



OneMeal FOOD GUIDE





IMPROVING NUTRITION FOR CHILDREN IN NEED

Kids Around the World began its food program in 2009 as an initiative to provide nutritious food assistance to children facing food insecurity in developing nations.

For the first 8 years of meeting those needs in 23 different countries, Kids Around the World provided nearly 23 million rice-soy meals to children suffering from malnutrition/undernutrition. The rice-soy recipe was developed through industry partners and a team of food scientists from Cargill, General Mills, Archer Daniels Midland, and Pillsbury, as a specific food formula to meet the nutritional needs of children. This widely accepted fortified rice formula served as an excellent foundation in our expanding partnership base on 5 different continents.

In 2017, Kids Around the World set out to develop a formula that would deliver an even higher level of nourishment critical to children's growth and overall development. Our first goal was to more adequately combat the effects of malnutrition, which can range in severity from growth stunting and loss of muscle mass to weakened immunity, weakening of the heart and respiratory system, and even death, while making the meal more palatable across a variety of cultures. Secondly, we endeavored to incorporate an improved blend of natural, plant-based vitamins, minerals and phytonutrients, designed specifically for an undernourished child. Lastly, in order to serve children in a variety of regions and countries around the world, our meals needed to better meet the tightening restrictions and limitations placed on imported foods. Essentially, we needed to provide a non-genetically modified (Non-GMO) meal formulation.

In April of 2018, KATW introduced the OneMeal recipe; rich in protein and micronutrients, and produced with non-GMO ingredients, meeting all our elevated requirements for our meal. The OneMeal recipe maintains the high level of protein per serving, but derives that protein from a less-processed, whole food source in red lentils. Our OneMeal recipe also provides high-quality micronutrients - 24 of them, essential to proper development - through **PhytoBlend**, a proprietary blend of food-sourced vitamin complex, minerals & phytonutrients generously provided by the **MSM FOUNDATION**.

We've continued to include long grain enriched rice and a dehydrated vegetable blend, which ensures our meals maintain a universally accepted flavor profile and are easy to prepare in various conditions and settings. Our meals are sealed in an odor-free, moisture-free triple-ply pouch to ensure the integrity of the meal for its entire 2 year shelf life. Each bag of OneMeal food contains six servings of our dehydrated meal blend, which when boiled will serve six children a healthy portion of essential vitamins, minerals and nutritional components they need every day. Through a warm bowl of OneMeal each day, we deliver relief and hope to malnourished children.

We invite you to learn more about our food in this guide and how you can get involved: www.katw.net/onemeal.

Melissa Lounsbury

Vice President of Mission Advancement



WHAT NUTRITION EXPERTS ARE SAYING ABOUT ONEMEAL



MERCY SOSANYA

Hometown: Bauchi, Nigeria

- PhD Student: Nutritional Sciences
- MSc: Human Nutrition
- BSc: Human Nutrition
- Certificate in Monitoring and Evaluation Fundamentals
- Certificate in Food Safety for Nutritionists and other Health Professionals

"I am super impressed by the product profile of OneMeal! It is a great solution to the problems of malnutrition ravaging much of the developing world.

OneMeal is an important source of essential nutrients for children in food-insecure households, thereby providing a great solution to the immediate causes of malnutrition.

It approximates family foods by utilizing wholesome, natural ingredients commonly consumed in many communities.

OneMeal is rich in protein from legumes (lentils) and fungi (baker's yeast, which provides high quality protein, containing all nine essential amino acids). This high protein content prevents global or severe acute malnutrition and all their immediate and long-term consequences.

It is devoid of highly processed food ingredients, does not contain fat, is low in refined sugars and is a good source of dietary fiber. These mitigate the risk of future chronic, non-communicable diseases and potential negative epigenetic effects.

In addition to the provision of essential micronutrients, the use of dehydrated vegetables promotes the acceptance of vegetables among children and provides a model for families to follow.

