



Vikombe viwili vya maziwa
kwa kila mtoto, kila siku

MAZIWA BORA, AFYA BORA

-  **CHEMSHA**
-  **POESHA**
-  **FUNIKIA**

MoreMilk: making the most of milk

Production of this material has been funded by the Bill & Melinda Gates Foundation, UK Aid from the UK government, and the CGIAR Research Program on Agriculture for Nutrition and Health. However, the views expressed do not necessarily reflect the official policies of these institutions

NJIA BORA ZA KUHIFADHI MAZIWA YAKO NYUMBANI

1. **CHEMSHA**– Kuchemsha maziwa huyafanya kuwa salama kwa kunywa. Chemsha maziwa hadi yachemke na uyawache yachemke kwa dakika kadhaa.
2. **POESHA**–Ikiwa maziwa hayanywewi pindi yanapochemka, yapoeshe haraka iwezekanavyo. Yaweke maziwa mahali penye baridi na pasafi ndani ya nyumba, mbali na jua.
3. **FUNIKIA**–baada ya kupoesha, hifadhi maziwa yako kila wakati kwenye chombo kilichofunikwa na kifuniko, ili yasiingie viini na uchafu.