



2021 Annual Report

Grenada Food and Nutrition Council



TABLE OF CONTENTS

Acronyms.....	03
Corporate Information.....	04
General Information about the Council.....	05
The Council’s Board of Directors and Staff.....	07
Organizational Structure and Model.....	09
Executive Summary	10
Message from the Chairman of the Board of Directors	11
GFNC Programmes.....	12
Administration.....	13
Nutrition Education & Promotion.....	20
Community Nutrition.....	25
Nutrition Surveillance.....	28
Product Development and Training.....	31
Acknowledgements.....	35

ACRONYMNS

CARPHA- Caribbean Public Health Agency

EDF- European Development Fund

FAO-Food and Agriculture Organization

FBDG- Food Based Dietary Guidelines

GFNC - Grenada Food and Nutrition Council

GIS- Government Information Services

MNIB- Marketing and National Importing Board

NADMA- National Disaster Management Agency

NCNCDC- The Grenada National Chronic Non-Communicable Disease Commission

NGO- Non-Governmental Organization

PAHO - Pan American Health Organization

SAEP- Climate Smart Agriculture & Rural Enterprise Programme

WHO- World Health Organization

CORPORATE INFORMATION

The Grenada Food & Nutrition Council (GFNC) was established under the People's Law No. 32 of 1980 and Act No. 5 of 2008 to perform the following duties:

- 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
- Collaborate with other responsible agencies to assist in the establishment of food quality throughout the food chain.
- Perform other functions related to food and nutrition as the Minister for Agriculture may from time to time deem necessary
- Serve as a specialized technical resource in the field of food and nutrition
- Foster the reduction of the prevalence of nutritional diseases
- Conduct Food and Nutrition-related surveys
- Identify, assess, and define the food and nutrition problems, especially among vulnerable groups
- Provide nutrition counseling
- Provide food and nutrition-related training programmes

GENERAL INFORMATION ABOUT THE COUNCIL

Location & Contact Information: Upper Church Street, St. George's, Grenada, W.I.

Email: gfncc@gov.gd

Landline Phone: (473)440-2126/7991

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

FaceBook/YouTube- Grenada Food & Nutrition Council

Instagram: GFNC Council

Website: www.gfncc.gd (under construction)

Auditor- Audit Department, St. George's, Grenada

Principal Banker- Republic Bank Grenada Limited

MISSION STATEMENT

To promote the health and well-being of the Grenadian population; encouraging them to make informed food choices and practice healthy lifestyles.

VISION STATEMENT

A nation of healthy, food secure people

PHILOSOPHY

The Grenada Food and Nutrition Council's philosophy is to provide the highest standard of quality service that would be in keeping with our mission. The Council utilizes only reputable sources and evidence-based information that would allow us to stand out among other providers of Food and Nutrition Services.

The Council's work is guided by the following core values:

Service-Oriented
Reliability
Trustworthiness
Confidentiality
Honesty and Integrity
Efficiency and Effectiveness
Teamwork
Embracing Change and Creativity
Commitment
Accountability
Respect
Discipline

PRODUCTS /SERVICES OFFERED:

Nutrition Counseling
Food-preparation trainings
Workshops
Consultations
Home Visits
Support Services for Public and Private Events
Food Demonstrations and Displays
Nutrition Education
Community Outreach
Recipe Books, *featuring innovative recipes using local ingredients*
And novel products developed from local produce

Board of Directors

Name	Area of Representation
Mr. Elvis Morain (Chairman)	Ministry of Agriculture, Lands and Forestry
Dr. Shawn Charles	Ministry of Health
Mrs. Deborah Gilchrist	Ministry of Education
Mr. Godwin Thomas	Grenada Trade Union Council
Mrs. Leonora George	Ministry of Social Development
Dr. Guido Marcelle	North East Farmers' Organisation
Ms. Petipha Lewis-Smith	Supply and Distribution Sector
Mr. Justin Hazzard	Ministry of Finance, Planning, Economic Development, Physical Development & Energy
Mr. Kelly Patrick	Retired Public Officer
Mrs. Lydia Browne	Executive Secretary (Ex-officio)
Dr. Francis Martin	Ministry of Health (first half of the year)
Mrs. Barbara Fraser	Grenada Trade Union Council (first half of the year)

Throughout the existence of the Council, the board of directors played an essential role in providing guidance for effective operations. There is varied expertise among board members and the Council benefits greatly from their knowledge and skills. Members work alongside or on behalf of the staff of the Council. The Board of Directors (BOD) is accountable to the Minister for Agriculture for the discharge of the statutory functions of the GFNC.

During 2021, two staff members retired and three individuals gained employment. The table below outlines the names and job titles of all persons that worked in the Council for the stated period.

Management Team

Name	Job Title
Mrs. Lydia Browne	Executive Secretary
Mr. Sidoni Frank	Administrative Officer
Ms. Norma Purcell	Product Development and Training Officer
Ms. Jessie Douglas	Community Nutrition Supervisor (Retired in August 2021)
Ms. Charisse Bristol	Nutrition Education Promotion Coordinator