The rich micronutrient profile of OneMeal alleviates hidden hunger, improves utilization of macronutrients, promotes child growth, cognitive development, and general health and wellbeing." - Mercy Sosanya

ABOUT THE EXPERT

Mercy Sosanya is a PhD student in the Department of Nutritional Sciences at the University of Texas at Austin. She is a former head of the Department of Nutrition and Dietetics Department at the Federal Polytechnic in Bauchi, Nigeria. She has received two Nigerian government research grants, (as a PI in one, and a Co-PI in the other). She also designed and conducted a food assessment study in northern Nigeria, funded by Oxfam (an international non-governmental organization). She is a Schlumberger Foundation Faculty for the Future Fellow, an International Fellow of the American Association of University Women and a TechWomen Fellow (a program of the US Department of State). She is also a recipient of a scholarship award by the University of Texas at Austin Graduate Dean. Mercy has been involved in numerous initiatives to inspire women and girls to get involved in Science Technology, Engineering and Mathematics. She is presently working on developing and evaluating the impact of a digital tool for behavior change, aimed at improving the infant and young child feeding practices of teenage mothers and the nutritional status of their children.



“Hunger and malnutrition have a ripple effect that slows development. According to WFP, ‘Not only do the consequences of not enough – or the wrong – food cause suffering and poor health, they also slow progress in many other areas of development like education and employment.’ Poor and inadequate nutrition also leaves children vulnerable to diseases and illness, and can cause stunted growth.” - United Nations Foundation

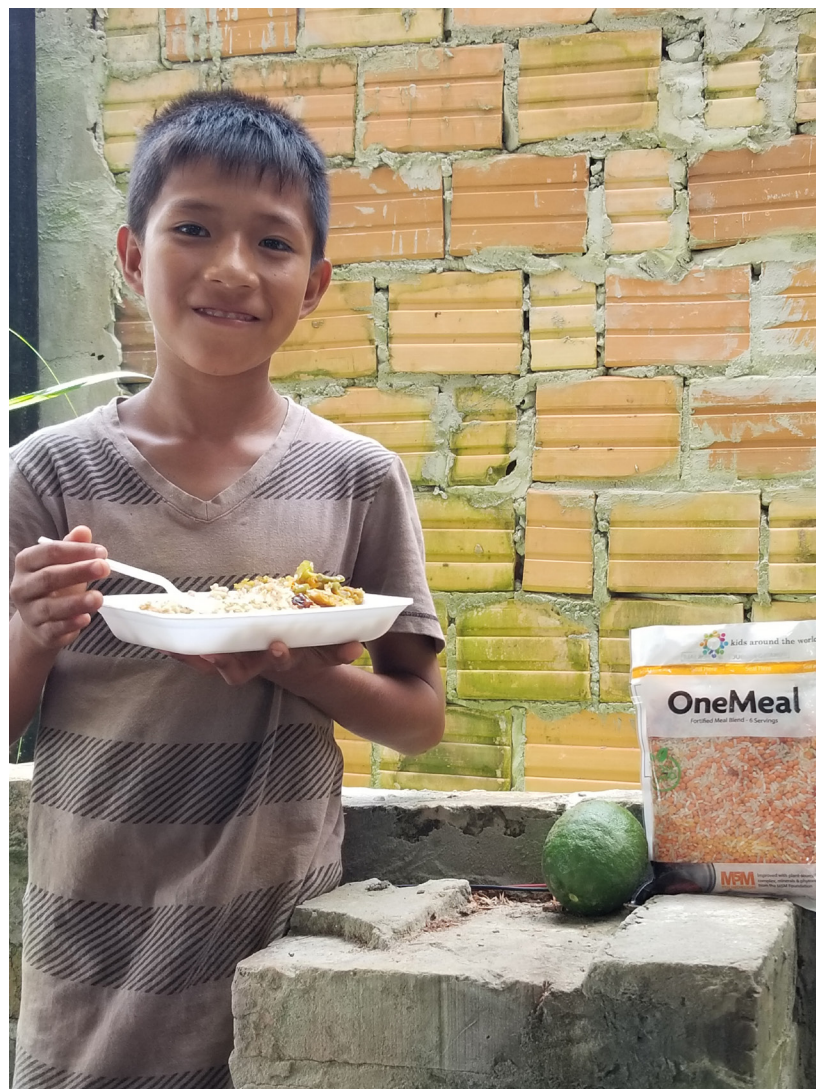
THE BENEFITS OF ONEMEAL

OneMeal provides a foundational meal that can be used across cultures to deliver sustaining nutrition to impoverished children where food insecurity is a daily reality. OneMeal's primary ingredient, RED LENTILS, serves as a superior source of protein, critical to physical growth and development, including brain development. OneMeal also delivers much needed micronutrients through **PhytoBlend**; a combination of 24 essential vitamins, minerals and phytonutrients, filling a major dietary deficit often found in situations of food insecurity. Fortified white rice further provides critical calories to children and is a common ingredient familiar to people in most regions of the world, making our meals readily accepted across cultures.

