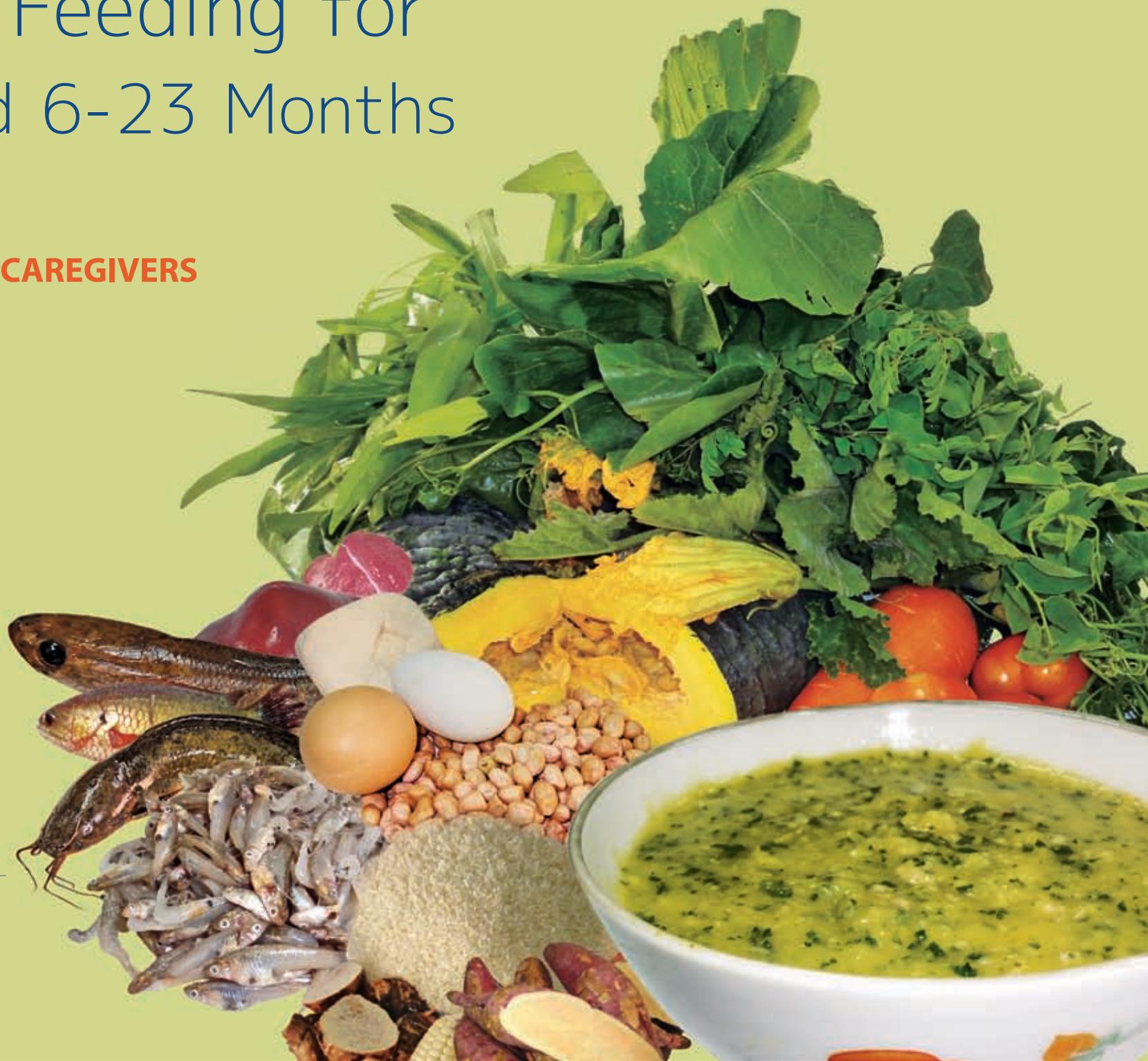


Complementary Feeding for Children Aged 6-23 Months

A RECIPE BOOK FOR MOTHERS AND CAREGIVERS



សហភាពអឺរ៉ុប កម្មវិធីស្បៀងអាហារ
FAO European Union Food Facility Project



FAO/EU Food Facility Project

“Improve the Food Security of Farming Families Affected by Volatile Food Prices”

To reduce the effects of volatile food prices, the European Union has provided financial support to the Food and Agriculture Organization of the United Nations (FAO) to help address the food insecurity in Cambodia. The FAO / European Union Food Facility Project focuses on the sustainability of increase productivity, improved management practices and improves access to agricultural inputs and services and to improve dietary diversity and family feeding practices, starting with Infant and Young Child Feeding (IYCF). FAO has implemented the project in collaboration with the General Directorate of Agriculture of the Ministry of Agriculture, Forestry and Fisheries, with cooperation from Ministry of Women’s Affairs, Ministry of Water Resources and Meteorology, Fisheries Administration, relevant provincial departments and local non-government organizations.



