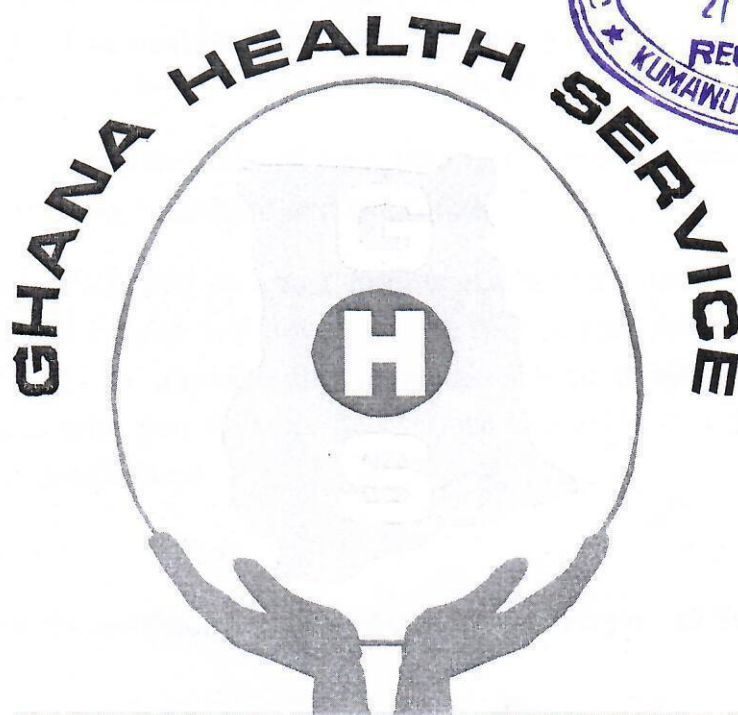


SEKYERE KUMAWU DISTRICT HEALTH DIRECTORATE
**REPORT ON FOOD DEMONSTRATION ORGANIZED IN WONOO,
BODOMASE AND NTARENTARE**



Your Health • Our Concern

JULY, 2022

REPORT ON FOOD DEMONSTRATION AT BODOMASE, WONOO AND NTARENTARE

INTRODUCTION

In Ghana most nutrition related problems begins after weaning. National and Donor support in diverse ways to scale up nutrition proven interventions are woefully inadequate. A myriad of Nutrition specific interventions such as CMAM, IYCF, NACS, Growth monitoring and promotion, Nutrition (Supplementary feeding), and Control of micronutrient deficiencies (Vitamin A, iodine, iron, folic acid, folate) are currently being implemented with little funding in so many ways.

It is against this backdrop that, the District Health Directorate embarked upon food demonstration at Wonoo, Ntaretare and Bodomase.

This exercise was conducted to assist mothers/caregivers understand the type of food needed for child growth and development, the nutrient components of various food stuffs, and how to combine the four star diet in preparing food for their babies. Participants took part fully in the exercise and expressed their appreciation to the staff for the programme.

General Objective

- To improve the nutritional status of children under five in Sekyere Kumawu

Objective

- To demonstrate the importance of combination of our locally available foods to meet the child nutritional needs.
- To create awareness on complementary feeding. (Timeliness, quality, frequency, quality in addition to the breast milk.
- To empower community members on the need to engage in backyard farming to ensure food is available at all times for children.
- To demonstrate the modes of preserving nutrients in the process of cooking.

OUTCOME OF THE ACTIVITY

Then program was done at Wonoo, Ntaretare and Bodomase. Information was given to the communities through the CHMC members and community information centres to keep them informed about the programe. A day before the food demonstration phone calls were made to comfirm that the programme comes off, the needed ingredients were purchased and the right key message to be delivered were compiled, printed and distributed to all facilitators.