Support Team

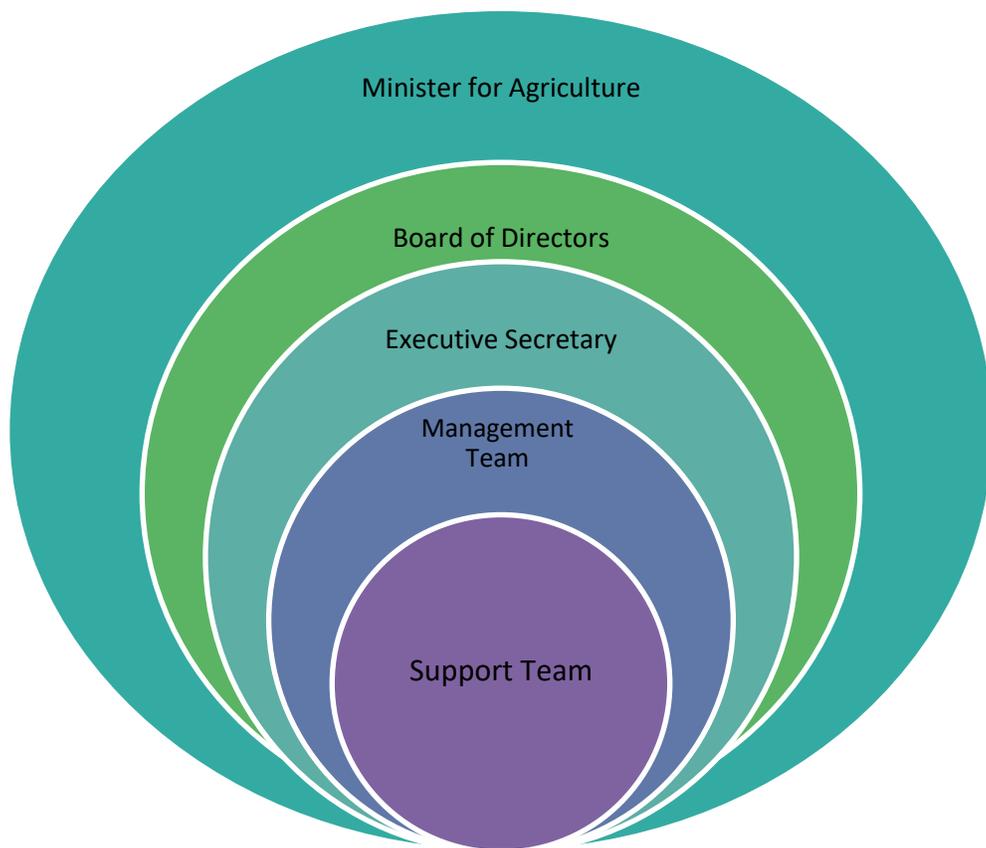
Name	Job Title
Mrs. Wendy Adlam	Accounts Clerk/Secretary
Ms. Lishelle Murray	Communication Officer
Ms. Gardeina Savoury	Community Nutritionist
Mr. Akim Williams	Community Nutritionist (Date Employed: November 1 st 2021)
Mrs. Masha Hunte	Community Nutritionist (Date Employed: December 1 st 2021)
Mrs. Ann Wilson	Nutrition Officer/Surveillance
Ms. Susan Celestine	Nutrition Officer (Retired in October 2021)
Ms. Stephanie Morain	Nutrition Officer (Date Employed: November 1 st 2021)
Mrs. Jennifer Ashby-Duncan	Nutrition Officer, Sister Islands
Mr. Hilary Paul	Driver
Ms. Glenda Nelson	Cleaner

IMANI Trainee: Ms. Hazel Betty-Ann Francois

ORGANISATIONAL STRUCTURE

Parent Body: Ministry of Agriculture

Number of Staff: 14



EXECUTIVE SUMMARY

The Food and Nutrition Council strategically plans based on evidence gathered through its surveys, data obtained from the Ministry of Health, and observations during our encounters in the communities.

During the past year, there were several challenges faced. Many of our programs were interrupted by Covid 19 restrictions that disallowed our ability to enter facilities. For a couple of months, staff did not have access to medical stations and health centers where the Council plays a pivotal role in providing supportive services. Additionally, the fact that schools and many daycare centers were closed for extended periods, and the devastating effect of Covid 19 in some elder care facilities, limited our ability to carry out some of the planned activities. Through all of this, the annual daycare survey was a success.

Despite these challenges, a shift in focus allowed a milestone accomplishment. With the perpetuation of Covid 19 and climate change, the Council recognized the need to mitigate adverse effects from situations that can come about. The attention, therefore, was placed on preparing a draft plan addressing nutrition in emergencies and disasters with assistance from Pan American Health Organization and Mr. Osbert Charles, Disaster Management Officer of the Ministry of Health. The expectation is that the draft plan will become a part of the Ministry of Agriculture's Plan.

Additionally, the Council assisted two residential homes and hospital services to develop nutrition plans of their own.

Through Collaboration with SAEP, the Council conducted a series of training. Persons trained were community members, SAEP Extension and Fisheries Assistants, and Extension Officers of the Ministry of Agriculture and Lands on food safety, chronic disease prevention and management with practical sessions on the preparation of Musa family of foods.

With assistance from the Food and Agriculture Organization, an opportunity to upscale our food basket through food vouchers extended beneficiary families from 27 to 126; vouchers will be disbursed early in the New Year. The Council expects to engage partners in public and private sectors to maintain a more substantial basket of foods going forward.

Lydia Browne
Lydia Browne
Executive Secretary

MESSAGE FROM THE CHAIRMAN OF THE BOARD OF DIRECTORS

The Covid 19 pandemic continued to negatively impact the Council's work during the period under review. The Covid 19 restrictions implemented to protect lives and livelihoods hindered the nature of the Council's work, which involves the interactions with families and community outreach.

Having recognized the Council's role in minimizing the adverse effect of the Covid 19 virus on the population, the Council's management and Board of Directors had to find innovative ways to get the work done. The need for ascertaining a delicate balance between protecting lives and minimizing officers and the public's exposure to the Covid 19 virus was a major priority for the council. It is important to note that many of the families served by the Council are considered as part of the high-risk group; therefore, care had to be taken as they were engaged amidst increasing Covid 19 cases.