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This book was produced by FAO in collaboration with the Ministry of Agriculture, Forestry and Fisheries, the Ministry of Women’s Affairs and the Ministry of Health. National master trainers, provincial and district level staff from the three ministries were actively involved in nutrition training activities and facilitated the testing of nutrition recommendations and recipes in communities.

Our profound thanks go to the mothers and caregivers of children who generously shared their knowledge and experiences and actively participated in preparing and tasting the complementary foods. Our gratitude also goes to the local authorities in the nine provinces who facilitated introductions and supported the field work. Special thanks are due to the volunteers involved in the Trials of Improved Practices (TIPs) on Infant and Young Child Feeding, who helped to test this book and provided valuable comments and inputs.

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ACKNOWLEDGEMENTS

PHOTO

Photo 2, 3, 4, 6, 8, 9, 11, 12 (FAO/EU Food Facility Project)

Photo 1, 5, 7, 10, 13 (National Nutrition Program)

FIGURE

Figure 1, 2, 7 (INVENT Cambodia)

Figure 3, 4, 5, 6 (UNICEF)

Figure 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 21, 22, 23, 24, 26, 27, 28, 29 (FAO/EU Food Facility Project)

Figure 13, 14, 20, 25 (National Nutrition Program)

DIAGRAM

Diagram 1 (FAO/EU Food Facility Project)



INTRODUCTION

Purpose of the Booklet

Seven out of 10 children aged 6 months and over are fed plain rice porridge (borbor) with salt and sometimes a little sugar. Others get plain rice with liquid part of soup. These foods fill the child's stomach but they do not provide enough energy and nutrients for good physical growth and mental development, often resulting in malnutrition. This recipe booklet gives guidance on how to prepare nutritious and safe complementary foods for young children.

Recipe Development

The Recipes in this booklet have been developed to meet the specific dietary needs of children aged 6 to 23 months, using foods available in different provinces of Cambodia. Some of the foods are grown on family farms and home gardens and others can be purchased from the local market. The recipes were field-tested with mothers and caregivers in a real home setting to ensure that the foods are available and affordable to most families.

Users of the Recipe Booklet

The recipe booklet is for mothers, grandmothers and other caregivers who feed small children.

Contents of the guide

This booklet is organized in 6 sections which provide information and guidance on:

- Good complementary feeding.
- Proper food and personal hygiene to prevent diarrhea.
- Appropriate food preparation methods and household measures to ensure that children get enough energy and nutrients for growth and development.
- Complementary feeding guide and recipes for children of different age groups.



Photo1

(Source: National Nutrition Program)

SECTION 1

What is Good Complementary Feeding?



Photo2



SECTION 1

What is Good Complementary Feeding?

The period of transition from exclusive breastfeeding to family foods, referred to as complementary feeding, covers the period from 6-23 months of age, and is a very vulnerable period. It is the time when malnutrition starts in many infants, contributing to the high prevalence of malnutrition in children under two years of age.

Malnutrition in young children can be prevented by feeding them enough nutritious and safe complementary foods.

Good complementary feeding means feeding your child with enriched porridge every day and offer additional nutritious snacks between meals, for example mashed ripe fruit. You can prepare a good enriched porridge from a variety of local foods that are available in your home, from your garden or the local market.

3

The diagram shows a wide variety of foods from which you can choose to make enriched porridge:

- **Rice, sweet potato or taro**
- **Fish, meat, liver, egg or beans (peanut, mungbean)**
- **Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, moringa leaves (marom) etc.**
- **Add a little oil to enhance the taste of food and to increase its energy content.**



Section 1

What is Good Complementary Feeding?

COMPLEMENTARY FEEDING

Diagram 1



- Chose one food item from each group to make different types of enriched borbor.
- Vary your child's diet every day.
- Your child will have more appetite, if you feed him/her different foods daily.
- He/she will eat more and grow well.

