



Bouillie **A**mylasée **Mil** **S**oja **A**rachide (Amylased **B**aby Food on a **M**illet, **S**oya and **G**roundnut base)

www.bamisagora.org

A Project in the war against malnutrition

avril 2013

« For all people to have the capacity to feed themselves »
« For mothers to be able to feed their children with dignity »

The BAMISA Project

The BAMISA Project is related to Public Health in its fight against malnutrition in children and adults from tropical countries especially Africa. It works with the country's health care facilities. It promotes the practice of mixing the enzyme amylases into thick and hot baby food (pap) which allows it to liquefy without the addition of water, increasing its nutritive value.

The resulting baby food readily meets the demands of WHO (Who Health Organisation), having an energy density of 120 Kcalories with low viscosity (speed flow 120 mm/30 s).

Because it is involved in Nutritional Education Programmes it is crucial that BAMISA uses local amylases especially those found in malt from sprouting cereals.

The BAMISA Project makes a flour of cereals and pulses to which a small packet of malt is joined.

The cooked BAMISA baby food is high in energy and is a rich source of protein. BAMISA is known as a dietetic supplement to breast feeding which staves off childhood malnutrition both preventively and therapeutically. BAMISA flour is made from local ingredients : millet or corn, soya and groundnuts using traditional means.

The BAMISA Project relies on a network of Associations of income generating activities, Artisanal Production Groups and Community Work Groups run by and for women.

"The Association for the Promotion of the BAMISA Project" helps to construct a network of different partners who work on the Project both in the North and the South.

The aim of the website www.bamisagora.org is to make documentation on the implementation of the BAMISA project widely available.

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What is the BAMiSA Project ?

The aim of the BAMiSA Project is to fight childhood and adult malnutritions in tropical countries, especially in Africa.

The BAMiSA Project's proposals :

- The implementation of international recommendations related to childhood nutrition (**WHO – UNICEF**) : Exclusive breast feeding until 6 months old, then introduction of adequate food supplements and continuation of breast feeding until at least two years old.
- A process to manufacture **dietetic childhood flour** complying with the quality requirements for this type of food, BAMiSA flour.
- An easy recipe to make **baby food** (pap) become a high energy food and a major source of proteins, thanks to the use of **local amylases**. Popularization of the recipe “**1** measure of flour for **2** measures of water and **3** pinches of malt” can also be a topic for Nutrition Education programs. Making BAMiSA flour and amylase requires **local agricultural resources** and **simple traditional methods of manufacture** in UPA (*Unités de Production Artisanale* : Units of Traditional Production), in GFC (*Groupe de Fabrication Communautaire* : Manufacturing Community Group) or at home.

The BAMiSA Project relies on :

- **Self sufficient local associations** that run their production facilities and are self-financed thanks to the sale of BAMiSA® flour. These associations form the *Unités de Production Artisanale de farine BAMiSA®* (**UPA BAMiSA**) (Units of Traditional Production of BAMiSA® flour).
- **Groups of women** who manufacture BAMiSA flour for local use (with no sale of labelled flour.) These groups form the *Groupes de Fabrication Communautaires* (**GFC BAMiSA**) : Manufacturing Community Groups.
- Associations **in partnership** (North-South or South-South Partnership) that take part in the setting up of the UPA and GFC, support the nutrition education activities and participate to the Project expansion.
- A **network** composed of all the persons involved in the BAMiSA Project.
- The **Health and Social Services** facilities, whenever it is possible.

The BAMiSA Project is at the disposal of :

- Local people, so as to enable them to manage the nutrition difficulties met in their area with as much self-sufficiency, control, and permanence as possible, even in isolated areas, so as to reach vulnerable groups.
- Youth workers committed to health and willing to teach this method to fight malnutrition.
- Nutrition Education programs.

Implementing the BAMiSA Project is free :

- The process to manufacture BAMiSA flour and amylases can be found on the website www.bamisagora.org , or a CD can be sent free of charge on request (a postal address is needed).
- The BAMiSA Project is framed by the BAMiSA Charter and Quality Requirements.
- Any group undertaking the BAMiSA Project is welcome to join the National BAMiSA network or the APPB.

The sale of BAMiSA® flour is subject to the signing of and compliance with the BAMiSA Charter.

- Associations intending to sell BAMiSA® flour have to sign the Charter and send it to the *Association de Promotion du Projet BAMiSA* (The Association promoting the BAMiSA Project).
- The brand name BAMiSA® is under protection of French Patent Office INPI (*Institut National de la Propriété Industrielle*) and African Intellectual Property Organization OAPI.