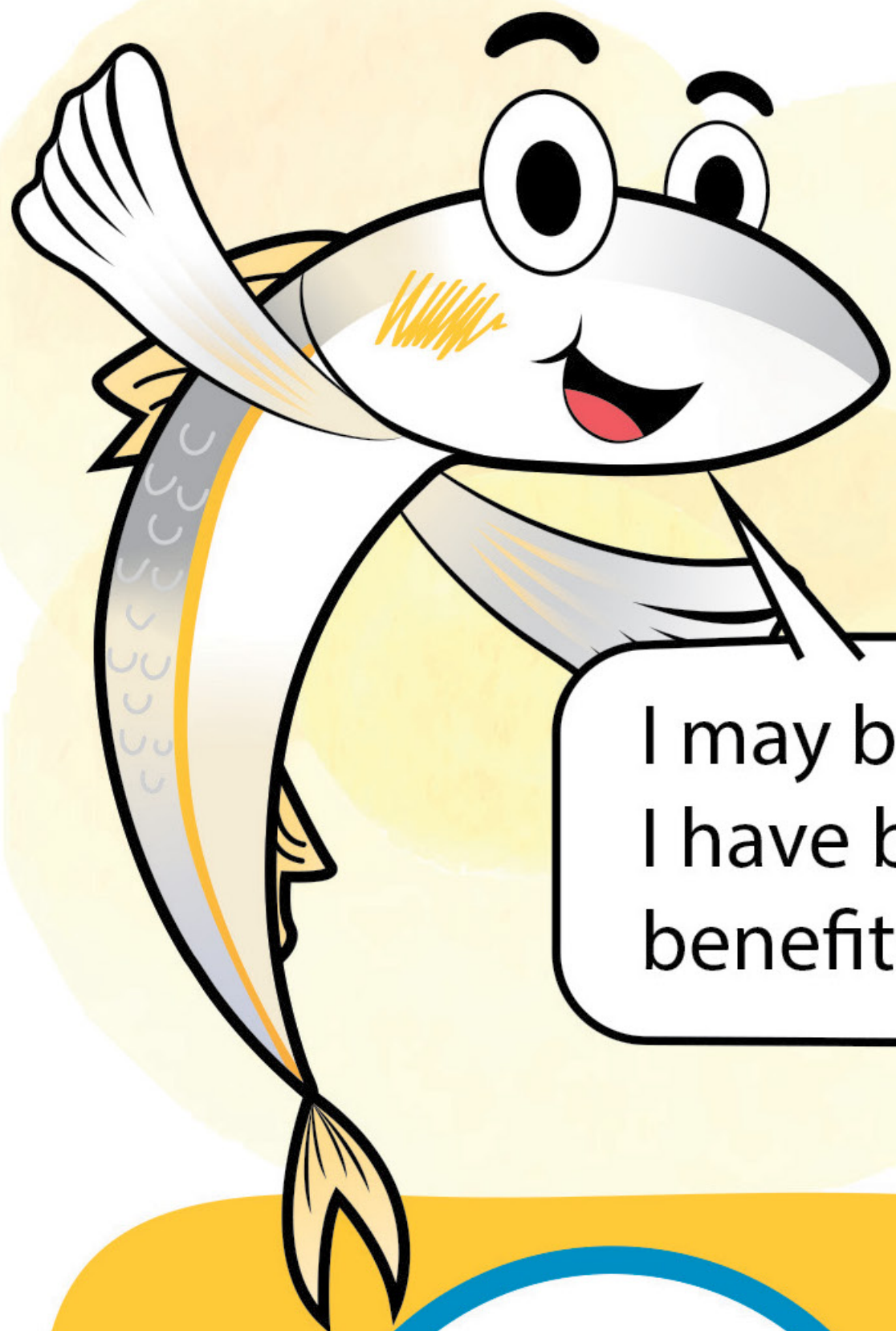