ADDITIONAL NUTRITIOUS SNACKS

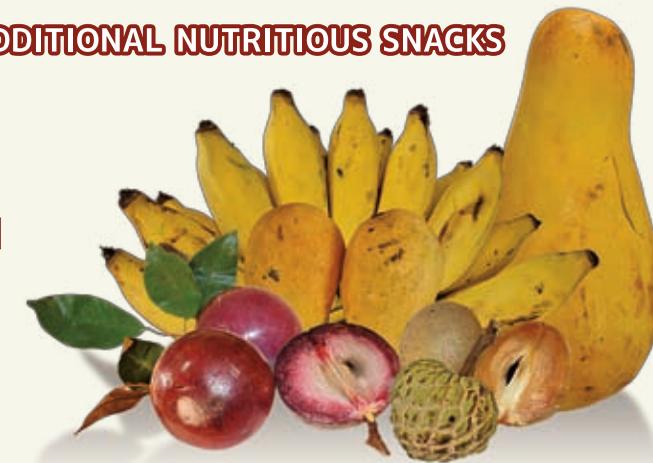
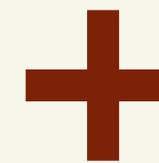
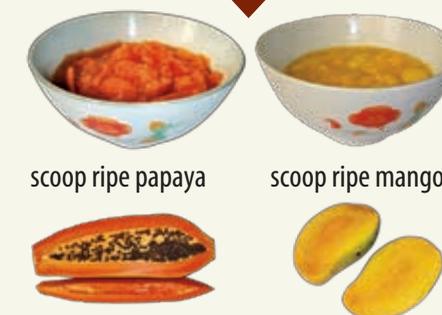


Photo 3



**Remember! Feed your child enough borbor, and give different fruits every day.
Your child will be strong, healthy and smart.**

SECTION 2

Guide on Food Safety and Personal Hygiene in Complementary Feeding



SECTION 2

Guide on Food Safety and Personal Hygiene in Complementary Feeding

Practicing **good food safety and personal hygiene** is important for preparing safe and healthy complementary foods and feeding children. It helps to prevent child illnesses, especially diarrhea. Therefore wash hands with soap (or ash) and clean water.

7



Figure 1



Figure 2



Remember !

- 1 Use clean utensils to prepare and serve food
- 2 Select fresh or wholesome food
- 3 Reheat left-over food until hot and steaming



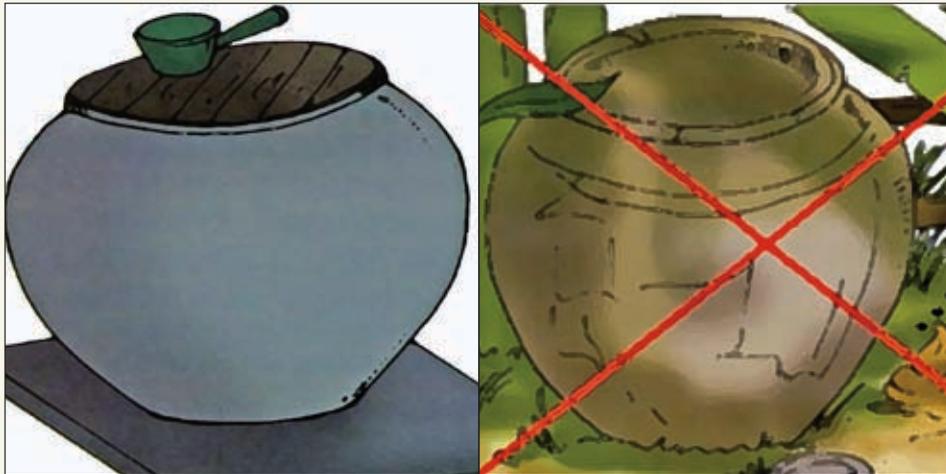
Figure 3 (UNICEF)



Section 2

Guide on Food Safety and Personal Hygiene in Complementary Feeding

9



Cover your water jar

Figure 4 (UNICEF)



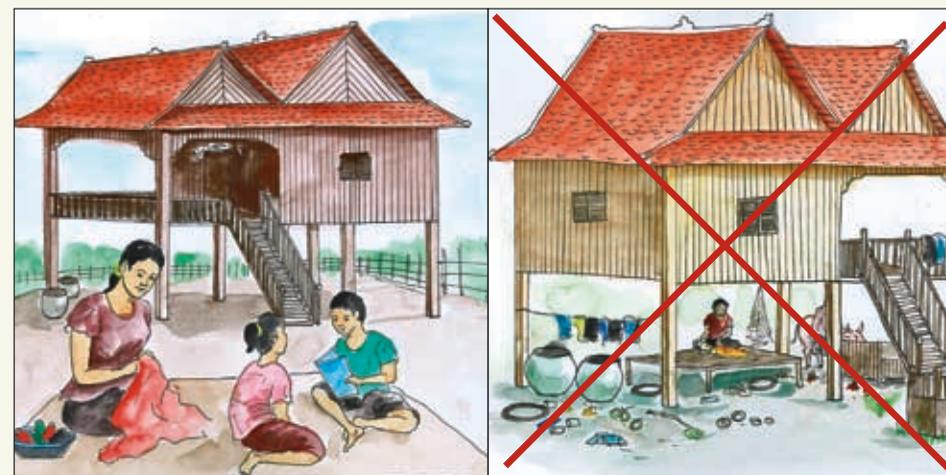
Always drink safe water (From safe source or boiled)

