**With this table we want to help you to easily visualize your current food processing strategies to combat hidden hunger. The goal is to see trends and to flag potential actions to improve the nutritive value of your food product. If you are just planning to start a food company or to develop a new product, you can use this table as well. Just write the products you want to produce!**

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| **List your final food products** | **Raw materials currently used** (indicated if they are whole grains or polished/refined) | **Processing methods** (for example, refining, milling, soaking, extrusion, fermentation, germination, malting, heating, hydrothermal process, etc.) | **How do you combat hidden hunger through the food product?** (select between fortification, supplementation, diversification or biofortification) |
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**Once you have completed the table, please follow this questionnaire.**

1. **Raw materials used: Do you currently use traditional varieties of local grains? Example of traditional grains are millet, sorghum, quinoa, theft and ancient varieties of wheat and maize.** 
   * **YES** **🡪** Excellent! Traditional varieties are naturally nutrient dense and will contribute to the final nutritive value of your food product (if they are processed properly). Traditional varieties are also more resilient to changes in the weather, helping famers to better cope with climate change effects.
   * **NO** **🡪** Consider which traditional varieties (always use whole grains!) could provide similar taste and texture to your food products. You do not need to change all at the same time. Food companies can start by introducing new whole grains ingredients gradually. For example, if you are using polished rice in your food products because consumers like it and are familiar with its taste, start by reducing the amount of polished rice and introduce traditional grains like millet.

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| **List your final food products** | **Raw materials currently used** (indicated if they are whole grains or polished/refined) | **What traditional whole grains can be incorporated in your current formulation?** |
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**Processing methods: Does any of your processing methods enhance bioavailability of micronutrients? In the training material you can read about the processing methods that contribute to naturally increase bioavailability of minerals.**

* + **YES 🡪** Check if your process can be optimized or if you could combine more than one process.
  + **NO 🡪** Consider starting by incorporating one or two steps of bioprocessing techniques to your current production line. You will increase the nutritive value of your product without needing to completely transform your processing equipment. For example, consider incorporating soaking, fermentation or hydrothermal process before extruding your whole grains.

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| **List your final food products** | **Processing methods** | **What bioprocessing methods are you currently using and which one(s) could be incorporated?** (for example, soaking, fermentation, germination, malting and/or hydrothermal process) |
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**Communicate to consumers: Globally healthy food is mostly perceived as expensive and tasteless. Beside using traditional food marketing strategies, your food company needs to incorporate (and translate for consumers) learnings from research. As a food company producing nutritive food, your marketing strategy needs to carefully consider not only who is your target consumer and what are their needs, but also the awareness level regarding the ingredients and potential health benefits.**

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| **List your final food products** | **Target group** | **Current communication channel used** (it could be trough social media, packaging, etc.) | **Is the information clear for that specific target group?** (YES/NO) | **How can it be improved?** (Use the recommendations provided in the online training) |
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