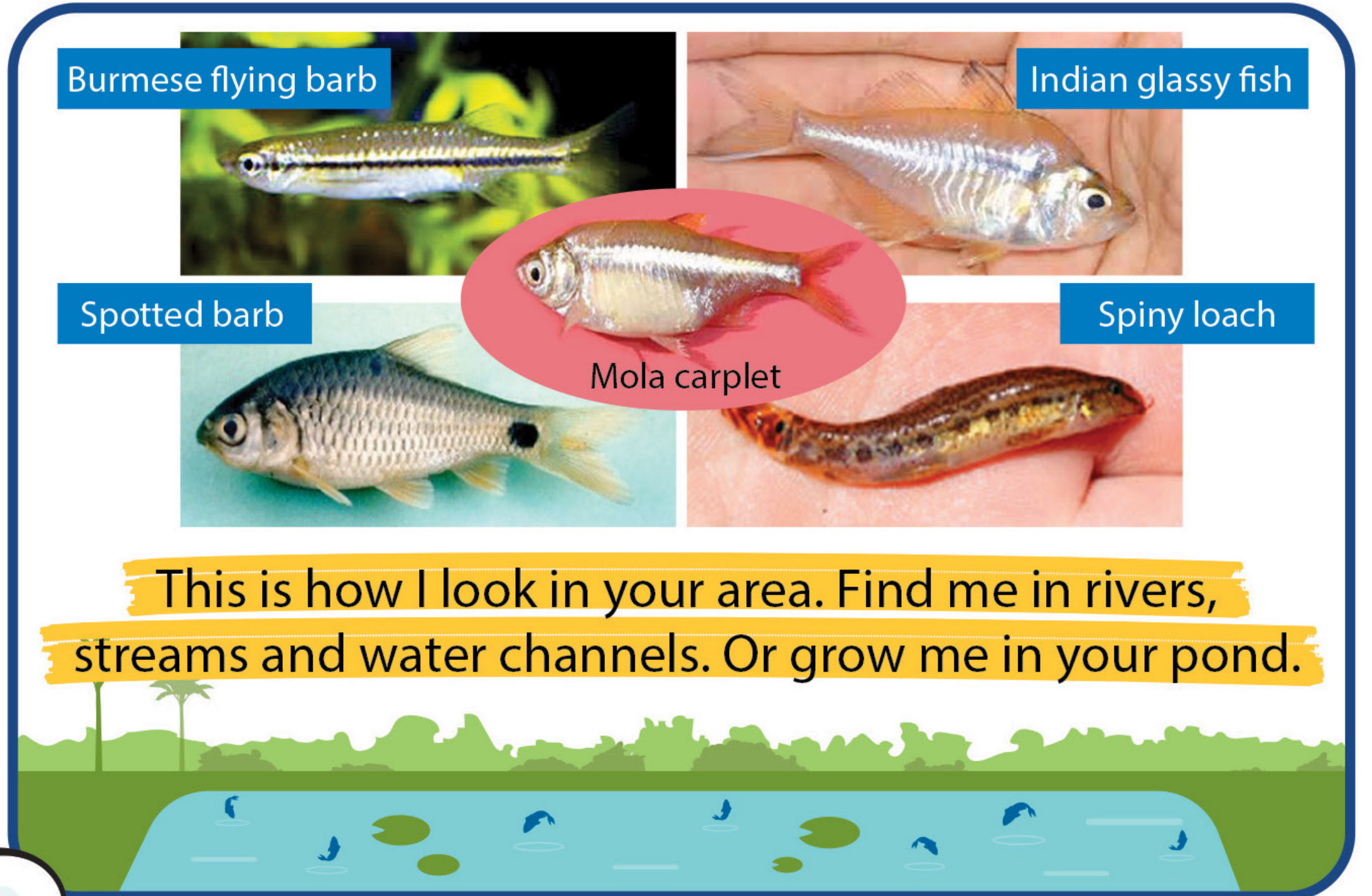