Figure 5 (UNICEF)



Always cover food

Figure 6 (UNICEF)



Keep your home and surroundings clean

Figure 7

SECTION 3

Guide to Food Preparation and Household Measures



SECTION 3

Guide to Food Preparation and Household Measures

11

Food Preparation and Cooking Methods



Wash fresh sweet potato or taro



Peel sweet potato or taro



Cut and chop tuber to dice shape



Cut and chop tuber to dice shape



Measure and add tuber to pot



Mash the tuber into paste when it is soft



Remove scale & gut and clean fish



Boil fish in pot



Debone fish



Mash with ladle or spoon



Measure and add mashed fish to pot



Wash egg



Break egg



Scramble egg



Add well scrambled egg to pot

Figure 8



Food Preparation and Cooking Methods



Wash meat



Finely slice meat



Finely chop meat



Measure and add
meat to pot



Remove poor quality
peanuts



Roast peanuts



Remove roasted
peanut skins



Pound roasted
peanuts



Measure and mix
pounded peanuts
with rice soup to
make paste



Add peanut paste
to pot



Wash Vegetables



Finely cut vegetable
leaves



Finely chop
vegetable leaves



Measure and a
dd vegetable to pot

Figure 9



Section 3

Guide to Food Preparation and Household Measures

13

Fruits Preparation and scoop



Wash mango with clean water



Slice mango



Lightly scoop mango with tablespoon



Mash mango



Wash banana with clean water



Half remove skin banana



Lightly scoop banana with tablespoon



Mash banana

Figure 10



Remember! Household or local measures used in this recipe booklet are bowls, tablespoons, teaspoons and the local tin.



វិធីវាស់គ្រឿងផ្សំ និងបរិមាណដែលស្មើគ្នា

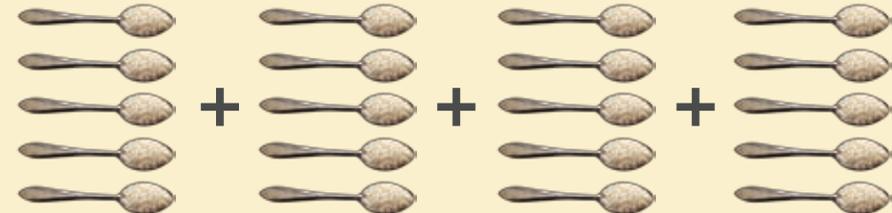
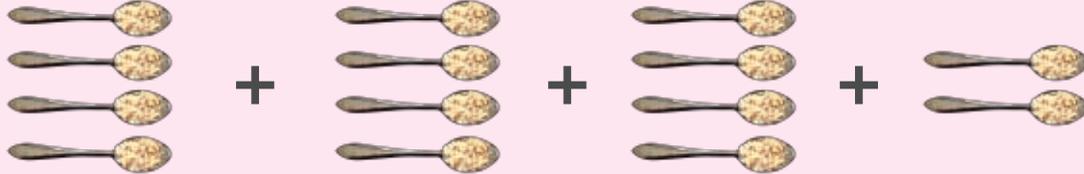
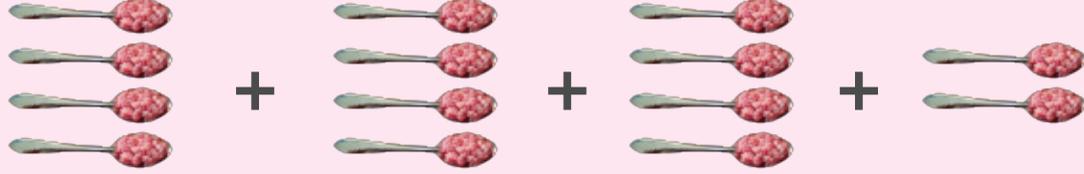
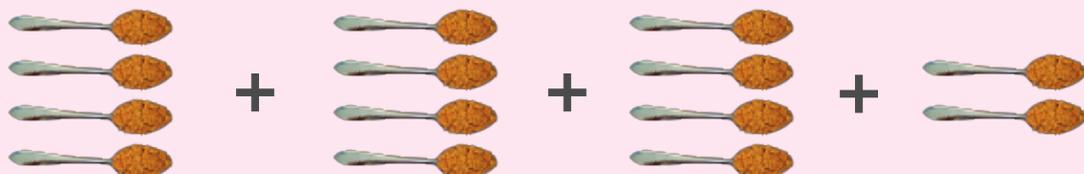
Uncooked Food		Measurement Equivalent				
	 1 tin	=		20 tablespoons	=	 1 bowl
	 1 bowl	=		14 tablespoons		
	 1 bowl	=		14 tablespoons		
	 1 bowl	=		14 tablespoons		

