NORTH EAST GONJA DISTRICT ASSEMBLY
REPORT ON ORIENTATION AND TRAINING OF CATERERS /STAKEHOLDERS IN GHANA SCHOOL FEEDING ON HEALTH AND HYGIENE FOR AT KPALBE.

DATE: 17/10/2022.

COMPILED BY: DESK OFFICER
SULEMANA WALIS

FACILITATORS

1. **DESK OFFICER**
2. **SHEP COORDINATOR**
3. **NUTRITION OFFICER**
4. **ENIRONMENTAL HEALTH OFFICER**

INTRODUCTION

This was a training of about 65 Stakeholders, made up of 45women and 15men, who were within the ages of 32- 45years in the Ghana School Feeding Programme at the School level, on handy measures and Health Hygiene during food preparation. The purpose of the training was to educateTaeachers, Cooks and Caterers on handy measures, appropriate hygienic practices and prevention of Cholera and other diseases on the school environment.

WELCOME REMARKS BY DISTRICT COORDINATING DIRECTOR

A formal introduction of individuals was done, and the District Coordinating Director on behalf of the District Chief Executive welcomed the participants and urged them to take the training serious for the full utilization of the programme. He added that, the contract of the old Caterers has ended hence the need the recruitment of the new; the essence of the training is to equip caterers with skills for quality implementation of the programme. He also noted that, such trainings will be organized biquaterly basis to ensure quality implementation. He therefore encouraged the Caterers to put in their best in the implementation of the programme.

TRAINING/CONTENT

The Facilitator then took the participants through Portion Control which means controlling the size or quantity of food served to each child. The amount of food allowed per portion depends on the following three considerations:

1. The age of the child and level of activity

2. The quality of the food

3. Health state of beneficiary

Participants were taught on the various measuring dimensions before and after food preparation.

Paint bucket

- 33 servings of uncooked rice
- 38 servings of maize flour for banku or Tuo zaafi
- 32 servings of Gari
- groundnut paste with 25L of water = 210 servings
- 2 paint buckets of palm fruits prepared with 1 bucket of water (25L) = 75 portions
- 343 School children could be served from one ‘paint bucket’ of palm oil.
- 337 school children could be served from one ‘paint bucket’ of vegetable oil

Small bowl for serving

For serving plain rice, wakye and jollof rice. (1 Serving)

SUGGESTED PORTIONS FOR SCHOOL AGE CHILDREN IN THE GHANA SCHOOL FEEDING PROGRAMME		
CLASS	**COOKED FOOD**	**SERVING SIZE**
4 – 6	**Boiled rice / jollof / waakye**	**1 1/4 small bowl**
1 – 3	**“ “ “w**	**1 small bowl**
KG	**“ “ “**	**2/3 small bowl**
4 – 6	**Banku / rice balls**	**1 1/2 small bowls**
1 – 3	**“ “**	**1 small bowl**
KG	**“ “**	**2/3 small bowl**
4 – 6	**Beans / kontomere stew**	**1 stew ladle**
1 – 3	**“ “**	**1 stew ladle**
KG	**“ “**	**1/2 stew ladle**
4 – 6	**Palmnut/Neri / wirewire / okro soup**	**2 soup ladle**
1 – 3	**“ “ “**	**1 ½ soup ladle**
KG		**1 soup ladle**

Stakeholders appreciated the training and were of the view that, they had always issues with regards to serving children but now that the right measurements have been given, it will serve a purpose.

HEALTH AND HYGIENE

Participants were taken through some hygiene practices during food preparation and also educated on the three food groups as Carbohydrates, Protein and Vitamin. Participants were asked to give examples of foods belonging to each food group and they mentioned the following:

Carbohydrates: Yam, Banku, Rice

Protein: Beans, meat, fish, eggs

Vitamins: Vegetable Oil, Palm Oil, Fruits

They were then encouraged to ensure that meal are prepared with foodstuffs from the three food groups, and take into consideration the food environment, the appearance of the food, and then finally whether it is safe and wholesome for consumption.

When buying food items such as: **Fish, meat/poultry, Vegetables/Fruits, Gari, Maize, Beans, Canned fish/meat and Tin tomatoes,** Caterers were encouraged to buy only from reputable suppliers. They were educated not to display or store food in the sun and on the bare floor since some food items easily lose their nutrients by sun exposure.

Participants were discouraged from serving food on the bare floor and that, this should be done at a clean dining area and on a raised plat form or in the class room not in the open compound on the bare floor, serving food with bare hand was also discouraged but encouraged the use of clean plates. Caterers were appealed to provide clean plates for school children and keep in their custody but only release them when it is time for feeding.

CONCLUSTION

The training was very successful since participants were very action during the training. Questions were asked where they were not clear and more explanation was given for better understanding.

The Environmental Health Unit facilitated the medical examination of cooks who do not have health certificates/ health license to provide food in schools.

Participants were very happy to be part of the training because this was their first time in such training and it was a platform that, they got to know each other especially the Caterers.

A menu was planned together with participants looking at the local food stuffs available within the district.

CHALLENGES/RECOMMENDATION/QUESTIONS

- The absence of kitchen facilities in schools hinders the implementation of the programme.

- The Caterers and Teachers complained that, most of the communities are challenged with water and appealed to the District Assembly to assist in that regard.

- Transportation allowances should be reviewed upward since some Communities are farther than others
- Caterers and Teachers appealed to management to organize such trainings twice every year for improvement on the programme.
- Questions were asked on when payment will be made to the new Caterers

District Coordinating Director addressing participants

Desk Officer demonstrating the use of aprons during food preparation

Environmental healt Officer ducating Caterers, Cooks and Teachers on hygienic practices before, during and after cooking.

COMPILED BY: SULEMANA WALIS
GSFP DESK OFFICER