNG, Aldente would be offering % off on all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

- Turmeric infused noodles
- Spinach infused noodles
- Original pure wheat noodles
- Spinach infused cassava noodles



FRISKA BABY CEREAL



Friska baby cereal empathizes on the important of nutrient quality over quantity. they brought this vision to reality by infusing moringa to their amazing cereals perfect for weaning any child the right way. With a balance of Folic acid, zinc and iron, Friska baby cereal is a great addition to any growing child's palette.

Through NUTRITION4KIDSNG, Friska baby cereal would be offering % off on all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

- Rice and banana instant cereal
- Corn and pineapple instant cereal
- Corn puffs

EON FOODS

Eon Foods' vision is to raise healthy families using their range of unripe plantain flour mixes and Sweet potato flour mixes. Their products are proven medicinal food made with chemical-free raw materials and void of additives and preservatives. They are mixed with herbs and vegetables that will help the body heal itself and also combat illnesses.



Through NUTRITION4KIDSNG, EON FOODS would be offering % off on all their products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THEIR AVAILABLE RANGE OF PRODUCTS INCLUDE

- Unripe plantain and Beetroot flour
- Unripe plantain and Coconut flour
- Unripe plantain and Tigernut flour
- Unripe plantain and Pumpkin flour
- Unripe Plantain and Sesame Flour
- Unripe Plantain and Soursop Flour
- Unripe Plantain and Moringa flour
- Unripe Plantain and Sweet Potato flour
- Unripe Plantain and Acha flour
- Sweet Potato and Soursop flour



FEEDING UTENSILS

Having great food is one thing but have the right utensils to have fun while eating is another ball game entirely. That's why we offer unique utensils that make the experience of healthy living fun for you and your little ones.

We would be offering % off on all our products which would only be accessible through <http://nutrition4kidsng.com/shop/>

THEIR AVAILABLE RANGE OF PRODUCTS INCLUDE

- COOKIE CUTTERS (square, circle and triangle)
- REUSABLE POUCHES

NUTRITION4KIDSNG ITEMS



SPROUTED SORGHUM CEREAL

Red Sorghum grain also known as red guinea corn has been sprouted to yield higher amounts of protein and other minerals and vitamins such as iron. Sorghum also provides prebiotic fibers that are essential for easy digestion and good gut health.

SPIRULINA

Spirulina is a blue green algae that is one of the richest sources of protein it is also an immune booster super food - concentrated amount of nutrients. It is a good source iron, a heavy metal detoxifier, and very easily digestible.

THERE AVAILABLE RANGE OF PRODUCTS INCLUDE

360 CAPSULES

90 CAPSULES

60 CAPSULES

PLEASE NOTE; There is a disclaimer that claims spirulina is not suitable for pregnant women, children under 12 and breastfeeding mothers. This claim was put by Nafdac because when the company entered Nigeria they could not tax spirulina as a supplement or a drug because it is food in capsule. In other countries that disclaimer is not there. So it is very safe for children 6 months and upwards.

JAGGERY SWEETNER

This is the unrefined version of sugar. It is made by boiling down pure sugar cane juice to form a dense solid. This solid mass of sugar is then milled into powder. It gets its brown color as it still contains all the natural antioxidants and minerals present in sugar cane. It is also a good source of plant based iron. It can be used as a good replacement for refined sugar in baking cereals or cooking.

NUT AND SEED MIX

Nuts and Seed mix is a perfect blend of cashew, groundnut and sesame seeds. This provides easy access to nutrients like protein omega 3 and 6, calcium, Vit B and more. The nut and seed mix is in powder form so it can be added easily to meals of any kind for the added boost of nutrient density in any meal.

PLEASE NOTE; it contains allergens like nuts and is not suitable for children who are allergic to nuts.

TUWO FLOUR

Premium rice flour contains minimally processed rice grains which contains minerals and vitamins naturally present in rice. Its rice flavour comes from the full fiber present in the rice grains that protects the body and is essential for healthy living.

BAMBARA FLOUR

Bambara flour is said to be a complete food because of its unique blend of nutrients. With multiple varieties and uses, Bambara is that food that should be a staple in your home and in your child's meals.

We would be offering % off on all our products which would only be accessible through <http://nutrition4kidsng.com/shop/>

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