

Annual Report



Grenada Food & Nutrition Council



2019



MISSION STATEMENT

To promote the nutritional well-being of all segments of the population of Grenada, Carriacou and Petite Martinique through analyzing, managing and preventing nutrition-related problems and to enhance the quality of life of our people through the promotion of good nutrition and healthy lifestyle behaviours.

VISION STATEMENT

The leading provider of accurate and current nutrition information, delivering reliable services that optimally impact the nutritional status of the population of Grenada, Carriacou and Petite Martinique

PHILOSOPHY

At the Grenada Food and Nutrition Council our philosophy is built on the guided principle of providing the highest quality nutrition care and information, to improve overall quality of life. The science of nutrition is ever evolving with constantly updated information. Therefore, we are committed to using the latest research and nutrition knowledge to evaluate, innovate and improve our products and services to meet the needs of the persons we serve.

CORE VALUES

The Council's work is guided by the following:

- Service Oriented
- Reliability
- Trust worthiness
- Confidentiality
- Honesty and integrity
- Efficiency and effectiveness
- Team work
- Embracing change and creativity
- Commitment
- Accountability
- Respect
- Discipline

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ACRONYMNS

FAO Food and Agriculture Organization
FBDGs Food Based Dietary Guidelines
GFNC Grenada Food and Nutrition Council
GNCRC Grenada National Coalition on the Rights of the Child
GIS Government Information Services
GRENCODA Grenada Community Development Agency
MNIB Marketing and National Importing Board
MOA Ministry of Agriculture
MOF Ministry of Finance
NCNCDC National Chronic Non-Communicable Disease Commission
NGO Non-Governmental Organization
PAHO Pan American Health Organization
PAM Programme for Adolescent Mothers
SAMS St. Augustine's Medical Services
TAMCC Theophilus Albert Marryshow Community College
WHO World Health Organization

LEGAL INSTRUMENT

CORPORATE INFORMATION

Established in 1980 by People’s Revolutionary Government

People’s Law No. 32
Act No. 5 of 2008- Amendment

LOCATION & CONTACT INFORMATION

Upper Church Street
St. George’s
Grenada

Phone: (473) 440-2126/7991

Mobile Phone: (473) 415-2126/416-2126/449-4560

Email: gfn08@gmail.com,

Face book- gfn council, YouTube –Grenada Food & Nutrition Council

Website:

Under the People’s Law No. 32 of 1980

COUNCIL’S MANDATE

The Council shall:

- Make recommendations for a national food and nutrition policy.
- Develop a food and nutrition planning process
- Monitor food and nutrition programmes
- Prepare and evaluate food and nutrition projects
- Assist in the implementation of selected projects
- In collaboration with other responsible agencies, assist in the establishment of food quality throughout the food chain.
- Perform such other functions related to food and nutrition as the minister may from time to time deem necessary

Auditor

Audit Department, St. George’s Grenada

Principal Banker

Republic Bank Grenada Limited



Mr. Elvis Morain - Chairman
- PS - Ministry of Agriculture



Ms. Deborah Gilchrist - Deputy Chairman
Ministry of Education



Dr. Francis Martin
Ministry of Health



Mr. Justin Hazzard - Ministry of Finance



Ms. Leonora George - Buckmire-
Ministry of Social Development



Ms. Barbara Frazer - Grenada Trades Union Council
(GUTC)



Dr, Guido Marcelle - Farmers Representative-



Ms. Petipha Lewis - Smith -
Supply & Distribution Sector



Ms. Lydia Browne - Executive secretary
(Ex-officio member)

Board of Directors

Throughout the existence of the Council the board of directors played a very essential role in providing guidance for effective operations. Members worked alongside or on behalf of the Council, to

allow the public and private sectors to benefit from the knowledge, skills and expertise through clear and specific functions. The BOD is accountable to Ministers for Agriculture for the discharge of the statutory functions of the GFNC.

Management Team

Lydia Browne, M.S., RD – Executive Secretary (ES)
Ms. Charisse Bristol – Nutrition Education and Promotion Coordinator
Ms. Norma Purcell - Product Development & Training Officer (PDTO)
Ms. Jessie Douglas - Community Nutrition Supervisor/Nutrition Officer (CNS) (St. Andrew)
Vacant - Administrative Officer (AO)

Ancillary Staff

Mrs. Wendy Adlam - Secretary/Accounts Clerk
Ms. Lishelle Murray – Communications Officer
Mrs. Ann Wilson - Nutrition Officer with responsibility for Surveillance (St. John & North St. George)
Ms. Gardeina Savoury - Nutritionist (St. Patrick & St. Mark)
Ms. Susan Celestine - Nutrition Officer (St. David & South St. George)
Mrs. Jennifer Ashby-Duncan - Nutrition Officer (Carriacou & Petite Martinique)
Mr. Hilary Paul - Driver
Ms. Glenda Nelson - Cleaner