Figure 11



Section 3

Guide to Food Preparation and Household Measures

វិធីវាល់គ្រឿងផ្សំ និងបរិមាណដែលស្មើគ្នា

Uncooked Food	Measurement Equivalent	
 Peanut	 1 bowl	 8 tablespoons

Figure 12

SECTION 4

Complementary Feeding
Guide and Recipes

For Children

6-8 MONTHS
OLD



Photo 4



SECTION 4

Complementary feeding guide and recipes for children 6-8 months old

At 6 Months

Breastfeed only up to the age of 6 months

- 👍 Breast Milk is best
- 👍 Start breastfeeding within first hour of birth
- 👍 Breastfeed on demand
- 👍 Give only breast milk for the first 5 months of life
- 👍 Breastfeed at least 8 times a day
- 👍 Empty both breasts
- 👍 Look child in the eyes when breastfeeding and respond positively to child



Remember ! Eat more to produce enough milk

- 1 Eat a little extra food at each meal
- 2 Eat snacks between the main meals
- 3 Drink a lot of fluids (e.g. soups)



Photo 5 (National Nutrition Program)



At 6 Months

Introduce good complementary foods

- 👉 From 6 months, breast milk is no longer enough to support child growth
- 👉 Give your child enriched borbor and introduce one new food at a time (rice, sweet potatoes, fish, eggs, vegetables, a little oil,...)

Feeding

- 👉 Start to give 2-3 tablespoons of enriched borbor twice a day
- 👉 Food must be well cooked and soft but thick in consistency
- 👉 Continue breastfeeding on demand



៦ ខែ

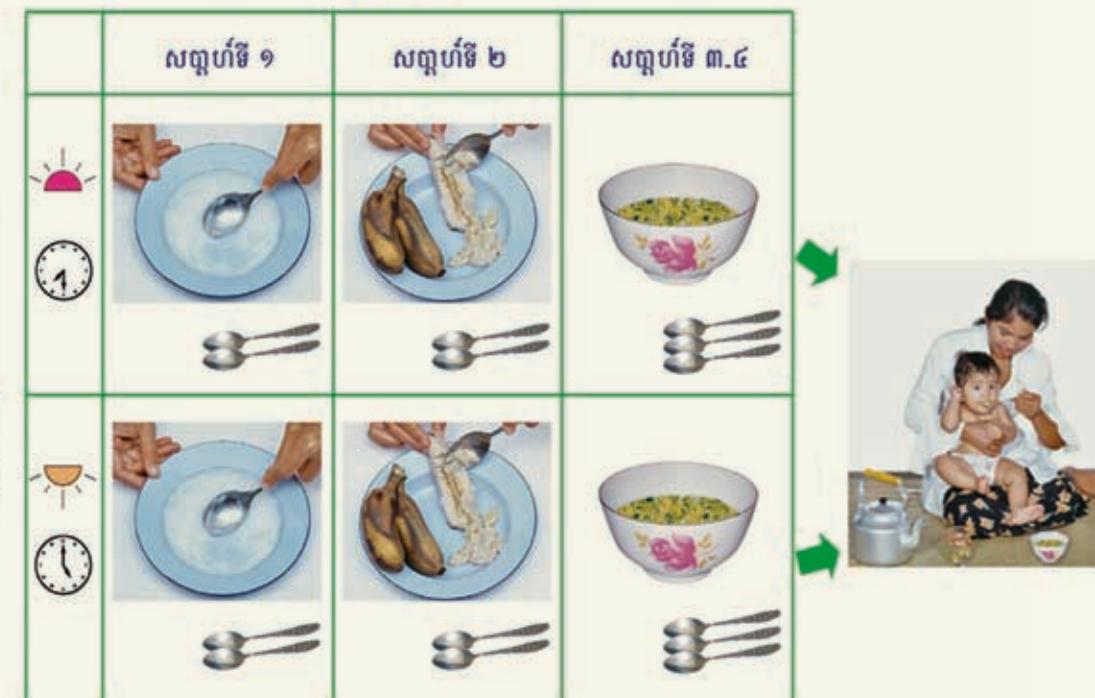


Figure 13 (National Nutrition Program)



Section 4

Complementary Feeding Guide and Recipes for Children 6-8 Months Old

Children Aged 7-8 Months

Increase amount of enriched borbor. Complementary food can be made using:

- 👉 Rice, sweet potato or taro
- 👉 Fish, meat, liver, egg or beans (peanut, mungbean)
- 👉 Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, or moringa leaves (marom) etc.
- 👉 Add a little oil to increase the energy content and make the food tasty.