During the period under review, the Council witnessed the continued attrition of some of its established staff members, which meant that the Council's Human Resources were depleting each year. The board of directors worked with management in realigning the HR needs with the Council's vision, hence we were able to recruit officers who are reflective of the Council's thrust going forward.

Notwithstanding the challenges experienced, the Council must be applauded for its efforts in the implementation of its annual work plan. The use of technology fostered many strategic engagements with many stakeholders inclusive of the Board of Directors monthly meetings. The strategic deployment of staff and the management of the office were very instrumental in continuing the Council's work while at the same time minimizing the risk of contracting the Covid 19 virus.

As I close, please permit me to express my profound gratitude to the Executive Secretary and staff of the Council for their unwavering support during this difficult period. Similarly, I wish to salute the effort of the Board of Directors for the collective wisdom in treating with matters of the Council. The retirees, who have served the Council with distinction over the years, I wish to assure you that your contributions have left an indelible mark on the Council. I wish to welcome the new members of staff and to implore upon them to let us work together for a better Council and improve food and nutrition security for all.

Elvis Morain
Chairman of the Board of Directors

GFNC Programmes

To fulfill its mandate, the Council operates under five programmes; each with specific strategic objectives and activities. The following were the key strategies for the year January- December 2021:

- 1) Conduct surveillance or research to guide programme planning and policy actions
- 2) Conduct education and training on relevant nutrition topics in public and private sectors
- 3) Use multimedia to increase awareness and promote the work/services of the Council
- 4) Enhance community-based interventions to promote good nutrition for all age groups
- 5) Prepare, monitor, and evaluate food and nutrition programmes/policies/plans

This report will be based around these strategies and will give an account of each programme, with a particular focus on accomplished activities, challenges, and recommendations for future successes.



Administration

This unit is responsible for managing the day-to-day operational activities of the Council. This is done by timely and effectively executing the Council's strategic activities. The Executive Secretary, Administrative Officer, and Accounts Clerk/Secretary are responsible for this area.

COVID-19

Efforts by the Government of Grenada to curb the spread of Covid-19 presented unique challenges for the Council in accomplishing some of its strategic objectives. These efforts were namely stay-at-home orders, entry into institutions and gathering restrictions, curfews, and closure/reduced operational hours of businesses, daycares, and schools. Nonetheless, the Council's staff members displayed their resilience by finding innovative ways to accomplish their targets, and as a result, several of the programme objectives were met.

Implementation of the Strategic Plan

Based on the strategic plan submitted to the Ministry of Agriculture (MOA) for the period 2021-2023, a work plan was developed to guide the day-to-day operations of the Council. Each officer was guided by key strategies, activities, timelines, and the resources available. All members of staff submitted individual monthly reports which were used to monitor and evaluate their execution of the strategic objectives.

Generation of Reports

Monthly reports were generated which covered activities from all programme areas. This report was then submitted to the BOD and the Ministry of Agriculture (MOA). Quarterly reports of work activities and financial statements were submitted to the MOA, Ministry of Finance (MOF), and BOD.

An annual report for 2020, inclusive of financial documents, was generated and submitted to the audit department.

The 2022-2024 Strategic Plan and the 2022 Business Plan were completed and submitted to the MOA.

To maintain non-personnel expenditure

A system is in place to track the utilization of the Council's resources. Inventory is updated on a monthly and yearly basis, as stipulated by the MOF. Through this system, the GFNC is able to keep a log of stock levels.

In 2021, BOD, Management, and Staff meetings were planned and conducted to ensure the optimal operation, coordination, and follow-up of the Council’s activities.

The table below outlines the frequency and total number of meetings held.

No. of Board of Directors Meetings	No. of Management Meetings	No. of Staff Meetings
January- 1	January- 1	January- 1
February- 1	February- 1	February- 1
March- 0	March- 1	March- 1
April- 0	April- 1	April- 1
May- 1	May- 1	May- 1
June- 1	June- 0	June- 1
July- 0	July- 0	July- 1
August- 0	August- 1	August- 1
September- 0	September- 1	September- 1
October-1	October- 1	October-1
November- 1	November- 0	November- 1
December- 1	December- 1	December- 1

Staff Appraisals

By the end of December 2021, job appraisals were completed for all staff with the exception of the driver.

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 2021, the job objectives for all staff were reviewed and revised accordingly.

To ensure professional development of staff in various technical areas

There were eight in-service sessions this year. The purpose of these sessions was to aid in the professional development of staff. Topics were delivered through webinars, invited guests, or staff.

In- Service Trainings- Topics/ Presenters

- 1) Tools to promote the FBDG – **Staff Member**
- 2) Managing sleep, Stress and Mood- **Chris Mohr, PHD, RD**
- 3) Nutrition in Emergencies, COVID-19 and Migration: Prevention and Care of Infant Malnutrition- **Webinar hosted by UNICEF and Global Nutrition Cluster Technical Alliance**
- 4) Ministry of Social Development – Programs and areas for collaboration- **Mr. Delroy Date**

- 5) Launch of the Caribbean Public Health Law forum- **The Pan American Health Organization (PAHO) and the Caribbean Court of Justice Academy for Law (CAFL)**
- 6) Fire Procedures- **Constables Antoine and Albert from Fire department of the RGPF**
- 7) Revised Reporting forms for Community Nutrition- **Staff Member**
- 8) Carbohydrate Restriction for Obesity and Diabetes: What does the evidence say?- **Webinar hosted by Jonathan Clinthorne PhD and Kristin Kirkpatrick MS RD**