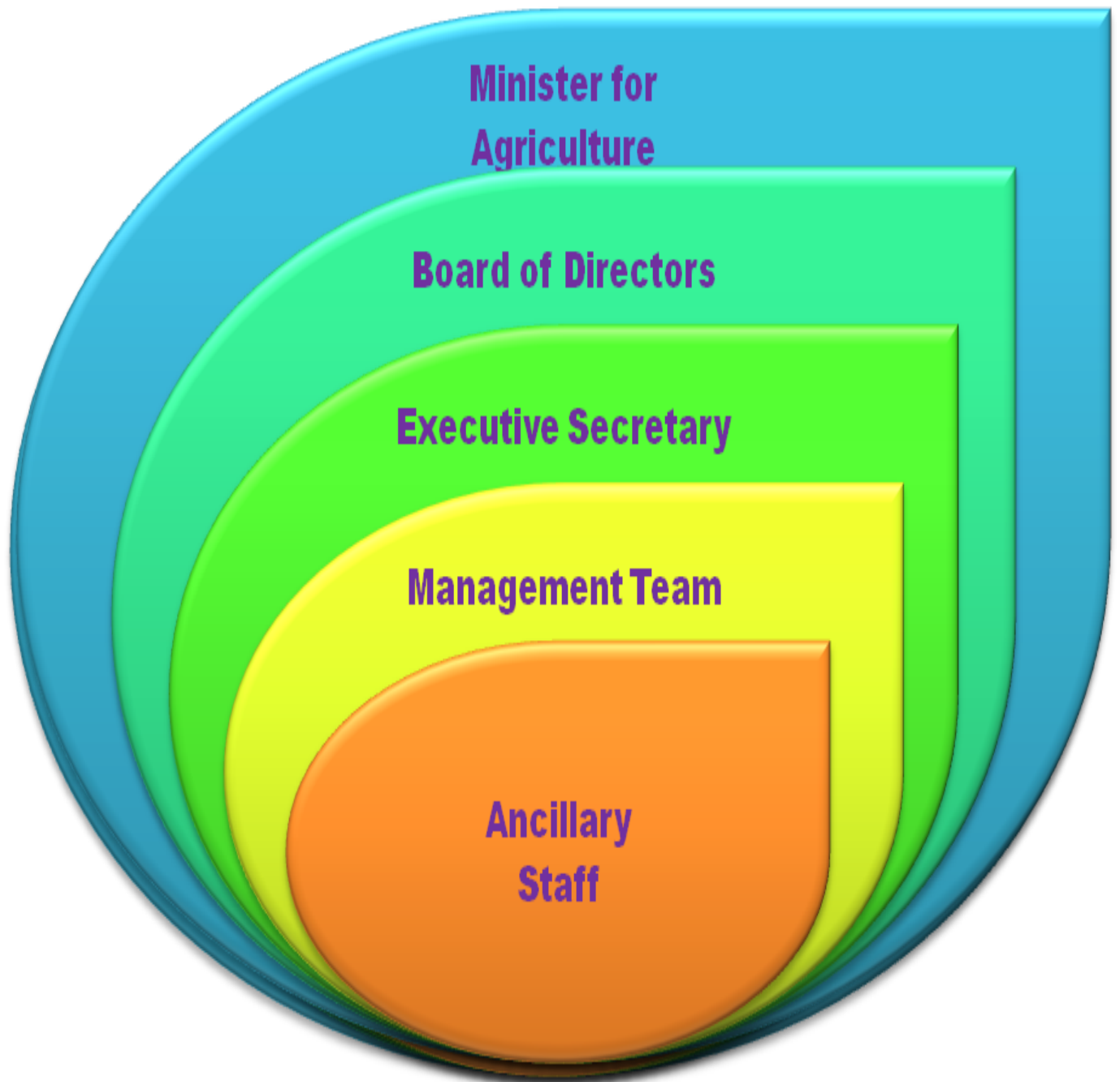
2019 Priorities

- Advocate for expansion of staff and office space
- Implement the National School Nutrition Policy for Grenada
- Obtain ratification of Infant and Young Child Feeding Policy by Cabinet
- Complete revision of the Food Based Dietary Guideline
- Conduct Day Care Survey
- Conduct assessment of persons 19-59
- Assess residents in Government and Government assisted Geriatric Homes

MESSAGE FROM THE CHAIRMAN OF THE BOARD OF DIRECTORS

We are pleased to once again associate with another year of accomplishments of the Council. During the

Grenada Food & Nutrition Council
Organizational Structure & Model



Parent Body: Ministry of Agriculture

Number of Staff: 12

period under review, we continued to positively impact the lives of many individuals, which manifested we are living true to our mandate.

There is no denying these achievements were made possible by our dedicated staff, who continue to display an unwavering passion for their job. The combination of experienced officers and youthful academic talents augur well for the growth and development of the Council. As we continue to leverage the accruing benefits of a culture of knowledge sharing, we wish to assert that we are well poised for greater accomplishments.

The period under review saw devoted attention being given to the monitoring of children from zero to five years, who exhibited certain nutritional deficiencies. The implementation of the Schools Nutrition Policy in the ten pilot schools was one of major focus. As we endeavor to collaborate with these schools, thus rebranding these institutions within the Healthy School Zones, we wish to applaud our ongoing efforts to realize the ban on soda and sweet snacks in our schools.

During the latter part of 2019, we completed the revision of the 2006 Food Based Dietary Guidelines. These guidelines are critical to the work of the Council as there is a growing body of evidence to support an increase in the incidences of lifestyle diseases. The noticeable increase among children is also a major concern for us and as such the implementation of the revised guidelines remains a major priority.

It must be noted that our efforts in 2019 were inhibited by inadequate staffing brought on by retirements over the years. Additionally, a lack of adequate facilities to accommodate staff and the activities of the Councils remains a major challenge, thus inhibiting our service delivery. We wish to also underscore that a major threat to our work is manifested in the lack thereof to readily secure commitment from implementing partners inclusive of Ministries and Departments.

Notwithstanding the preceding challenges, the hard work and dedicated service of the staff are exemplary, which is worthy of emulation. As we look towards another year, we remain very optimistic that the success of 2019 will be replicated, thus realizing another year's achievements. It will be remiss of us if we did not recognize the commitment of the Board of Directors, the Minister and officers of the Ministry of Agriculture and Lands, the Food and Agricultural Organization and other benefactors. God bless us all.

Elvis Morain
Chairman BOD

EXECUTIVE SUMMARY

The year 2019 was another successful year for the Food & Nutrition Council. Though we were short one member of staff due to retirement, at the end of 2018, the Council was able to meet most of the targets set for the year.

Team work has been the pride of the Council for many years and this reporting year required the employees to pull together to get the work done. Most of GFNC's activities were highlight-

ed on social media even in the absence of the Communication Officer who needed to be on leave for about four months. In the essence of team spirit, the Communications Officer was able to advance some of her work, in preparation for her leave. It became difficult to monitor children zero to five years who were underweight and undernourished, and guide their parents while offering no other assistance. A concerted effort was therefore made this year to support our families with a more substantive food basket; with funds obtained through fundraisers.

Some effort was made to support the implementation of the Schools Nutrition Policy, by working with ten (10) schools as a pilot. Nine out of the ten schools were awarded a board that was posted on or near the schools, identifying them as “Healthy School Zones”. Work continues as the ban of soda and sweet snacks in schools was announced by the Government in November 2019. Revision of the 2006 Food Based Dietary Guidelines was completed in October 2019 and a grand launch is planned for February 2020, forming part of the events leading up to the Independence celebration. This was made possible through the support of the Food and Agricultural Organization and the Ministry of Agriculture.