19

Feeding

- 👉 Increase feeding to 3 times per day, up to half a bowl (Chan Chang Koeh) at each meal.



Photo 6



Figure 14 (National Nutrition Program)



Photo 7 (National Nutrition Program)

- 👉 Continue breastfeeding at least 8 times per day!



Examples of complementary feeding recipes for children 6-8 months

Rice with fish and morning glory borbor

Ingredients



How to cook



Cooked food



Figure 15

Sweet potato with peanuts and pumpkin leaves borbor

Ingredients



How to cook



Cooked food



Figure 16

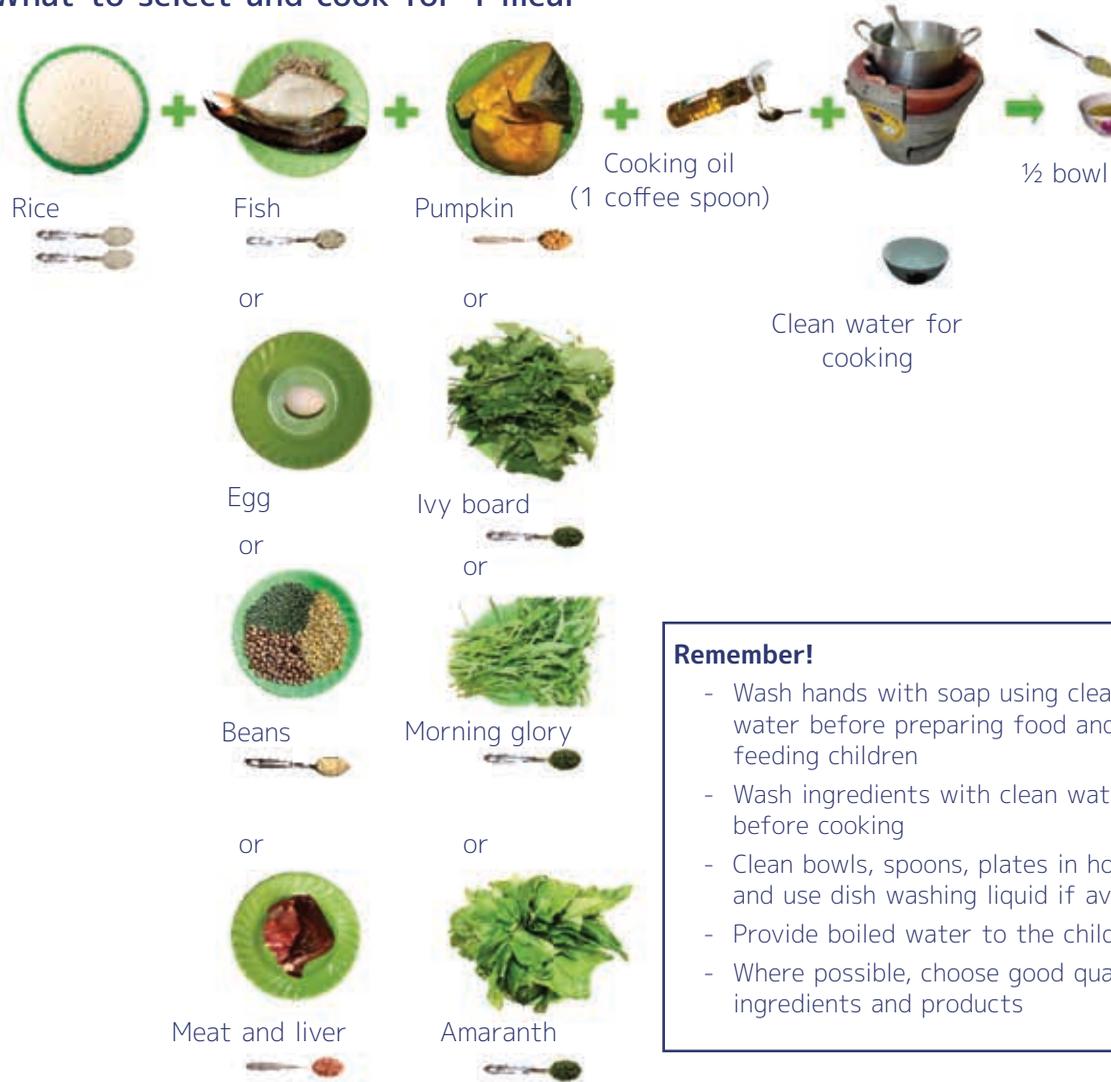


Section 4

Complementary Feeding Guide and Recipes for Children 6-8 Months Old

1 Complementary Feeding Recipes for Children Aged 6-8 months: Using Rice

What to select and cook for 1 meal



Child Feeding



Feed child 2 times a day 2-3 table spoon per meal



Feeding child 3 times a day



Continue breastfeeding

Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats

Figure 17



2 Complementary Feeding Recipes for Children Aged 6-8 months: Using Sweet Potato or Taro

What to select and cook for 1 meal

Sweet potato (Yellow Sweet Potato is better than White)
or
Taro

Fish
or
Egg

Pumpkin
or
Ivy board
or
Morning glory
or
Amaranth

Meat and liver

Cooking oil (1 coffee spoon)

Clean water for cooking

1/2 bowl

- Remember!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dish washing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products

Child Feeding



Feed child 2 times a day
2-3 table spoon per meal



Feeding child 3 times a day



Continue breastfeeding



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats

Figure 18



What you will need for the preparation of more than one meal (6-8 months)

23

Ingredients	1 meal		2 meals		3 meals	
	Quantity	Water	Quantity	Water	Quantity	Water
 Rice OR  Sweet potato or Taro	 2 tablespoons	 1 & ½ Bowls	 4 tablespoons	 2 & ½ Bowls	 6 tablespoons	 3 & ½ Bowls
 Fish or Meat or Peanut OR  Egg	 1 tablespoon		 2 tablespoons		 3 tablespoons	
 Vegetable	 1 tablespoon (chopped)		 2 tablespoons		 3 tablespoons	
 Oil	 1 teaspoon		 ½ tablespoon		 1 tablespoon	

Figure 19