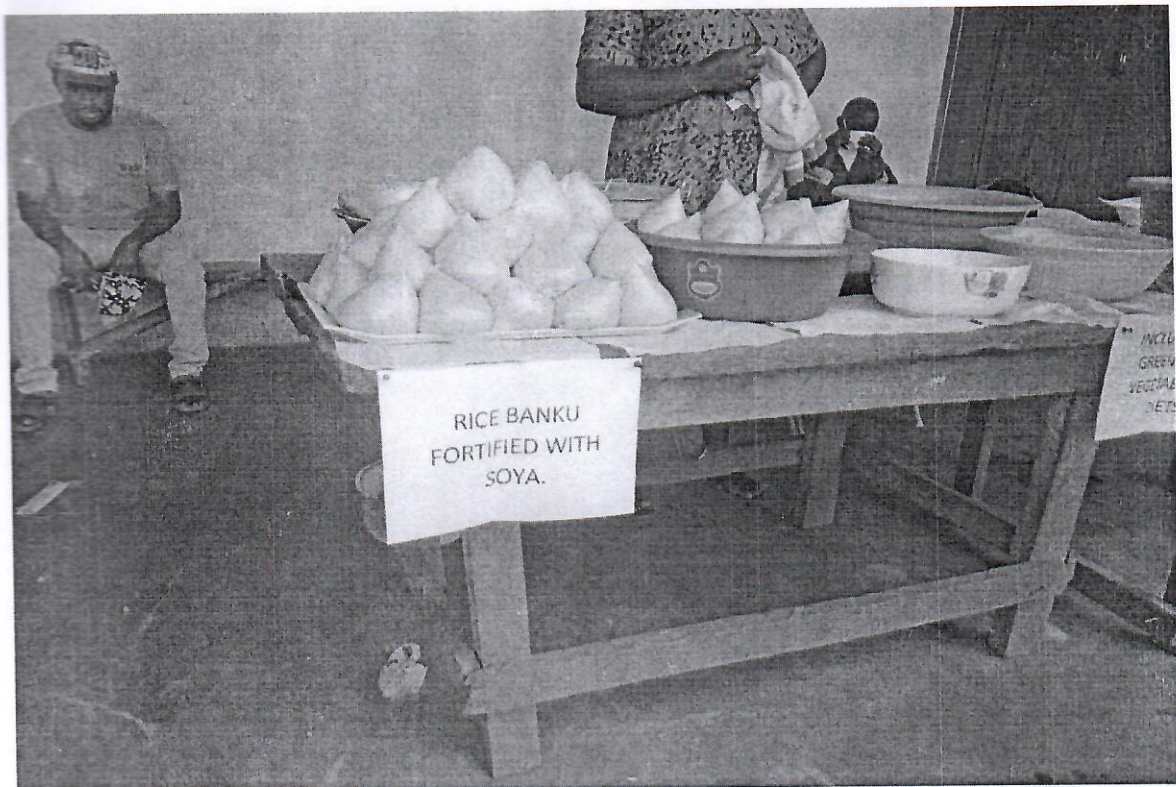
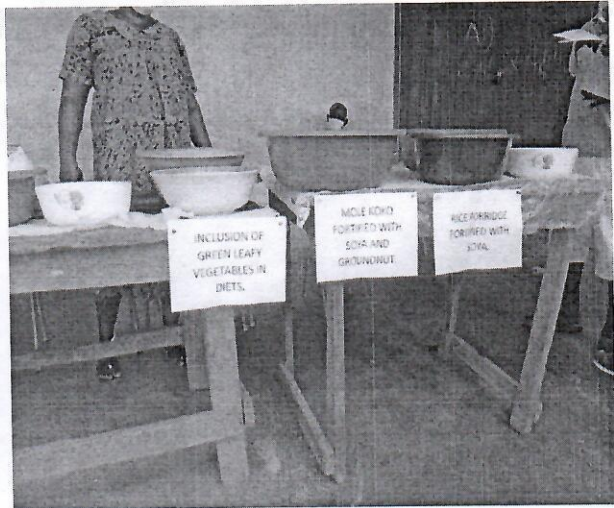
A few hours before the food demonstration

The demonstration site were properly checked and ensured that all ingredient and equipment there was ready, food safety procedures were checked by the Nutrition Officer to be sure that food stuffs were wholesome. Hand washing,

During the food demonstration.

The health staffs and district officers introduce themselves to the crowed, the purpose of the food demonstration was explained and its ingredients to use displayed. The nutritional content of each food item and their functions in the body was also explained to the participants. The participants were taken through the process of preparation this was led by the Nutrition officer, at each stage the reason for the use of a particular ingredient and its nutritional content was clearly explained. After preparation, food samples were finally distributed to participants to test. The recipes were again discussed with mothers/ caregivers.