Although the Infant and Young Child Policy remains in draft, the Council sought to carry out some of the activities that was suggested in the document; particularly since there are so many children identified as under/overweight during the 2019 Day Care Survey. Training was done with relevant persons, such as: day care supervisors and workers and nurses in primary health care. It is important that work continues even in the presence of obstacles, particularly when it affects the very young among us.

There are a lot of challenges facing various countries around the world, and Grenada is not immune to any of the possible disasters that can occur; natural or manmade. The development of Nutrition in Emergency Plan is needed in Grenada as Nutrition has not been fully addressed to any extent, in any of the disaster plans from any of the Government departments. There is need for collaboration with other stakeholders in developing this policy as Nutrition is of ought most importance in such times. Effort was made to start the process; however wider stakeholder involvement is necessary and this we hope would be able to be completed in 2020.

Sincerely,

Lydia Browne
Executive Secretary

GFNC PROGRAMMES

To fulfill its mandate the Council operates under five programmes; each with specific strategic objectives and activities. The overall aim of the Council for 2019 was to adopt a strategic approach to

address the national nutrition situation that would inspire change and result in overall improved nutritional status of the population. The following were the set priorities for the year January – December 2019:

- Advocate for expansion of staff and office space

- Implement the National School Nutrition Policy for Grenada
- Obtain ratification of Infant and Young Child Feeding Policy by Cabinet
- Complete revision of the Food Based Dietary Guideline
- Conduct Day Care Survey
- Conduct assessment of persons 19-59
- Assess residents in Government and Government assisted Geriatric Homes

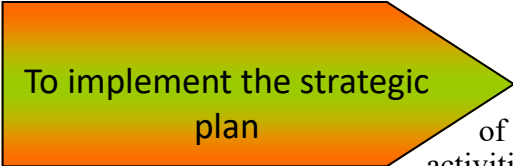
This report will give an account of each programme, focusing on accomplished activities, challenges and recommendations for future success based on strategic objectives developed to achieve these priorities and the overall goal.





Finance and Administration

This programme is responsible for the execution of the day to day activities to ensure timely and effective execution of the Council's strategic activities. The Executive Secretary, Administrative Officer and Secretary Accounts Clerk are the front line staff in this area. The Administrative Officer provides administrative support and acts as the point of contact for all customers and employees, providing assistance and managing queries. Managing office stock, preparing regular reports and organizing events are all part of this programme. The year under review was a bit challenging since the team was without an Administrative Officer.



To implement the strategic plan

Based on strategic plan submitted to MOA for the period 2018-2020 a work plan was developed to guide the day to day work of the Council. Each officer was guided by specific objectives and activities related to their job responsibilities. Staff submitted monthly reports which was used to monitor and evaluate the execution of strategic objectives.

Policy briefs on the School Nutrition Policy, Infant and Young Child Feeding, Food Based Dietary Guidelines and other current food and nutrition issues were made to relevant stakeholders and policy makers. Cabinet submission for the infant and young child feeding policy was prepared and submitted to Dr. Francis Martin.

A questionnaire was developed to conduct impact analysis and evaluate products and services. Results indicate request for more sessions in community; however human resources are limited.



To generate reports

Monthly reports generated covering activities from all programmes, and submitted to BOD. Quarterly reports of work activities and financial statements submitted to MOA,MOF and BOD.

Generated annual report for 2018 and submitted financial documents to audit department. The 2017 audited financial report was submitted to MOA to be gazetted.

Completed and submitted 2020- 2022 strategic plan to MOA.

In 2019, monthly BOD, management team and staff meetings were planned to ensure the optimal operation, coordination and follow up of all Council's activities. Following are the frequency and total number of meetings held.

BOD meetings		Management Team meetings		staff meetings	
•Jan	1	•Jan	1	•Jan	1
•Feb	0	•Feb	1	•Feb	1
•Mar	0	•Mar	1	•Mar	1
•Apr	0	•Apr	1	•Apr	1
•May	1	•May	1	•May	1
•Jun	0	•Jun	0	•Jun	1
•Jul	1	•Jul	1	•Jul	0
•Aug	0	•Aug	1	•Aug	2
•Sep	1	•Sep	1	•Sep	1
•Oct	1	•Oct	1	•Oct	1
•Nov	1	•Nov	0	•Nov	1
•Dec	0	•Dec	1	•Dec	1
•TOTAL	6	•TOTAL	10	•TOTAL	12

Some Board of Directors meetings had to be cancelled for varying reasons including failure to make quorum and clashes with other important activities.

To complete staff appraisals

All appraisals except that of the Executive Secretary completed by December 2019 and objectives reviewed by January 2020. Commendation was passed on to pertinent staff for outstanding output for the year and recommendations for improvement where needed. Based on the strategic objectives for 2020 the job objectives for all staff were reviewed and revised accordingly.

The team operated without the AO who retired at the end of 2018; which made it necessary for some staff to take on added responsibility to ensure the efficient execution of the strategic activities.

To ensure that all equipment are maintained

Servicing and maintenance of office equipment were done on schedule in January and June. A new photocopier was purchased with recommendation from the Procurement Committee – MOF. One new air-condition unit was installed while one that was non- functioning was replaced. The annual inventory of all equipment and utensils was done in the month of December to be cross checked by the Audit department the following year.

To complete and submit at least one project

In keeping with the mandate of the Council to prepare and evaluate food and nutrition projects, the strategic plan 2019 -2021 included an activity to develop a project to obtain nutrition and health information of persons 19 -59 years old, as there seem to be limited data on this demographic group. This however was put on hold as MOH had plans to conduct STEPPS Survey. Rather than duplicate efforts, the Council planned to work along with MOH on STEPPS Survey, and then use the data collected to plan appropriate food and nutrition programmes.

To maintain non– personnel expenditure in keeping with the waste reduction mandate of 20%

A simple manual inventory system is in place to keep track of stocks including raw materials, finished products (books, posters etc.) and consumables (fuel, stationery etc). Through this system, the Council has been able to keep log of stock received and issued and purchase based on stock levels.

To ensure professional development of staff in various technical areas

A number of in-service trainings were organized to provide staff with current information. Topics were delivered by in house and invited presenters. Members of staff also participated in a number of workshops/ seminars in and out of state, geared toward professional development.

In Service -TOPICS

Dialysis
 Financial Literacy
 Complementary feeding of infants and young Children
 Functions and side effects of chronic disease drugs mostly used in GDA
 Mediterrean Diet
 FODMAP Diet
 A simple straight forward way to decide what to eat.
 Epi Info 7.