SECTION 4

Complementary Feeding
Guide and Recipes

For Children

9-11 MONTHS
OLD



Photo 8



SECTION 5

Complementary Feeding Guide and Recipes for Children 9-11 Months Old

Children Aged 9-11 Months

As your child gets older, increase the quantity of enriched borbor. Continue making complementary foods using:

- 👉 Rice, sweet potato or taro
- 👉 Fish, meat, liver, egg or beans (peanut, mungbean)
- 👉 Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, or moringa leaves (marom) etc.
- 👉 Add a little oil to increase the energy content and make the food tasty.

Yellow sweet potato, ripe papaya and ripe mango are good sources of vitamin A and can prevent night blindness.

25

Feeding

- 👉 Feed borbor 3 times per day. Increase the amount of food to an almost full bowl (Chan Chang Koeh) at each meal.
- 👉 Give a snack each day, preferably fruits (banana, papaya, mango, jackfruit or milk fruit).



Photo 9

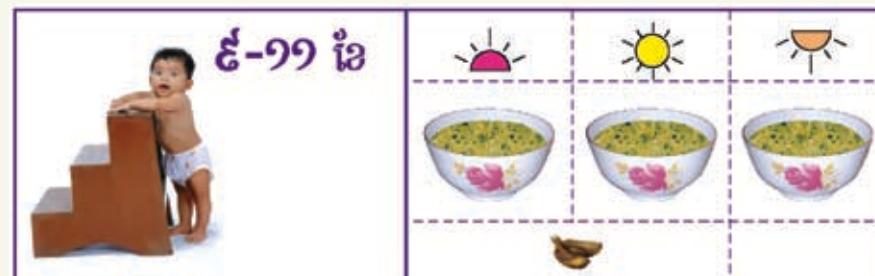


Figure 20 (National Nutrition Program)



Photo 10 (National Nutrition Program)

👉 Continue to breastfeed on demand.



Example of Complementary Feeding Recipe for Children 9-11 Months

Rice with egg and pumpkin borbor

Ingredients



How to cook



Figure 21



Section 5

Complementary Feeding Guide and Recipes for Children 9-11 Months Old

3 Complementary Feeding Recipes for Children Aged 9-11 months: Using Rice

What to select and cook for 1 meal



Child Feeding



Feed child 3 times a day and provide snack once a day



(Picture from NNP)

Continue breastfeeding

Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats



4 Complementary Feeding Recipes for Children Aged 6-8 months: Using Sweet Potato or Taro

What to select and cook for 1 meal

Sweet potato
(Yellow Sweet Potato is better than White)

or

Taro

or

Meat and liver

Fish

or

Egg

or

Beans

or

Meat and liver

Pumpkin

or

Ivy board

or

Morning glory

or

Amaranth

Cooking oil
(½ table spoon)

Clean water for cooking

Almost full bowl

- Remember!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dish washing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products