OneMeal is provided to trusted partners across the world where it is served daily to feed malnourished children in orphanages, schools, homes, churches, refugee settlements and community feeding centers. We call our food "OneMeal" because we know that when a child has a reliable source of one meal every day, we can impact that child physically, mentally and emotionally.

WHEN PROVIDED DAILY, OUR FOOD

- Staves off the deadly effects of hunger
- Improves brain function and a child's ability to learn in school
- Promotes healthy physical growth and activity
- Helps to break the cycle of poverty by empowering children to learn, grow and become contributing members of their communities
- Alleviates the daily stress and worry of where their next meal will come from



ONEMEAL

KEY FEATURES

- Red Lentil & White Rice Fortified Meal Blend
- A shelf stable food rich in protein and carbohydrates
- Non-GMO, Plant-Based Nutrition
- Appropriate for children and adults age 1 year & older
- Excellent source of micro & macro-nutrients
- Globally accepted flavor profiles and easy to prepare

COMPONENTS

- Red Lentils
- White Rice
- Dehydrated Vegetables
- PhytoBlend** Vitamin Complex, Minerals & Phytonutrients

HOW TO USE ONEMEAL:

OneMeal can be served alone or alongside locally available fruits, vegetables and additional protein sources. Adding oil during the cooking process increases fat and calorie content. OneMeal is designed to be cooked as described below to maintain optimal nutritional effectiveness.

HOW TO PREPARE ONEMEAL:

1. Remove vitamin packet from meal pouch.
2. Add remaining ingredients to 6-10 cups boiling water.
3. Cover and Simmer for 20 minutes.
4. Remove from heat and Stir in vitamin blend.
5. Oil, vegetables and local spices can be added in to the cooking process to enhance nutrition and infuse local flavors.



Nutrition Facts

6 servings per container
Serving size 1/3 cup dry (65g)

Amount Per Serving			
Calories		230	
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg			0%
Sodium 240mg			10%
Total Carbohydrate 45g			16%
Dietary Fiber 4g			14%
Total Sugars 16g			
Includes 0g Added Sugars			0%
Sugar Alcohol 0g			
Protein 12g			
Vitamin D 4.4mcg	20%	Vitamin B12	110%
Calcium 132mg	10%	Biotin	310%
Iron 24.11mg	130%	Pantothenic Acid	80%
Potassium 304mg	6%	Phosphorus	10%
Vitamin A	170%	Iodine	130%
Vitamin C	50%	Magnesium	15%
Vitamin E	70%	Zinc	200%
Thiamin	100%	Selenium	100%
Riboflavin	80%	Copper	200%
Niacin	70%	Manganese	120%
Vitamin B6	90%	Chromium	180%
Folate 549mcg DFE	140%		
(312.44mcg folic acid)			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CORE ELEMENTS OF ONEMEAL NUTRITION CRITICAL TO A CHILD'S DEVELOPMENT

PROTEIN

Protein plays an essential role in the growth and development of a healthy child, and is critical to many bodily functions, including recovery and repair of tissues in the muscles, skin, organs, blood, hair and nails.

CARBOHYDRATES

Carbohydrates are your body's main source of energy: They help fuel your brain, kidneys, heart, muscles and central nervous system.

VITAMIN A

Helps form and maintain healthy teeth, bones, soft tissue, mucus membranes, and skin.

VITAMIN C

Also called ascorbic acid, is an antioxidant that promotes healthy teeth and gums. It helps the body absorb iron and maintain healthy tissue. It also promotes wound healing.

VITAMIN D

Helps the body absorb calcium, necessary for the normal development and maintenance of healthy teeth and bones. It also helps maintain proper blood levels of calcium and phosphorus.

VITAMIN E

Vitamin E is a nutrient that's important to vision, reproduction, and the health of your blood, brain and skin. Vitamin E also has antioxidant properties

THIAMIN

Vitamin B1, thiamin, or thiamine, enables the body to use carbohydrates as energy. It is essential for glucose metabolism, and it plays a key role in nerve, muscle, and heart function.

FOLATE

Folate is one of the B-vitamins and is needed to make red and white blood cells in the bone marrow, convert carbohydrates into energy, and produce DNA and RNA.