PRESENTERS

Mr. Daniel Richardson - Dialysis Technician
 IHS Dialysis Centre
 Mr. Clive Fredrick Axel Finance
 Ms. Norma Purcell
 Ms. Gardeina Savoury
 Dr. Madonna Phillip
 Ms. Charisse Bristol
 Ms. Lydia Browne
 Ms. Paige Smathers RDN and CD-via podcast
 Ms. Dishuna Gill

Out of State Workshops/ Meetings

- **II Region Meeting for Tacking Childhood Obesity, Brazil**
- Research Training - Trinidad (3)
- Training on poverty reduction - China
- Guidelines & Standards—Trinidad—facilitated by CARPHA & PAHO/WHO
- CARPHA on using EPI Info 7.2 data management tool



Nutrition Education & Promotion

This programme uses combination of education, communication and promotion strategies delivered through multiple avenues, geared to inspire the population to adopt healthy food choices and physically active lifestyles, necessary to maintain and improve health. The programme involves activities at individual and community levels. Among other things the Council takes into consideration issues like food security, literacy and low budget when planning and delivering.

To educate the public and increase awareness of the Council's work through multi-media

Radio and Newspaper:

Throughout the year, key nutrition topics to advance the well being of the population were communicated via the "Nutrition Hints" programme; aired weekly on WEE FM and Sister Isle radio. Articles were sent weekly to The Voice, New Today, Informer and Barnacle newspapers. Ninety-one (91) hints and forty-nine (49) scripts were done. Programmes were also done on Magic FM (MTV), Rise & Shine Grenada – MTV. **Some of the topics included:**

Hints Aired on WEE FM, and Sister Isle radios	Newspaper Articles Published in -New Today, Informer and Barnacle
Kidney disease – diet -Preventing kidney disease Alcohol & cancer risk Cancer prevention, Cancer fighting foods Making meals local, Recipes – healthy fats Heart Burn - Meal planning to prevent heartburn Parkinson's Disease Nutrition & Sickle Cell, Nutrition & Lupus Nutrition & Gastro in kids, Nutrition & Flu in kids Low cost meals & recipes Balancing Cholesterol - Cholesterol Lowering Foods Benefits of crabs and protein and vegetables Preschoolers'- Nutrition, Childhood Obesity Kids' physical activity & Healthy eating Healthy snack recipes, Age appropriate snack School Nutrition Policy Model school Nutrition in disaster Eggs Diet tips Breastfeeding Facts, Breast milk storage Hypertension and heart health Healthy school environment, Brain foods – kids Building good eating habits-parents & teacher's role Benefits of eating fish , Best ways to cook fish Dental care tips, Nutrients for dental care Diabetes management SNP Implementation Healthy school Zone Sleep , Holiday Eating	Kidney disease prevention & diet Low cost meals & recipes Cancer, Cancer fighting foods Heart Burn Parkinson's Disease Local Foods and spices Nutrition &: Gastro in kids, Lu- pus, Sickle cell Cholesterol Eggs , Protein, Peanut Butter Bok Choy & Kale Pre-school Nutrition Childhood Obesity Physical Activity adults / Children Age appropriate Snacks Get Children to eat Healthy Healthy snacks & recipes Alcohol, Food poisoning Breastfeeding Brain foods - school aged children Selected diet / Nutrient Cost Back to school, Hypertension and heart health Nutritive value of fish Dental Care, Holiday Recipes SNP Board posting

TV Programmes

Nutrition & Health

Nutrition & Cancer risk
 Baby Friendly Hospital Initiative
 Cancer awareness
 High fructose corn syrup
 Wellness day “Healthy aging starts now”
 Wellness “Building Health Schools”
 Enforcing healthy eating habits in preschools
 Diabetes awareness
 St. Peter’s RC school health programme
 Fighting childhood obesity
 School Nutrition Policy Board
 Posting (Concord gov’t)

GFNC in the Kitchen

A cooking program promoting locally produced foods

Fish
 Banana
 Pumpkin
 Food portioning for the family-black beans soup
 Banana fish casserole
 Fish Seville

Local Farmers

A program with focus on local produce and nutrient content

Adorable Angels daycare garden - St. Andrew

Group Education Sessions

Approximately sixty- five (65) group education sessions were conducted during the year, for identified target populations. At these sessions information on disease management, food selection, food purchase, meal planning and preparation was disseminated. Over two thousand (2000) persons benefited from these sessions.

The presentations were made at several forums including Schools- PTA’s – assemblies, work places, church groups, community groups, Health Clubs and associations.

A total of thirteen (13) supermarket tours were done to promote healthy food choices and label reading in supermarkets and community, attracting over three hundred (300) participants.

Nutrition Counseling



GUT Group Medical Plan



St. George’s Anglican Junior School

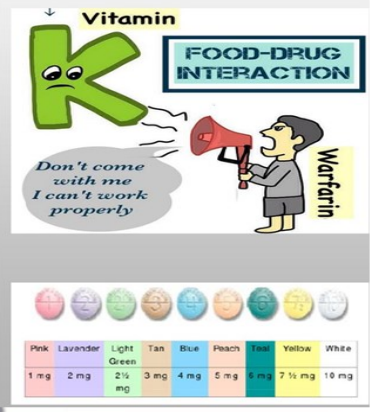
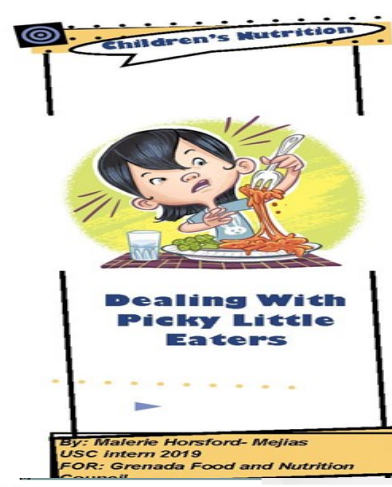
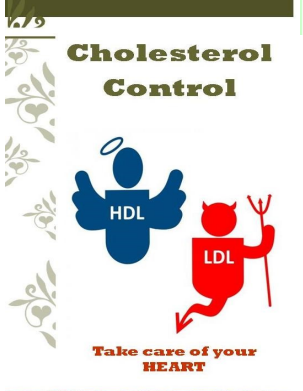
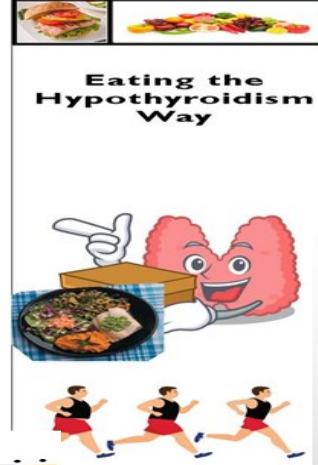
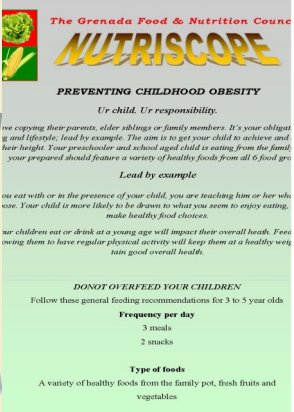
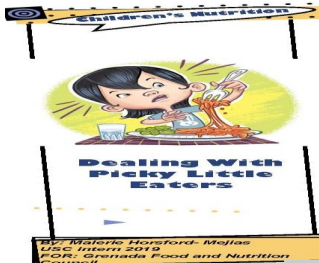
St. Dominic's R. C School