# SMALL FISH MAKE YOU AND YOUR CHILD SMART AND HEALTHY



I may be small, but I have big health benefits.



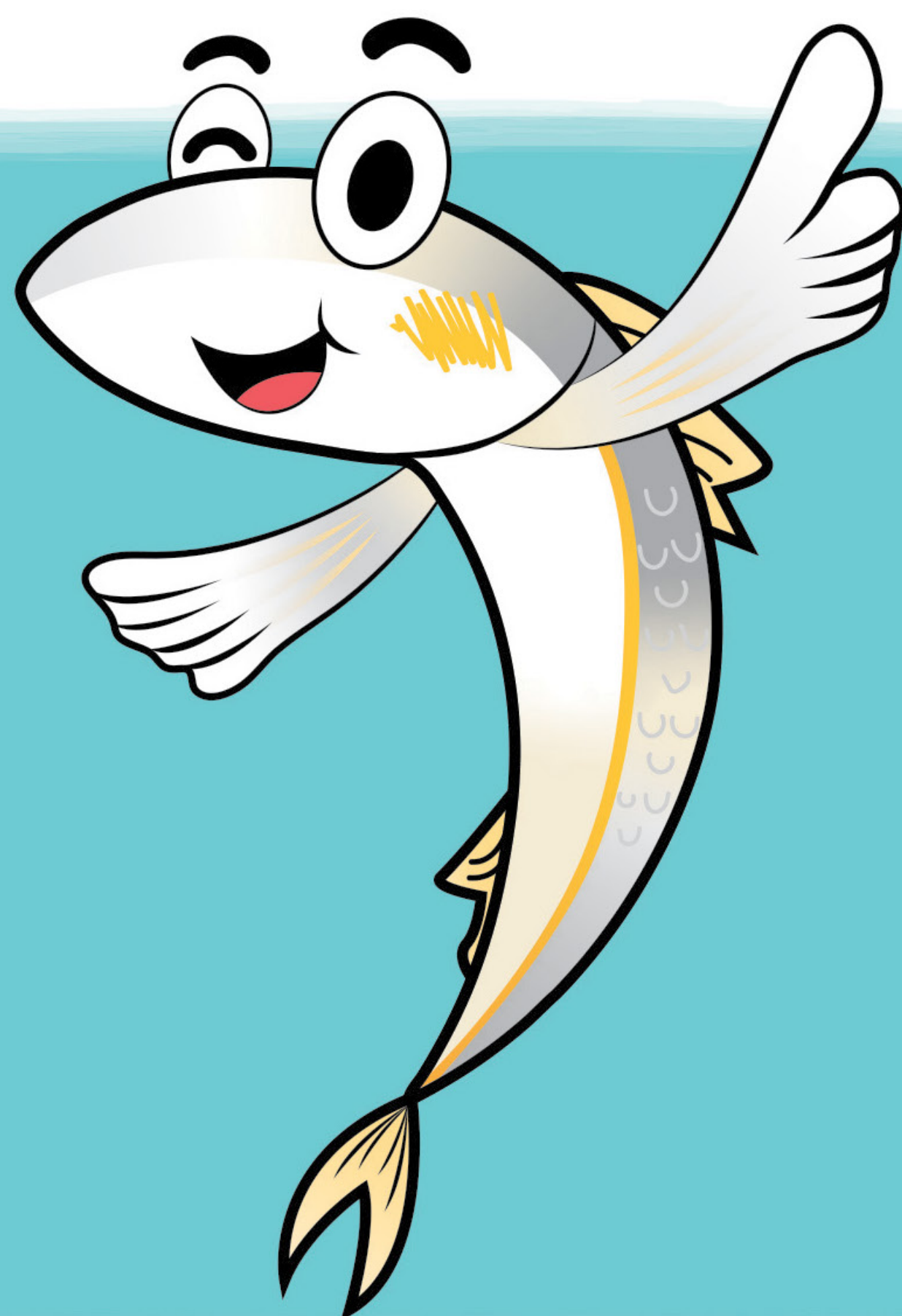
This is how I look in your area. Find me in rivers, streams and water channels. Or grow me in your pond.



Wash your hands with soap and water before you prepare me.



I am small, so I am ready quickly!  
 1. Cook me any way you prefer  
 2. Add vegetables to the dish  
 3. Serve with boiled rice for a nutritious, balanced meal



Eat me whole for a strong body and smart mind.  
 I am great for you and your growing baby.