Trainings and Certifications

Completed and received certificates for parts 1-3 of a tutor- lead Social Marketing Course ‘Developing a Social Marketing & Communication Strategy’, paid for by PAHO through University of Southern Florida. – **3 members of staff**

Completed the PAHO self-paced Course 4 “Development and Implementation of a Social Marketing Program for Public Health”- **1 member of staff**

Attended two (2) full-day virtual trainings on Food Security and Nutrition Surveillance - **3 member of staff**

Attended a webinar by FAO on the ‘Home Grown School Feeding Program’- **2 members of staff**

Completed and passed the PAHO course “Alcohol during pregnancy” self-paced. **1 member of staff**

Attended breastfeeding webinar (celebration of World Breastfeeding Week) hosted by UNICEF, WHO, and partners of the Global Collective Breastfeeding. – **1 member of staff**

Attended 5 training sessions by CARPHA on Diabetes Management- **1 member staff**

Completed the tutor-led PAHO course “Understanding Stigma and Cognitive Behavioral Interpersonal Skills (CBIS) – 2021” –**1 member of staff**

Retired Staff



Ms. Jessie Douglas and Ms. Susan Celestine retired from the Council after serving 39 years and 36 years respectively.

Equipment Maintenance, Repair, and Replacement

In the second quarter, an independent decision was made to utilize the services of Streamline Networks for basic servicing of the desktop and laptop computers and for installation of antivirus software on the Council's computer units. Servicing and maintenance of other office equipment, namely the AC units and printers, was also done in the second quarter.

Subsequently, a desktop computer with Microsoft office 365 and an updated version of QuickBooks software was purchased to facilitate efficient management of the Council's Accounts.

Obsolete and damaged equipment at the council, namely two desktop central processing units, two laptops, and one desktop monitor, were transferred to the T.A. Marryshow Community College. This transfer was approved by the Procurement Unit of the MOF.

Also, a filing cabinet was purchased to replace a dilapidated unit. And three desktop computers and one laptop computer were ordered to replace our obsolete units, as recommended by ICT.

PROJECT COLLABORATIONS

The Grenada National Chronic Non-Communicable Disease Commission

The GFNC, in collaboration with NCNDC, developed a project “Capacity Building in Primary and Secondary Schools and Parent Teachers Associations to Reduce Risk of Diabetes and Other Chronic Diseases among School-Aged Children”. This was funded by the European Development Fund (EDF) through the Non-State Actors Panel.

Six training sessions were completed at fifteen schools across the island. Reports and videos were generated and these will be used for future trainings.



Food and Agriculture Organization

The MOA, with support from FAO, began work on a project for provision of services in “Capacity building and assessment services of the selected value chains linked to the school feeding programme in Grenada.” This project was later handed over to the Marketing and National Importing Board (MNIB) for completion.

Later in the year, the GFNC embarked on another project with FAO. A Letter of Agreement (LOA) was signed between FAO and the MOA for provision of services to support the functioning of the “Grenada Parliamentary Front against Hunger”. These interventions were also consistent with Sustainable Development Goal 2 – “End hunger, achieve food security and improve nutrition, and promote sustainable agriculture”.

This project also offered support toward strengthening of the GFNC’s ‘Food Bank’. The GFNC facilitated this initiative through the printing of \$75 food vouchers for distribution to over 130 economically disadvantaged families who have difficulty meeting their nutritional needs.

Beneficiaries will use the food vouchers to select among locally produced nutritious foods. This initiative will also contribute to economic activity through support of local farmers and producers, and at the same time improving appreciation for local foods and their nutritional benefits.



After completion of the project, the GFNC intends to form a team with other relevant stakeholders. This team will endeavor to form partnership agreements with other ministries, farmers and farmers’ associations, NGOs, and the private sector. The purpose of these agreements will be to build on the existing Food Bank Initiative by way of sourcing funds, food, and human resources.

Grenada Nutrition in Emergency Disaster Management Plan



Draft ‘Grenada Nutrition in Emergency Disaster Management Plan’ was completed. Stakeholder consultations were held during the development of the plan and adjustments were made accordingly. The plan was then submitted to MOA for onward submission to Cabinet.

The Council worked along with Hospital Services, Charles Memorial Home for the Aged, and Dorothy Hopkin Centre for the Disabled to develop nutrition in emergency sub-plans for their institutions. This was sponsored by PAHO.

Workshops Conducted

The GFNC collaborated with NADMA and the Ministry of Social Development to carry out a 2 day sensitization workshop for Shelter Managers on the National Plan, the draft Nutrition Plan, and Psychological First Aide. This workshop was sponsored by PAHO.

A workshop 'Nutrition in Emergency' was organized for hospital services. There were 16 attendees, inclusive of nurses, mid-wives, and employees in the nutrition department.



Nutrition Education & Promotion

This programme entails education, communication, and promotion strategies. Nutrition-related messages are disseminated through multiple avenues. These messages aim to inspire the population to adopt healthy food choices and physically active lifestyles. The programme also involves activities at individual and community levels and considers issues like food security, food literacy, and low-budget healthy meal planning.