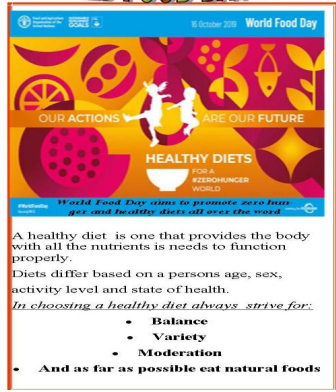
Produce all promotional and educational materials

2019 Publications

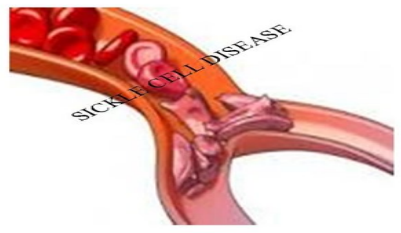
KETO DIET



WORLD FOOD DAY 2019



NUTRITION IS IMPORTANT WITH SCD



Grenada Food and Nutrition Council
Phone: 440-2126/7991

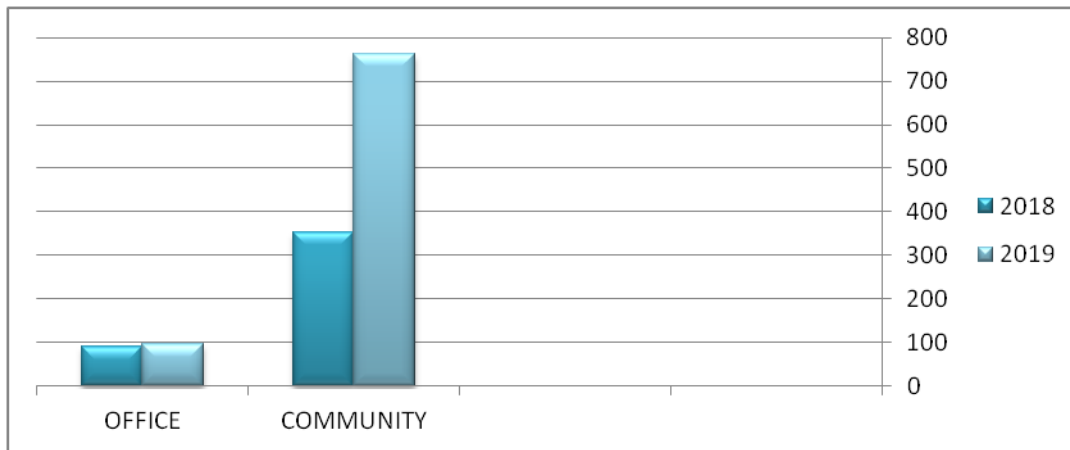
A COLLECTION OF GFNC ORIGINAL RECIPES



This year showed an increase in the number of persons receiving nutrition counseling compared to last year. Persons were counseled at the following clinics as well as from the office: Grand Anse, Gouyave, St. David's, Sauteurs and Grand Bras Health Centres; Vincennes Woburn, Union and Perdmontemps Medical Stations. One hundred six (106) community clinic sessions were held reaching a total of seven hundred sixty one (761) clients. An additional fifteen (15) telephone sessions were done as well as eleven home visits.

Ninety five (95) persons were seen at the office and eighteen (18) telephone sessions.

Graph showing comparison:



Nu-

trition Quiz

Another annual nutrition quiz successfully completed. Eight schools participated at the zonal level. There were three zones.

South Zone A:

- St. Rose Modern Secondary School
- Wesley College
- Anglican High School

South Zone B:

- J. W. Fletcher Catholic Secondary School
- Wesley College
- St. David Catholic Secondary School

East Zone:

- Mc. Donald College
- Grenada SDA Comprehensive School
- Grenville Secondary School



2019 Nutrition Quiz Winners:

- Grenada SDA Comprehensive School
 - J. W. Fletcher Catholic Secondary School
- Zonal :
- Mc. Donald College



Final:



CHAMPIONS!!!

Mc. Donald College

Team:

Esronna Charles
 Jada Paryag
 Karlda Franklyn
 Kia Glean

Second Place
St. Rose Modern
Secondary

Team:

Shakim Peters
 Aaliyah Knight
 Nykia Chance
 Kazim Dottin





Third Place
J.W Fletcher

Melissa C. Perez
 Daniel Louison
 Kemalyn Wildman
 Kemlyn Wildman

SPONSORS

St. Augustine's Medical Services
Marketing & National Importing Board
Hubbard's
Bryden & Minors
True Blue Bay Resorts
Prickly Bay
City Sound FM
Government Information Service
Sandals La Source Grenada
Spice Island Beach Resort
Thornhill and Associates

Island Catering
Liz & Rawle
Grenada Development Bank
Republic Bank
GUT Credit Union
Huggins
Sharon Griffith
Poli Natural Spring Water
Coyaba Beach Resort
Produce Chemist Lab
Ministry of Agriculture-Fisheries Division

The revision of the Food Based Dietary Guidelines continued. Ms. Stephanie

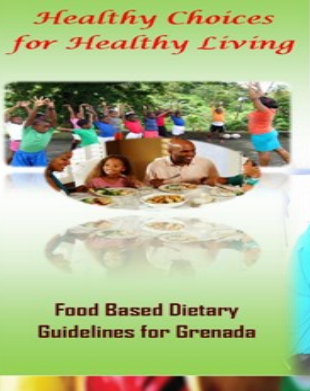
National Food Based Dietary Guidelines

Lewis was contracted as the FAO local consultant to work along with Ms. Monika Molina the international consultant for FAO.

