

## COWS ON MILK STRIKE

*[Voice of cows are heard]*

**Mwiza:** Masanja, how many litres have you milked today? Orders have increased and Zebi is waiting here.

**Masanja:** Cows are on strike, I have only milked ten litres.

**Mwiza:** *[Harshly]* What?! I want to see those cows on strike today. I didn't expect them to do this to me.

**Zebi:** Mwiza, what will I mix in my child's porridge?

**Mwiza:** Aah! Zebi, is the milk for your child? I thought it's for you.

**Zebi:** I have been advised at the clinic to start feeding babies nutritious food from the age of 6 months. And my child is seven months old.

**Mwiza:** But there plenty of other nutritious foods.

**Zebi:** Really? Like what?

**Mwiza:** Cook a little bit of dagaa, amaranth and sweet potatoes, mash and feed him. Mix smashed groundnuts on his porridge and feed him.

**Zebi:** These foods aren't expensive and are available here at the village!!!

**Mwiza:** Yes. And continue breastfeeding.

**Zebi:** You have opened my eyes, let me go and cook sweet potatoes and dagaa for my child. I don't need to buy milk.

**Once it's six months (old), a baby needs to be also fed different foods like fish, chicken, beans/lentils, dagaa, nuts, vegetables, fruits, and meat that is pounded, so that he/she gets enough nutrition.**