Throughout the year, key nutrition topics to promote health were communicated via the “Nutrition Hints” programme aired weekly on WEE FM and Sister Isle radio. Weekly articles were sent to The Voice, New Today, Informer, and Barnacle newspapers. Eighty-two (82) nutrition hints and forty-six (46) newspaper articles were completed. TV programmes were also recorded on GIS, Meaningful Television (MTV), and Grenada Broadcasting Network (GBN). Some of the topics discussed are listed in the table below:

Multimedia Presentations			
Nutrition Hints Local meals. Lifestyle & cancer prevention. Men Cancer awareness. Nutrient cost. Low cost meal options suggestions & recipe. Traditional Recipes- Pawpaw fritters & Fonte. Healthy eating goals. Importance and forms of physical activity. Ways to get more active. Low cost recipes. Kidney patient’s diet. Preventing CKD. Kids’ oral health. Oral health and diet. Identifying low/high sodium foods. Salt awareness- flavouring food. Benefits of vegetables. Carrots and Cauliflower. Maintaining healthy weight. Understanding serving size.	Nutrition Hints (Cont’d.) GERD. Gestational Diabetes Heartburn. Morning sickness. Alcohol in pregnancy. Food & mood. Heart health. Benefits of Exclusive Breastfeeding. Breastfeeding myths. Young child feeding practices. Boosting kids’ immune system. Eating a balanced diet. Boosting immune system. Managing blood pressure. Checking blood sugar. Diabetes & exercise. Diabetes management- Covid. Natural foods. Sleep importance. Sleep quality. Breast cancer prevention. Checking blood pressure.	Newspaper Articles Nutrient cost and low-cost meal ideas. Cancer Awareness. Tips to make our meals more traditional. Importance of physical activity. Starting the new year right. Traditional recipes. Oral health- Preventing baby bottle tooth decay. Salt reduction CKD Food-tech talks Overview of food processing. History of food processing. Benefits of food processing. Negatives effects, risks, and drawbacks of food processing.	Nutrition and Health Healthy eating goals. Physical activity & nutrition. Cancer awareness. CKD diet and prevention. Renal disease. Oral health and nutrition. Oral health. Kidney Foundation. Musa Mania. Food & mood. De-stressing. Budget buying How the immune system works. Cancer and diet. GFNC in the kitchen Stove top grilled bananas. Fish & vegetable stir-fry. Cassava carrot bread. Chicken burger and egg salad.

<p>Benefits of Bananas. Types and uses of Bananas. Banana recipes. Banana meal & snack ideas. Musa facts-from information used for the radio quiz. Food storage in disasters. Recipes -banana porridge & eggplant salad. Benefits of peanut butter.</p>	<p>Elderly nutrition. Tips - feeding elderly. FBDG. Dental tips. Food & dental care. Ochro benefits. Diabetes- weight loss. Binge drinking. Tips to lower alcohol consumption. Enjoying Xmas lunch while living with chronic diseases. Reducing salt, sugar and fat in meals.</p>	<p>GIS ‘Spice Morning’</p> <p>Avocado & Farine. Cocoa Tea with or without farine. Ripe plantain bean burgers. Sweet potato smoothie. Ripe plantain bean burger.</p>	
---	---	--	--

Nutrition Counseling

When compared to 2020, 2021 showed a decrease in the number of persons receiving nutrition counseling in-office from sixty-two (62) in 2020 to fifty-nine (59) in 2021. However, there was an increase in the total number of nutrition counseling sessions (in-office and community clinics) from four (504) in 2020 to five hundred and eighteen (518) in 2021.

Persons were counseled at the following clinics: Grand Anse, Gouyave, St. David’s, Sauteurs, Grand Bras, Vincennes, Woburn, Union and Perdmontemps. Due to COVID-19 restrictions, some clients were called as a follow-up.

In 2022, the Council anticipates a significant increase in the number of counseling sessions since officers will be attending to clients in two additional clinics, namely Crochu and Westerhall.

Nutrition Quiz



Two quizzes were successfully executed. The Council held its first ever primary school quiz. Nine (9) schools participated in the written pre-test which was used to select students for the quiz. Eight (8) schools participated in the quiz and Bonaire Government placed first.



Six (6) schools participated in the secondary school quiz and Bishop's College placed first.



Both Quizzes were streamed live on GIS's Facebook page.

Nutrition Week

Nutrition week was held from the 20th to 26th June under the theme "Let's grow, create and enjoy our local food." The aim of this initiative was to encourage Grenadians to make healthier food choices.

The objectives were:

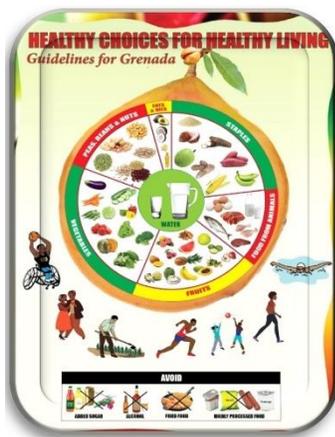
- 1) To promote the use of local foods
- 2) To promote the consumption of low sodium dishes
- 3) To educate the population on meal planning, mental health and meal assessment
- 4) To sensitize the population on disaster preparedness, i.e. foods to store for a disaster.

The activities held were:

- 1) Planting Exhibition: Showcase your Garden via GFNC FB page
- 2) Hurricane Preparedness Shopping Drill (Grenada), Food Fair Grand Anse
- 3) Hurricane Preparedness Shopping Drill (Carriacou), Kim's Plaza Supermarket
- 4) Healthy Choices for Healthy Living Street Interviews
- 5) Low-Sodium Food Preparation



Promotion of the National Food-Based Dietary Guidelines



The Council promoted the revised ‘Food-Based Dietary Guidelines’ (FBDG) through several avenues, namely billboards, target groups, trainings, clinic and community sessions, and via radio, television and social media platforms.