The analysis of the 2006 FBDG was completed and presented by the BLAZE research group. Based on the findings a number of multisectoral workshops were conducted with technical assistance from the FAO international and local consultants. Coming out of these workshops, a draft of eight (8) new guidelines and a graphic were developed. These were tested among diverse population demographics, using the focus group methodology. The final messages were adjusted to better reflect the opinions and understanding of the population.

Work commenced on a technical document of the revision process as well as education materials to support the guidelines, to be completed in time for the official launch in February 2020.

This community focused programme targets the entire population with specific emphasis on the children under five with mal nutrition or other nutrition related issues, the elderly and pregnant and



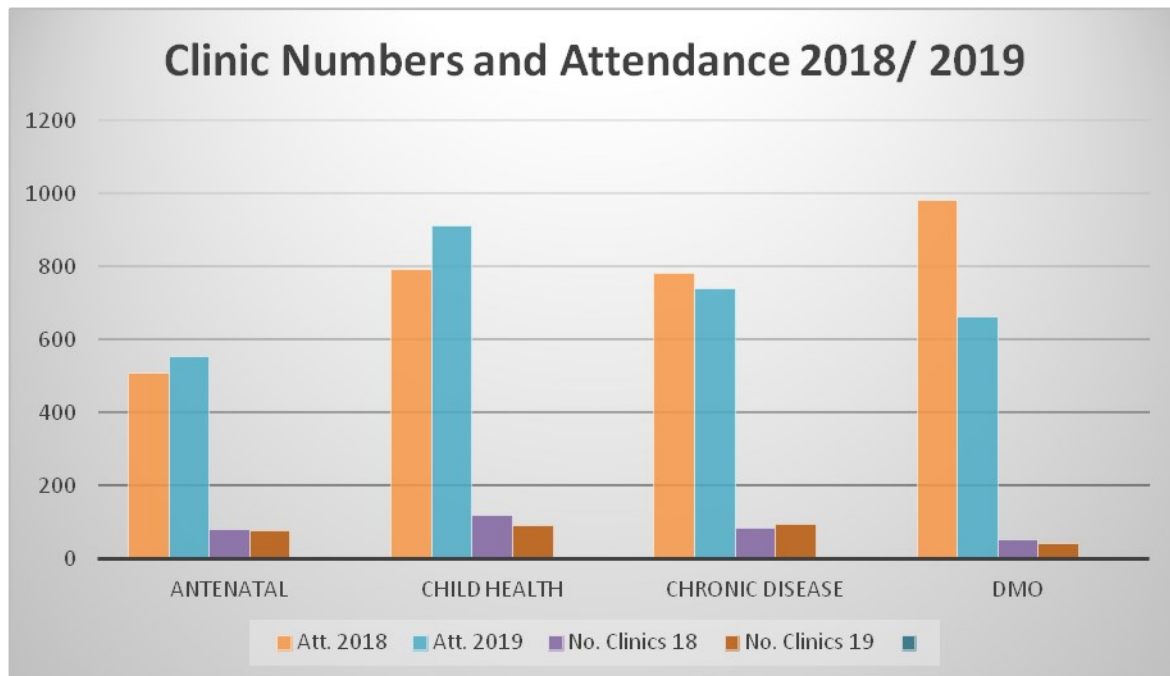
Community Nutrition

lactating women. It includes activities like growth monitoring, school health assessment, promotion and education on best feeding practices, educational presentations, menu planning and meal monitoring at schools and homes, as well as providing hands on education. GFNC also continued collaboration with Ministry of Health in assessing the nutrition aspect of the School Health Programme and Ministry of Education with the monitoring of the School Feeding Programme.

During 2019 a number of presentations and individual sessions, to provide relevant nutrition information, were conducted at clinics throughout Grenada, Carriacou and Petite Martinique. Hereunder is a breakdown by clinic type and attendance.

	Ante-Natal	Child Health	Chronic Disease	D.M.O.
No. of Clinics	75	88	92	40
Attendance	552	912	741	664

Compared to 2018 there was a decrease in the number of antenatal and child health clinics with increased attendance. DMO clinics noted a decrease in number of clinics as well as attendance and chronic disease clinics showed increase in number of clinics and decreased attendance.



Home Visits

The community nutrition staff made regular visits to all malnourished children on GFNC register and those at risk. The children’s weight are measured every month and every quarter the children are weighed and length/height measured, to determine BMI for age Z scores.

Table showing No. of wasted/thinned children registered by parish per quarter during 2019

GFNC continue to nurture partnership arrangements needed to ensure that the children registered who have abnormal nutrition status have access to sufficient and nutritionally adequate food. Supplementary

MONTH	PARISHES						TOTAL
	St. Pat	St. And	St. Dav	St. Geo	St. John	St. Mark	
January	7	6	5	9	1	0	28
April	6	4	5	4	1	0	20
July	4	3	5	6	1	0	19
November	4	1	2	7	2	0	16

food parcels are distributed monthly. CARITAS and ADM (Caribbean Agro) continue to be the main contributors of food items for the GFNC supplementary food parcels.

A total of four hundred seven (407) home visits were done and one hundred eighty-eight (188) supplementary food parcels given out this year.

Nutritional status of malnourished, children on the GFNC’s register by quarter

	January 2019	April 2019	July 2019	Nov. 2019
No. registered at the beginning of each quarter	32	29	20	19
New cases	3	0	5	6
No. attaining 5 years	2	4	1	5
No. normal	4	5	5	4
No. registered at the end of the quarter	28	20	19	16

Based on needs assessment, families of children on the Council’s malnourished register who had the necessary resources were assisted with developing home gardens.