Samples of the different variety of food prepared at Bodomase



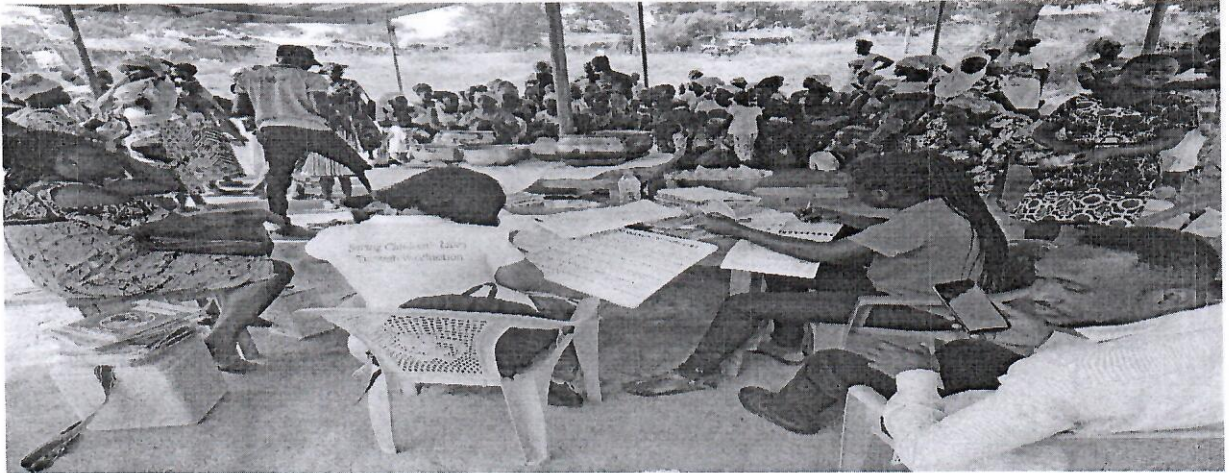
A cross section of caregivers/mothers gathered at food Demonstration session at Bodomase

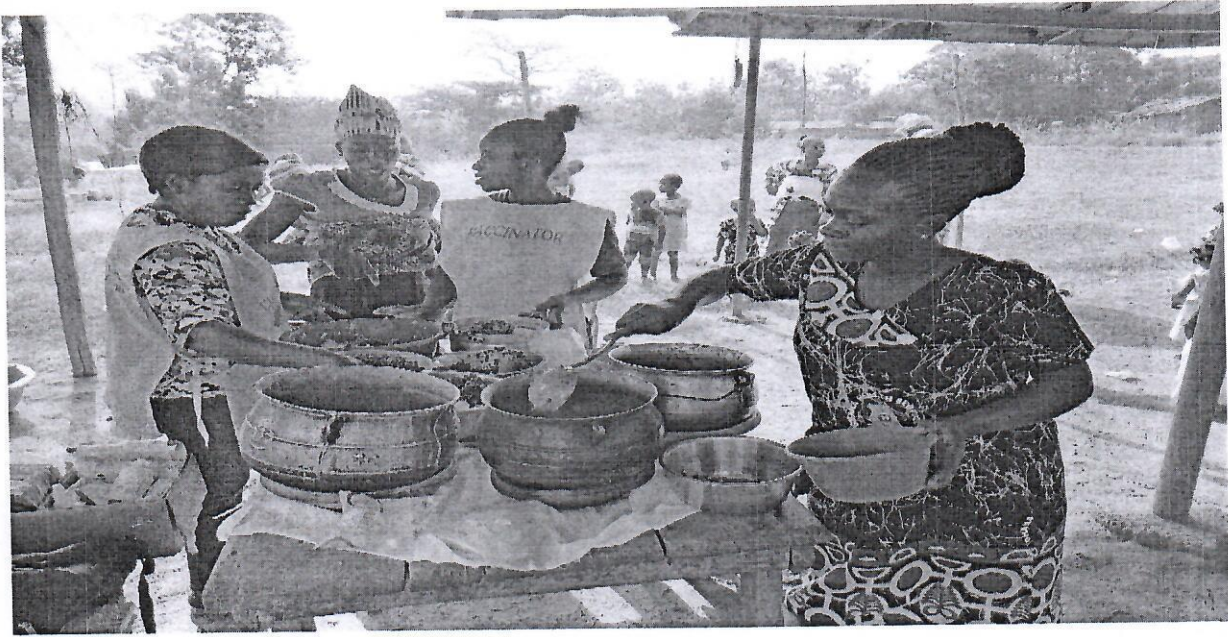


Scenes from Wonoo food demonstration



Scenes from Ntarentare food demonstration





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(DDHS)