A Food-Based Dietary Guidelines (FBDG) billboard was erected in Petite Martinique and at Grenville bus terminus.

Training sessions on the FBDG were carried out with three (3) new staff in the Health Promotion Department of the MOH, thirteen (13) Public Officers in Carriacou (Teachers, Nurses, and Youth Officers), and nineteen (19) Youth Leaders of Seventh Day Adventist churches.

Also, several target groups were briefed on the FBDG, including Year 1 hospitality students (Culinary Arts and Food and Beverage) at T.A. Marryshow Community College, St. Andrew’s Leo Club, housekeeping staff at Calabash Hotel, staff at First Caribbean International Bank, and Ellie’s Summer School in Grenville.

Information on the FBDG was shared with many persons at clinic and community sessions around the island.



FBDG BILLBOARD POSTING-Petite Martinique



FBDG TRAINING OF PUBLIC OFFICERS-Carriacou



FBDG TRAINING SESSION - Ellie's Summer School, Grenville

Community Nutrition

This community-focused programme targets the entire population. However, the Council places a specific emphasis on children under five with malnutrition and other nutrition-related issues. There is also a focus on the elderly, pregnant and lactating women, and persons living with chronic non-communicable diseases.

This programme includes activities such as growth monitoring, school health assessment, promotion and education on best feeding practices, educational presentations, menu planning, meal monitoring at schools and residential homes, and hands-on education.

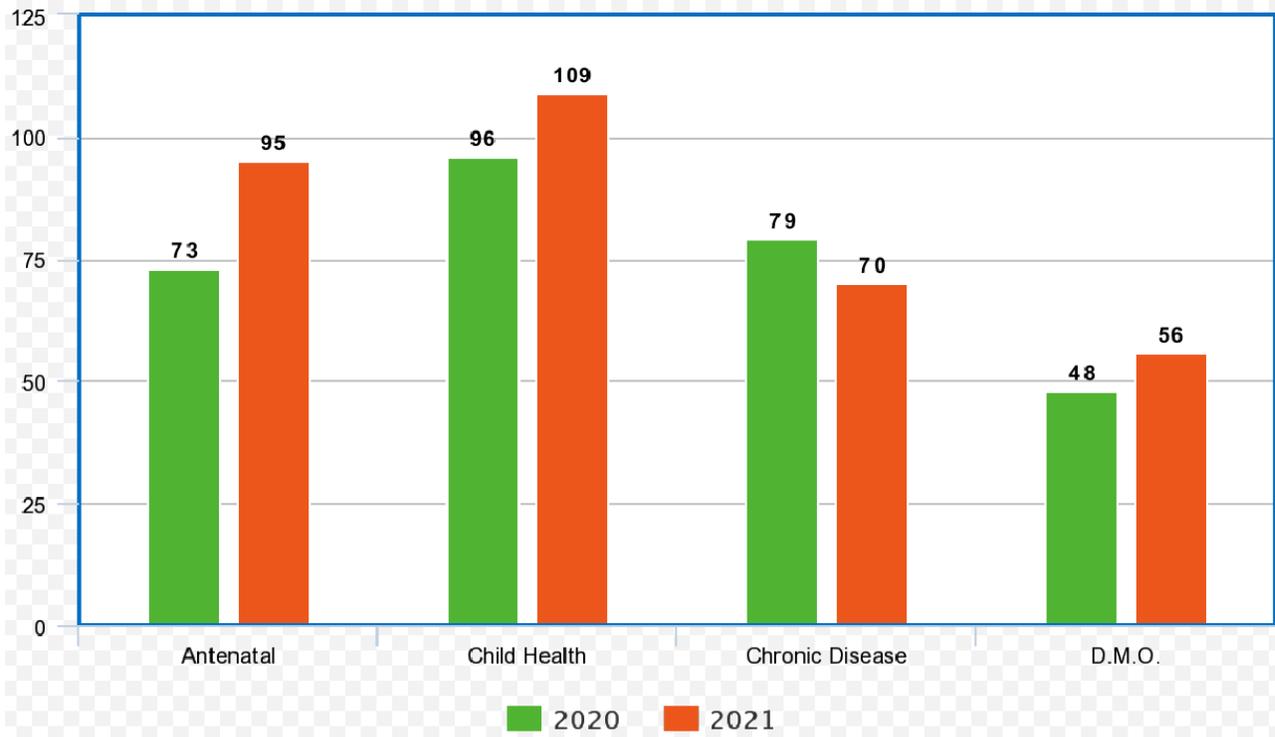
In 2021, several presentations and individual sessions were conducted at clinics throughout Grenada, Carriacou, and Petite Martinique, to provide relevant nutrition information. However, the advent of Covid-19 resulted in stay-at-home orders and restrictions on visitations at clinics. These protocols negatively impacted the total number of outreach done.

Hereunder is a breakdown of the number of clinic visits and attendees at specialized clinics

