

**REPORT ON ORIENTATION PROGRAMME FOR FOOD VENDORS AND
SCHOOL FEEDING PROGRAMME CATERERS ON NUTRITION HELD ON
THURSDAY, 28TH OCTOBER, 2021 AT THE FORECOURT OF THE DISTRICT ASSEMBLY**

INTRODUCTION

In a bid to improve the quality of meals served to pupils under the Ghana School Feeding Programme [GSFP] and the general public, an orientation programme was organized for ninety-one caterers and cooks in the District. The activity was directed at training caterers and cooks on contemporary methods of cooking to boost the quality of food prepared for both pupils and the public.

BUSINESS OF THE DAY

The Ghana School Feeding Programme [GSFP] Nutrition Officer and the nutrition officer from the Health Directorate educated the cooks and caterers on modern cooking strategies using local ingredients. The training was also to address the concerns promulgated about the quality of food sold to the general public and also about the school feeding programme.

It was mentioned that the nutritional demands of most of the meals were insufficient.

Concerns raised by caterers of the school feeding programme were that the monies allocated them for preparation of the meals were insufficient and that they sometimes had to supplement their budget with funds from their own pockets.

Food vendors and cooks lamented about the daily increment of prices of food stuffs in addition to low capital.

Cooks resorted to the use of cheap ingredients and foodstuffs that were close to its used by date. In addition to that the use of too much artificial spices like Onga in meals for the general public was also a health concern hence the need to provide alternatives by instructing them on the use of local ingredients and local spices to boost the standard of meals served to the public and pupils.

Some local ingredients like dawadawa, soyabeans, local rice, and all sorts of local spices that could be purchased at cheaper costs were brought to the attention of caterers, cooks and food vendors.

At the end of the programme, the caterers and cooks expressed their enthusiasm about the orientation programme. They professed that the training was insightful and very useful and as such would go a long to enhance their cooking skills and improve the nutritional health of the public and pupils altogether.

They expressed sentiments that from time to time such programmes should be organized to advance the services rendered to the public and pupils.

CONCLUSION

Generally, the orientation programme was fairly successful. There was exhibition of various meals prepared by caterers and cooks and assessment by GSFP coordinators and the District School Feeding Oversight Committee members.



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AMANSIE CENTRAL DISTRICT ASSEMBLY

NUTRITION ORIENTED INTERVENTIONS IN THE DISTRICT

1. GIRL'S IRON AND FOLATE TABLET SUPPLEMENTATION (GIFTS)

Globally and in Ghana, anemia remains a major public health problem which affects a large segment of the population of which Amansie Central is of no exception. Anaemia particularly affects women, children under five and adolescents. Known causes of anaemia include poor infant and young child feeding practices, consumption of meals with low bioavailability of iron, poor content of animal source food. Individuals with anaemia have less energy and reduced physical capacity and work performance.

GIFTS is a nationwide program run by the Nutrition unit of Ghana Health service to help reduce the prevalence of anaemia (low haemoglobin levels) in the country. Girls between the ages of 10 and 19 years both in school and out of school are given Iron and Folate tablets once a week to complement their dietary intake.

The success of the GIFTS program is shown in the strong positive outcomes in terms of improved hemoglobin levels and reduced anemia prevalence among adolescent girls.

2. JAPAN INTERNATIONAL COOPERATION AGENCY MATERNAL AND CHILD HEALTH RECORD BOOK PROJECT

The maternal and child health record book is a home-based record book for mothers, newborns and children. The Ministry of Health, Ghana Health Service and JICA have worked together with stakeholders in developing this book

The availability of MCHRB offers a great opportunity of improving the delivery of integrated Maternal and Child Health and Nutrition services and strengthening continuum of care. Through the project intervention, health care providers are able to provide Nutrition counseling services and Maternal and Child Health services effectively in a respectful manner.

3. VITAMIN A SUPPLEMENTATION

Vitamin A supplementation is a global Health strategy to eliminate Vitamin A deficiency and its consequences. Children less than age five within the district are given two doses or more of Vitamin A supplements. This is done through mass Vitamin A supplementation and at various child welfare clinics.

4. IODATED SALT SURVEY

Iodated salt is among the important micronutrients essential for proper growth and development. Iodine is said to be the single greatest cause of preventable mental impairment globally and also causes adverse effect on development and productivity.

Available Data from Ghana Demographic and Health Survey indicates that household consumption of iodated salt has increased over time. However only a small proportion are using adequate iodized salt.

Findings from the survey do shape direction of iodated salt programs. It also informs government, salt producers and food manufacturers and other key stakeholders as they implement measures for ensuring that iodine nutrition stays within optimal levels.

5. ROUTINE GROWTH MONITORING AND PROMOTION

Growth monitoring and promotion is the routine measurement of weight and length of children less than age five to compare to laid down standards to ascertain whether they are growing normally or otherwise. Growth monitoring is carried out at various outreach points and at various health facilities. Also children who are identified to be malnourished are managed to correct the anomalies.