Implement and promote the School Nutrition Policy of Grenada

The implementation process of the National School Nutrition Policy (SNP), (2016) continued. The SNP was developed to support healthy lifestyle practices and by providing a school environment that fosters the development of healthy eating, physical activity skills and behaviours of students in Grenada Carriacou and Petite Martinique. Through collaboration with ministries of Education, Health and assistance from the National Chronic Non - Communicable Disease Commission (NCNCDC) a number of activities were done with 10 pilot schools and other interested schools. Some of the activities included:

- Training sessions with cooks, tuck shop operators and vendors on preparing *no added sugar and low sodium recipes*.
- Presentations on the prevention of childhood obesity to students, parents and teachers.
- Development and distribution of posters on childhood obesity to the schools
- Presentations to the Minister for Education and Principals.
- Development and distribution of snack ideas and proportion for local juices to the schools through the Ministry of Education.
- Distribution of posters on childhood obesity to the schools, sponsored by NCNCDC

- Presentations to the Minister for Education and Principals.
- Contracting and training Ms. Adama Forbes to assist with the recipe standardization and documentation, resulting in the documentation of twenty (20) recipes between the schools.

A “Healthy School Zone” bill board sponsored by PAHO was erected in nine (9) schools after they met the following criteria.

Criteria for receiving “Healthy School Zone” boards

- School feeding menu being used with up to date menu record book
- Recipe documentation toward standardization started
- Local foods included on the menu three (3) or more times/ week (Local farmers engaged)
- No soft drinks sold on the school compound
- No hard candies sold on the school compound
- Fresh fruit served two (2) or more times a week
- Fresh vegetables served three (3) or more times a week
- Clean running potable water available in a clean environment
- Vendors aware of healthy school zone requirements
- Students and teachers aware of healthy school zone requirements
- All vendors, cooks and food service operators have valid food handlers’ certificate
- School facilitate mass physical activity/ exercise at least once per week apart from scheduled PE classes
- School garden started/maintained

Concord government and Hillsborough Secondary met all 13 criteria

To qualify

Schools were required to meet **eight or more** of the above criteria with time line for meeting the other **five**



Nutrition Surveillance

This programme is used to continuously monitor the nutritional status of the population using a variety of data collection methods. The aim is to Utilize the data collected to guide intervention plans. Nutrition data collection included:

- Exclusive breastfeeding
- Low Birth Weight (LBW) babies
- Hospital admissions for failure to thrive
- Chronic disease incidence
- Anaemia among antenatal women and infants
- Children attending Day Cares
- Geriatric residents

Reports were generated and shared with the relevant stakeholders, to facilitate multi- disciplinary approach in interventions.

The council supported surveillance activities under the Ministry of Health, including the School Health Assessment and collaborates with other Ministries and Organizations to monitor the nutrition and health situation.

Day Care Survey

JANUARY – MARCH 2019

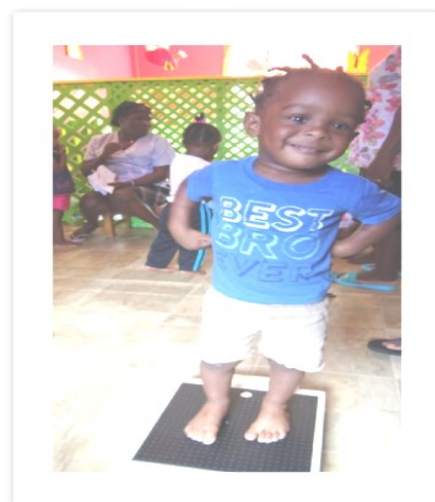
A total of nine hundred and fifty eight (958) children were assessed:

Four hundred and seventy seven (477) females

Four hundred and eighty one (481) males.

Approximately ninety two percent (**92%**) of the children assessed had **normal** BMI-for-age.

One hundred and fifty six (156) or **16.3%** of the children, who had normal BMI for age (above 1 Z-score below +2 Z-score), are at **possible risk of becoming overweight**.

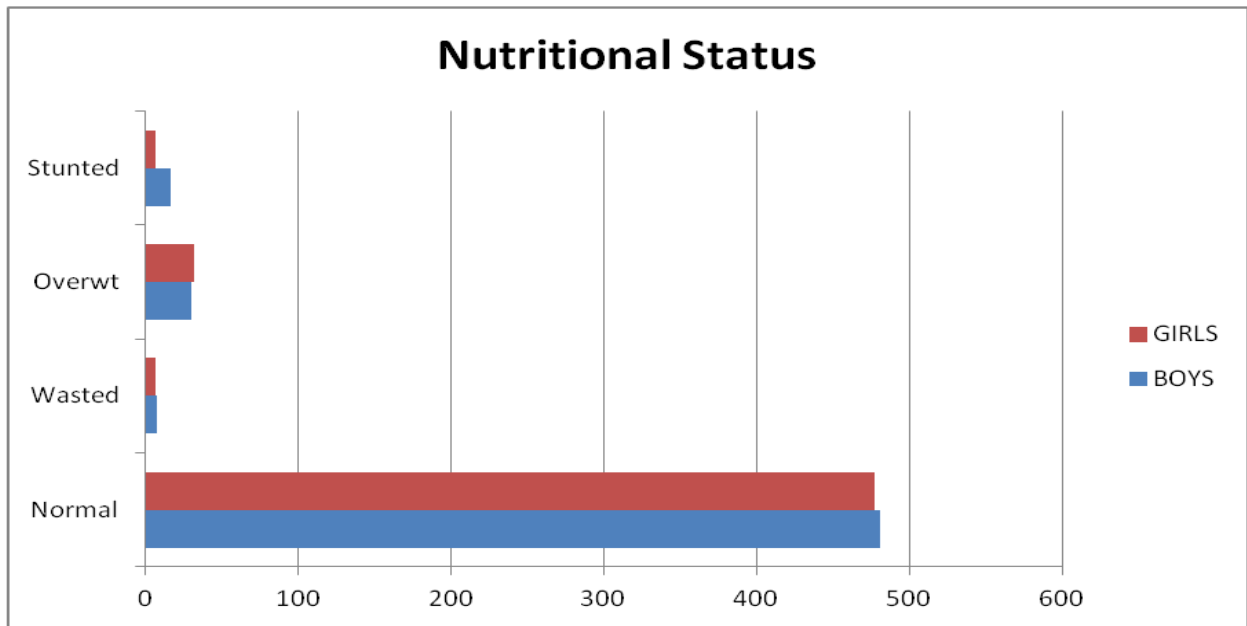


Centers	No of Centres	No. Assessed	No. Wasted	% Wasted	No. Owt./ Obese	% Owt./ Obese	No. Stunted	% Stunted
GOVT/ GOVT. ASST	11	327	5	1.5	19	5.8	13	4.0
PRIVATE	41	631	10	1.6	43	6.8	11	1.7
TOTALS	52	958	15	1.6	62	6.5	24	2.5