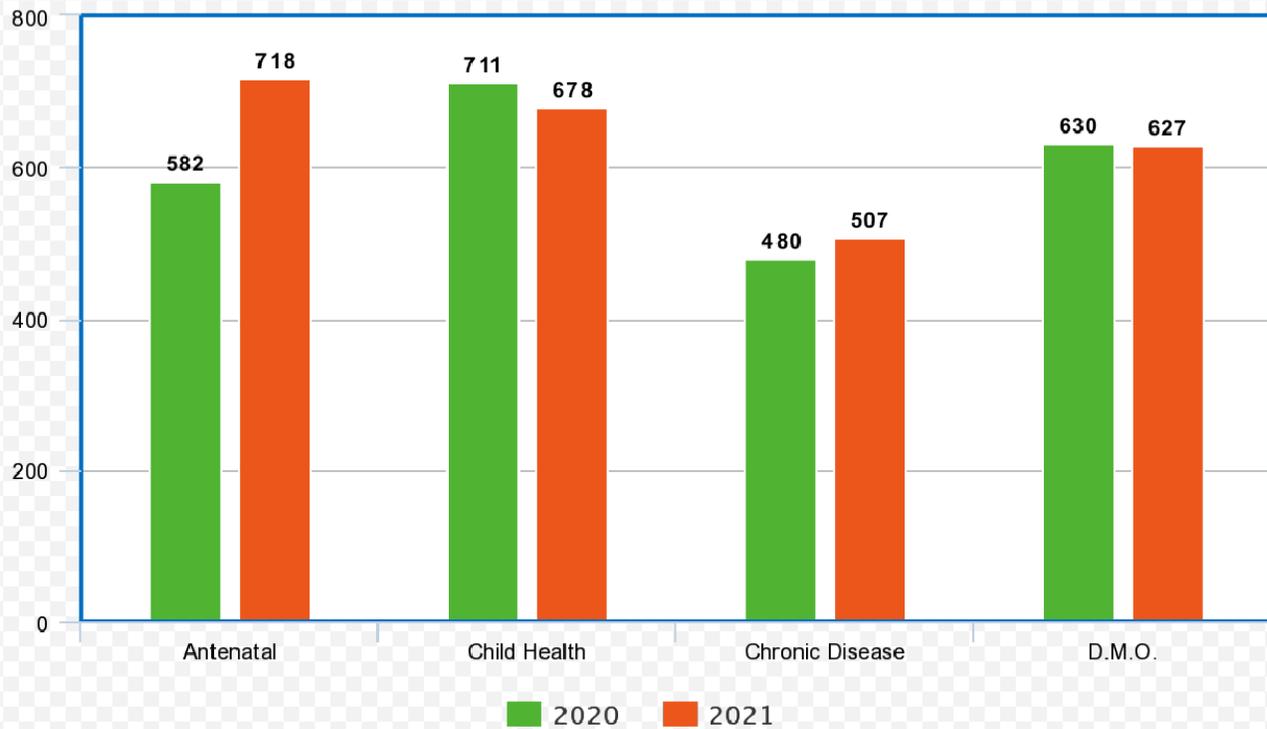
2021	Antenatal	Child Health	Chronic Disease	D.M.O
Clinic Visits	95	109	70	56
Attendance	718	678	507	627

Compared to 2020, there was an increase in both the number of clinic visits and the number of attendees at antenatal clinics. For child health clinics and DMO clinics, there was an increase in the number of clinic visits but a decrease in the number of clients seen. And for the chronic disease clinics, there was a decrease in the number of clinic visits and an increase the number of patients seen.

Comparison of the Number of Clinic Visits in 2020 and 2021



Comparison of Clinic Attendance in 2020 and 2021



Home Visits

Throughout the year, nutritionists and nutrition officers made regular visits to all malnourished children on the GFNC register and to those at risk of becoming malnourished.

During each visit, the officers shared relevant nutrition information with the parents and guardians of the beneficiaries and made recommendations or referrals when necessary. The children were weighed monthly and their length/height was measured quarterly. This data was used to determine their BMI for age Z-scores and growth.

Moreover, each month, supplementary food parcels were given to children on the GFNC register for abnormal nutrition status. These parcels included food items such as rice, flour, cornmeal, peanut butter, vegetable oil, canned beans, lentil peas, evaporated and powdered milk, ground provision, fruits/vegetables in season, and infant formula where indicated.

In addition to the funds budgeted for this program, the GFNC continued to nurture partnership arrangements with external organizations to obtain donations of food items. In 2021, CARITAS, ADM (Caribbean Agro), and Western Dairies were main contributors of food items for the GFNC supplementary food parcels.

Furthermore, as detailed in the Administration section above, FAO sponsored the expansion of the GFNC Food Bank Initiative. The families on the GFNC register benefited greatly from this project, in addition to dozens of other vulnerable persons across the tri-island state.

Nutrition Surveillance

This programme uses a variety of data collection methods to continuously monitor the nutritional status of the population. 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 and postnatal women and infants
- Children attending Day Cares

The geriatric assessment was scheduled for May 2021. However, it was cancelled because at that time designated officers were unvaccinated for Covid-19, which was required by the Ministry of Health for entry into the Geriatric homes.

Daycare Survey

The 2021 Day Care Survey was conducted during the months of February to May. The survey was designed to assess the nutritional status of children attending all daycare centers (government/government-assisted and private) in Grenada. Forty-nine (49) centers were visited and a total of seven hundred and fifty-five (755) children were assessed.

RESULTS:

- Three hundred and seventy-four **(374) males**
- Three hundred and eighty-one **(381) females**
- Six hundred and eighty-three **(683) children**, approximately ninety percent (90.5%), of the children assessed had a normal BMI-for-age (BMI-for-age Z-score (BAZ) between -2 and +2). Of this group, one hundred and thirty-four **(134) children**, or 17.7% are at possible risk of becoming overweight (between +1 Z-score and +2 Z-score).
- **Nine (9)** or 1.2% of the children had a BMI-for-age Z-score (BAZ) below -2 and above -3 which indicates wasted or thin. One (1) or 0.1% of the children had a BMI below -3 which indicated severely wasted

- **Sixty-two (62)** or 8.2% of the children had BMI-for-age Z-score (BAZ) above +2 which indicates overweight/obese. Of these sixty-two (62), **forty-three (43)** or 5.7% were overweight and **nineteen (19)** or 2.5% was obese.
- **Twenty-nine (29)** or 3.8% had Height-for-age (HAZ) below -2 which indicate stunted/severely stunted.