Child Feeding



Feed child 3 times a day and provide snack once a day



Continue breastfeeding



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats

Figure 23



What you will need for the preparation of more than one meal (9-11 months)

29

Ingredients	1 meal		2 meal		3 meal	
	Quantity	Water	Quantity	Water	Quantity	Water
 Rice OR  Sweet potato or Taro	 2 & ½ tablespoons	 1 & ½ Bowls	 5 tablespoons	 3 Bowls	 7 & ½ tablespoons	 4 & ½ Bowls
 Fish or Meat or Peanut OR  Egg	 1 & ½ tablespoons		 3 tablespoons		 4 & ½ tablespoons	
 Vegetable	 1 & ½ tablespoons		 3 tablespoons		 4 & ½ tablespoons	
 Oil	 ½ tablespoon		 1 tablespoon		 1 & ½ tablespoons	

Figure 24

SECTION 6

Complementary Feeding
Guide and Recipes

For Children

12 - 23 MONTHS
OLD



Photo 11



SECTION 6

Complementary Feeding Guide and Recipes for Children 12-23 Months Old

Children Aged 12-23 Months

In addition to enriched borbor, your child can start eating part of the family meal from 12 months on. Continue preparing enriched borbor from food variety in the home and include:

- 👉 Rice, sweet potato or taro
- 👉 Fish, meat, liver, egg or beans (peanut, mungbean)
- 👉 Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth, pumpkin, etc.
- 👉 Add a little oil to increase the energy content and make the food tasty.

31

Feeding

- 👉 Feed enriched borbor 3 times per day.
- 👉 Increase the amount of the food to a full bowl at each meal
- 👉 Give snacks, especially fruits 2 times per day.



Photo 12



Figure 25 (National Nutrition Program)



Photo 13 (National Nutrition Program)

👉 Continue breastfeeding on demand.



Example of Complementary Feeding Recipe for Children 12-23 Months

Taro with meat and ivy gourd leaves borbor

Ingredients



How to cook



Figure 26



Section 6

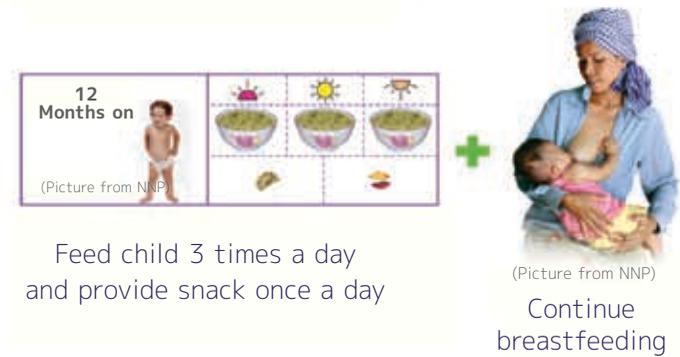
Complementary Feeding Guide and Recipes for Children 12-23 Months Old

5 Complementary Feeding Recipes for Children Aged 12-23 months: Using Rice

What to select and cook for 1 meal



Child Feeding



- Remember!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dish washing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats

Figure 27



6 Complementary Feeding Recipes for Children Aged 12-23 months: Using Sweet Potato or Taro

What to select and cook for 1 meal

Sweet potato (Yellow Sweet Potato is better than White)

Fish

Pumpkin

Cooking oil (½ table spoon)

Clean water for cooking

full bowl

or

Taro

Egg

Ivy board

Beans

Morning glory

Meat and liver

Amaranth

Child Feeding



Feed child 3 times a day and provide snack once a day



(Picture from NNP)
Continue breastfeeding

- Remember!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dish washing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats

Figure 28



What you will need for the preparation of more than one meal (12-23 months)

35

Ingredients	1 meal		2 meal		3 meal	
	Quantity	Water	Quantity	Water	Quantity	Water
 Rice OR  Sweet potato or Taro	 4 tablespoons	 2 Bowls	 7 tablespoons	 4 & ½ Bowls	 10 & ½ tablespoons = ½ tin	 6 & ½ Bowls
 Fish or Meat or Peanut OR  Egg	 2 tablespoons		 4 tablespoons		 6 tablespoons	
 Egg	 1 Egg		 1 Egg		 1 Egg	
 Vegetable	 2 tablespoons		 4 tablespoons		 6 tablespoons	
 Oil	 1 tablespoon		 1 tablespoons		 1 & ½ tablespoons	

Figure 29

**អង្គការស្បៀង និងកសិកម្ម នៃ
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នៅមន្ទីរកិច្ចការនារីខេត្តគោលដៅទាំង ៩

មន្ទីរកិច្ចការនារីខេត្តកំពង់ស្ពឺ: ០២៥ ៩៨៧ ៣៤៣

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