Daycare Assessment by Parish

Parish	No. of Centres	No. Assessed	No. Wasted BAZ <-2	% wasted	No. Over wt/obese BAZ >2	% over weight/ obese	No. Stunted HAZ<-2	% stunted
St. John	3	85	1	1.2	5	5.9	5	5.9
St. Mark	1	31	0	0	1	3.2	2	6.5
St. Patrick	2	35	0	0	3	8.6	0	0
St. Andrew	12	228	5	2.2	12	5.3	5	2.2
St. David	2	34	0	0	1	2.9	1	2.9
St. George	30	483	8	1.7	30	6.2	8	1.7
Carriacou	2	62	1	1.6	10	16.1	3	4.8
Total	52	958	15	1.6	62	6.5	24	2.5

Nutritional status by sex



Geriatric Home Assessment

The weight status of one hundred seventy two (172) and nutritional status of one hundred ninety four (194) residents of eight (8) geriatric homes were assessed.

Summary of results

Weight Status of Residents Measured based on BMI	No. Measured	% Based on No. Measured
Normal weight	92	47.4
Acceptable	17	8.8
Underweight	23	11.9
Severe Underweight	15	7.7
Overweight	20	10.3
Obese	25	12.9
Total	194	100%

For this survey/ population a **BMI of 20 to 27** was considered normal and **BMI 18.5-19.9kg /m²** acceptable BMI.

Based on WHO standards: BMI < 16 = severely underweight, 16-18.5 (Underweight), 18.5-24.9 (Normal) 25-29 (overweight), ≥ 30 (Obese)

Nutritional Status of Residents ≥65years old	No. Assessed	% of Residents Assessed
Normal Nutrition Status	50	29.1
Malnourished	42	24.4
At Risk of Malnutrition	80	46.5
TOTAL	172	100%

Food prices collected from supermarkets/markets in St. George's, Grenville, Sauteurs, and Hillsborough were analyzed monthly to generate a low cost food basket for each parish.

Analyze food prices and determine nutrient cost

The following table shows the monthly price per parish for 2019:

A total of 180 meal ideas were shared with the public, based on the food basket generated for each parish.

	St. George	St. Andrew	St. Patrick	Carriacou
January	11.82	11.64	11.90	17.11
February	12.20	12.22	13.06	16.15
March	12.08	12.67	14.77	16.05
April	12.38	12.96	14.63	17.39
May	12.74	12.43	15.05	14.65
June	11.91	11.43	14.65	16.69
July	12.13	14.89	14.15	16.85
August	11.25	12.10	16.48	-
September	11.89	12.43	13.71	14.79
October	11.40	12.56	13.72	-
November	12.53	12.38	14.36	17.70
December	12.77	12.49	15.95	-

This programme coordinates with Community Nutrition, Nutrition Education & Promotion and Surveillance programmes to promote utilization of local foods, develop and introduce new products/ recipes

Product Development and Training

to the public. During 2019 a number of new products were modified or improved to satisfy new developments in the field of nutrition. Both theoretical and practical sessions were conducted covering various topics including meal planning and preparation, for identified target groups as well as a session on “garnishing” with teachers of St. Joseph’s Convent St. George’s.

New Recipes developed

Cassava Tamal
 Cassava Dumpling
 Cassava Pudding (steamed)
 Cocoa Cross Buns
 Cheese Cross Buns
 Alfigish Pot pie
 Chickanana
 Chicky Plantain Tots
 Mango Cheese Sauce
 Mangotato Passion
 Mango Chocolate muffin
 Pumpkado Sandwich
 Veggie Corn Cakes
 Creole Chicken
 Medley Drop Biscuits
 Turmeric sauce
 Avocado cream cheese spread

These hands-on participatory learning



Cassava Pudding (steamed)



Chicky Plantain Tots



Chickanana



classes took place between

July to November. Two weeks of classes were held at GFNC’s office in the month of July. The goal of this programme is to stimulate young children to make healthy food choices that would result in sustainable eating habits that reflect the dietary guidelines of Grenada with the following objectives:

Curious Little Hands in the Kitchen

- Help children learn about nutrition and healthy eating
- Influence eating behaviors that result in lifelong healthy food choices.
- Improve knowledge and skills in planning and preparing healthy meals
- Improve knowledge of and exposure to how foods are grown
- Encourage food security through promotion of local crops
- Learn proper food safety and handling skills

Over the two weeks, learning centered on kitchen safety, reading,



following and preparing simple recipes, gardening, muffin making, pizza making, field trip to Dr. Guido Marcelle's herb garden, making chips & dips, healthy fast foods and salads. The participants also competed in a recipe challenge where they were placed into groups and asked to prepare dishes to be judged. Additionally this year, seven one day classes were conducted around the island with 4Her's from St. Andrew, St. George, St. Patrick, St. David, Beaulieu



R.C School, DVBS group at Vincennes, St. David and a summer class at Bye Lands, St. Andrew. A total of one hundred eighty six (186) children participated.

Training sessions were also conducted with health care staff and other stakeholders, on infant and young child feeding, as indicated in the draft Infant and Young Child Feeding Policy. Sixty-seven (67) nurses and twenty-

six (26) day care staff were trained.

Highlights of Community Group sessions:

Food service staff at

Cadrona Home- portioning and bread making



PTA / School Groups



Evening in the kitchen



Cassava promotion St. Dominics R.C



Other community events

World Kidney Day



ACKNOWLEDGEMENTS

The Grenada Food & Nutrition Council acknowledges with much appreciation the valuable contribution of its staff, who played a crucial role in this year's achievements. We are very grateful for the advice and support of the Board of Directors, and Ministry of Agriculture for the support and expertise provided throughout the year.

The Council also acknowledges the collaborative effort and positive contributions of other stakeholders, businesses, NGO's and individuals, as well as the media for highlighting special events and activities in 2019.

Special thanks to National, Regional and International bodies for technical assistance and funding provided for special activities throughout the year.

Thanks to all.