RIBOFLAVIN

Riboflavin is a vitamin that is needed for growth and overall good health. It helps the body break down carbohydrates, proteins and fats to produce energy, and it allows oxygen to be used by the body.

NIACIN

Niacin is an important water-soluble vitamin that plays a role in many aspects of health, from helping maintain healthy skin and nerves, to proper brain function and heart health.

VITAMIN B6

Helps form red blood cells and maintain brain function. This vitamin also plays an important role in the proteins that are part of many chemical reactions in the body.

VITAMIN B12

Like the other B vitamins, is important for metabolism. It also helps form red blood cells and maintain the central nervous system.

BIOTIN

Essential for the metabolism of proteins and carbohydrates, and in the production of hormones and cholesterol.

PANTOTHENIC ACID

Essential for the metabolism of food. It also plays a role in the production of hormones and cholesterol.

CALCIUM

Important for healthy bones and teeth; helps muscles relax and contract; important in nerve functioning, blood clotting, blood pressure regulation, immune system health

IRON

Part of a molecule (hemoglobin) found in red blood cells that carries oxygen in the body; needed for energy metabolism

CORE ELEMENTS OF ONEMEAL NUTRITION CRITICAL TO A CHILD'S DEVELOPMENT (CONT.)

PHOSPHORUS

Important for healthy bones and teeth; found in every cell; part of the system that maintains acid-base balance.

IODINE

Found in thyroid hormone, which helps regulate growth, development, and metabolism.

MAGNESIUM

Found in bones; needed for making protein, muscle contraction, nerve transmission, immune system health.

SELENIUM

Selenium is an essential trace mineral that assists with cognitive function and fertility. As an antioxidant, Selenium may help prevent cardiovascular disease, thyroid problems, cognitive decline, which means disorders related to thinking, cancer, and others.

ZINC

Necessary for making protein and genetic material; has a function in taste perception, wound healing, normal fetal development, production of sperm, normal growth and sexual maturation, immune system health.

COPPER

Necessary for survival, copper is found in all body tissues and plays a role in making red blood cells and maintaining nerve cells and the immune system. It also helps the body form collagen and absorb iron, and plays a role in energy production.

MANGANESE

Manganese is essential in supporting healthy bones, regulating sugar level, kick starting metabolism, protection against diseases, relieving inflammation, preventing epileptic seizures, good thyroid health,

boosting vitamin absorption, supporting digestion, and improving cognitive function.

CHROMIUM

An essential trace mineral that can improve insulin sensitivity and enhance protein, carbohydrate, and lipid metabolism.

SODIUM

Sodium is essential to fluid balance and hydration because it assists the hydration process by increasing the rate of fluid absorption. It is also required to enable muscle contraction nerve transmission, and is a natural source of electrolytes.

POTASSIUM

The primary functions of potassium in the body include regulating fluid balance and controlling the electrical activity of the heart. Needed for proper fluid balance, nerve transmission, and muscle contraction.





THE IMPACT OF ONEMEAL

“Since we introduced OneMeal to our community of kids, we have seen a tremendous change in their energy, health and engagement in lessons, games and all of our activities. They are stronger, brighter, healthier. They LOVE to eat OneMeal! And the mothers in our communities are so encouraged to see the difference in their children, they do better in school and have more happiness, and just feel better.”

– Children’s Care Center Director



BEFORE ONEMEAL

AFTER ONEMEAL



THE HEALING OF ONEMEAL

The rich array of micronutrients included in our meal through [PhytoBlend](#) from the [MFM FOUNDATION](#) are having visible and lasting effects in the health of the children we serve. This example shows the effect of improved nutrition and supplementation observed on the skin condition of a young girl served by OneMeal partners, MCM Nutrition Program at the Lukhanyo Centre in Mbekweni, Paarl, South Africa.

PACKING & DELIVERING HOPE... ONEMEAL AT A TIME

FOR MORE INFORMATION ON ONEMEAL
Contact us at OneMeal@katw.org
Or Visit katw.org/onemeal

PRODUCED IN



OneMeal



KIDS AROUND THE WORLD

INTERNATIONAL OFFICE: 5245 28th Ave, Rockford, IL 61109
WEST COAST OFFICE: 1046 Calle Recodo Ste. F, San Clemente, CA 92673
PHONE: 815-229-8731
WEB: katw.org



 facebook.com/kidsaroundtheworld
 [@kidsaroundtheworld](https://instagram.com/kidsaroundtheworld)