DAYCARE SURVEY 2021 - Weight & height measurements

Table Showing Assessment Results by Parish

Parish	No. of Centres	No. of Children Assessed	No. Wasted (BAZ < -2)	% Wasted	No. Overweight/ Obese (BAZ > 2)	% Overweight/ Obese	No. Stunted (HAZ < -2)	% Stunted
St. John	3	64	0	0	4	6.3	4	6.3
St. Mark	1	26	0	0	2	7.7	1	3.8
St. Patrick	3	34	0	0	4	11.8	0	0
St. Andrew	13	196	6	3.1	14	7.1	7	3.6

St. David	1	31	0	0	2	6.5	0	0
St. George	26	367	4	1.1	31	8.4	12	3.3
Carriacou	2	37	0	0	5	13.5	5	13.5
Total	49	755	10	1.3	62	8.2	29	3.84

Analyze food prices and determine nutrient cost

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. The data collected shows the daily cost to feed an individual based on a 2400 calorie diet. **The daily cost per parish, as collected each month in 2021, is detailed in the table below:**

NUTRIENT COST 2021

MONTHS	ST. GEORGE	St. ANDREW	ST. PATRICK	CARRIACOU
	\$	\$	\$	\$
JAN	12.90	13.08	14.28	—
FEB	11.83	13.33	13.40	15.61
MAR	13.16	13.13	14.17	15.75
APRIL	13.21	12.57	13.84	16.80
MAY	12.99	11.94	13.57	15.48
JUNE	12.97	12.86	14.87	17.44
JULY	12.79	11.19	13.64	14.57
AUG	11.09	12.89	13.31	—
SEP	12.57	17.33	14.21	—
OCT	11.19	15.65	13.93	14.82
NOV	11.91	13.73	14.45	14.22
DEC	11.25	11.18	15.41	15.27

Based on the food baskets generated for each parish, one hundred and eighty-six (186) meal ideas were developed for publishing during GFNC’s media programs.

Product Development and Training

This programme promotes the utilization of local foods. Moreover, this programme showcases and educates the public on how local foods can be used to create new products and recipes. In 2021, several new recipes were developed and existing recipes were modified to meet the latest nutritional recommendations. Also, several promotional activities were held to spread awareness of the benefits and versatility of the Musa family of foods.

Virtual, theoretical, and practical in-person sessions were conducted, each covering various topics for identified target groups.

New recipes developed

Dasheen Lasagna	Okra Omelette	Ripe Banana Rice Porridge	Lemon Rice
Bluggo Tuna Casserole	Cassava Carrot Bread	Ripe Plantain Bean Burger	Soursop And Rice Smoothie
Lentil Porridge	Breakfast Cocoa Rice	Stove Top Banana Cheese	Avocado Cucumber Salsa
Chunky Dasheen Cheese Melt	Multi-Flours Pancake	Stove Top Plantain Roll Ups	Nutty Turmeric Oats



Curious Little Hands in the Kitchen

A 1-day session on sample dishes that can be made from the Musa family of foods was carried out in St. John and St. David. Eleven children participated, all between the ages 8 – 11.



The annual 'Curious Little Hands in the Kitchen' that was scheduled for July and August was cancelled due to low registration numbers.

Climate Smart Agriculture & Rural Enterprise Programme (SAEP) Training, facilitated by GFNC

The GFNC, in collaboration with SAEP, conducted a series of Musa training sessions geared toward promoting the use of the Musa family of foods by showcasing their versatility in a wide range of innovative recipes.

The training was delivered by multiple Facilitators through

- PowerPoint presentations with questions and answers
- Activities to facilitate the teaching of information related to food safety, and chronic disease prevention and management.
- Participatory learning food preparation sessions



A total of fifty (50) representatives from the Northern, Southern, Eastern, Western, and Carriacou districts participated in the trainings. Among these persons were SAEP extension and fisheries assistants, 4H officers, community members, and extension officers of the MOA.

Other Trainings, Workshops and Field work



RGPF HEALTH FAIR

**BMI checks
&
brief nutrition
counselling**

**Cooking workshop
with daycare
workers in St. John**

HEALTH FAIR

St. George's Diabetes Association



**Seventh Day Adventist
Youth Leaders training**

Acknowledgements

The Grenada Food & Nutrition Council graciously acknowledges the valuable contributions of all its staff members. Each played a critical role in helping to achieve the Council's goals and objectives. Their resilience and innovative adaptation throughout this pandemic are highly commendable. Also, by the same token, we are equally thankful for the advice and support provided by the Board of Directors.

Special thanks to our parent body, the Ministry of Agriculture, as well as the Ministry of Education and Human Resource Development, the Ministry of Health, and the Ministry of Social Development, for providing their much-needed support and assistance.

Additionally, deep gratitude is extended to all the national and regional bodies that continue to help the Council realize its full potential via technical assistance and funding. Noteworthy mentions are the Food and Agricultural Organization (FAO), the Pan American Health Organization (PAHO)/World Health Organization (WHO), and the Caribbean Public Health Agency (CARPHA).

Furthermore, we would like to thank all relevant media personnel for showcasing many of the Council's events and activities in 2021. We kindly recognize all other stakeholders who assisted in one way or another toward ensuring that the work of the Council was a success. Thank you to all our clients, customers, supporters, and well-wishers for playing your part so that our vision and mission can come to fruition.

Heartfelt thank you to everyone