* **ACCESS TO EASILY DIGESTIBLE, MICRONUTRIENT-RICH FOODS**

-Older persons, or families including older persons, should be provided with blended foods. In situations where blended food is not provided to the whole population, under-5-year-olds, pregnant and lactating women and older persons should be prioritized.

-Access to milling facilities in situations where whole-grain cereal is provided.

-Older persons (caregivers/families) should be assisted and encouraged in small-scale horticultural activities to increase consumption of fresh foods.

* **FAMILY AND COMMUNITY SUPPORT FOR FOOD PREPARATION**

-Older persons, without family or community support, can be assisted through community-based support programmes.

-Assistance with tasks such as collection of rations, food preparation and collection of water may be required for older persons.