



2020 Annual Report

*Grenada Food and Nutrition
Council*

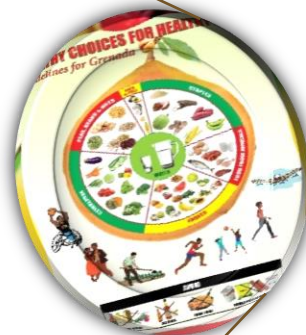


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ACRONYMNS

CARPHA- Caribbean Public Health Agency

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

NCNCDC- National Chronic Non-Communicable Disease Commission

NGO- Non-Governmental Organization

PAHO - Pan American Health Organization

PAM- Programme for Adolescent Mothers

WHO- World Health Organization

CORPORATE INFORMATION

The Grenada Food & Nutrition Council 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
- 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
- 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

LOCATION & CONTACT INFORMATION

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FaceBook/YouTube- Grenada Food & Nutrition Council

Instagram: GFNC Council

Website: www.gfnc.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
Trust worthiness
Confidentiality
Honesty and integrity
Efficiency and effectiveness
Team work
Embracing change and creativity
Commitment
Accountability
Respect
Discipline

PRODUCTS /SERVICES OFFERED:

Nutrition Counseling
Healthy food preparation trainings
Workshops
Consultations
Home Visits
Support services for public events
Food Demonstrations and Displays
Nutrition Education
Community Outreach
Recipe Books, *featuring innovative recipes using local ingredients*
Novel products developed from local produce

Board of Directors

Mr. Elvis Morain (Chairman)	- Ministry of Agriculture
Dr. Francis Martin	- Ministry Of Health
Mrs. Deborah Gilchrist	- Ministry of Education
Mrs. Barbara Frazer	- Grenada Trades Union Council
Mrs. Leonora George-Buckmire	- Ministry of Social Development
Dr. Guido Marcelle	- North East Farmers' Organisation
Ms. Petopha Lewis-Smith	-Supply and Distribution Sector
Mr. Justin Hazzard	- Ministry of Finance
Mr. Kelly Patrick	
Mrs. Lydia Browne	- Executive Secretary (Ex-officio)

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.

Number of Staff: 13

Management Team

Mrs. Lydia Browne	- Executive Secretary
Ms. Norma Purcell	- Product Development & Training Officer
Ms. Jessie Douglas	- Community Nutrition Supervisor
Mr. Sidoni Frank	- Administrative Officer (July 2020)
Ms. Charisse Bristol	- Nutrition Education Promotion Co-ordinator

Support Team

Mrs. Ann Wilson	- Surveillance/Nutrition Officer
Ms. Lishelle Murray	- Communication and Research Officer
Ms. Gardeina Savoury	- Community Nutritionist
Mrs. Wendy Adlam	- Secretary/Accounts Clerk
Ms. Susan Celestine	- Nutrition Officer
Mrs. Jennifer Ashby-Duncan	- Nutrition Officer, Carriacou
Mr. Hilary Paul	- Driver
Ms. Glenda Nelson	- Cleaner

IMANI Trainee - Ms. Hazel Betty-Ann Francois

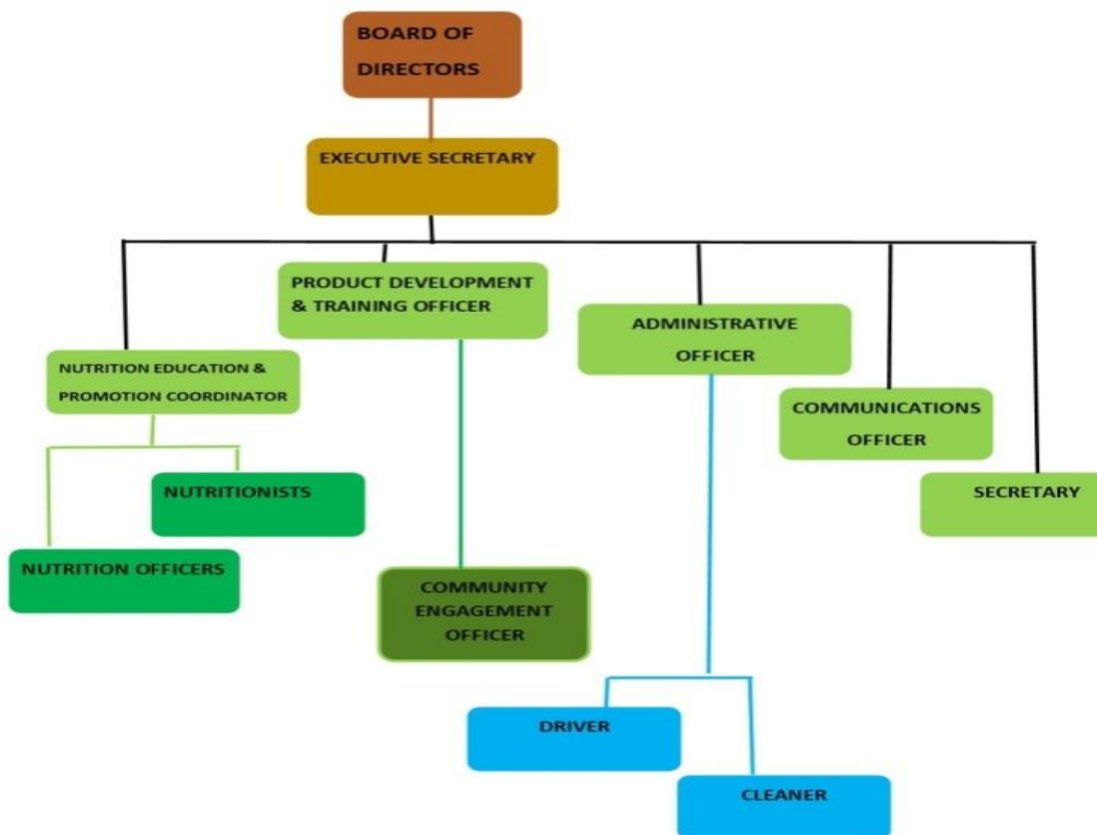
Grenada Food and Nutrition Council

ORGANISATIONAL STRUCTURE AND MODEL

Parent Body: Ministry of Agriculture

Number of Staff: 13

Revised Organization Structure



MESSAGE FROM THE CHAIRMAN OF THE BOARD OF DIRECTORS

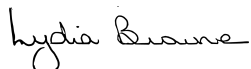
EXECUTIVE SUMMARY

The year began as usual with anticipation for fulfilling the Council's mandate through our programs and services; 2020 was a year full of challenges as may have been the case for many service organizations, with the advent of Covid 19.

After many months of work on the revised Food-Based Dietary Guidelines for Grenadians during the previous year and the Guidelines signed by Cabinet on February 3rd, a launch was held on February 5th. The Occasion was marked with attendance by the Governor-General, Her Excellency Dame Dr. Cecile La Grenade and the Minister and Permanent Secretary of the Ministry of Agriculture, Honorable Yolande Bain- Horsford; Additionally, representatives from other sectors, such as St. George's University, Celebrations Committee, IICA, and the Ministry of Health. A billboard with the Guidelines was erected at the Sir Eric Mathew Gairy Botanical Gardens and was unveiled on the day of the launch. It was truly an extraordinary event. Later on in the year, billboards were erected at the Market Square in Carriacou and in the vicinity of the school in Petite Martinique.

During the Closure of the Country in March of the reporting year, the Council was resilient in utilizing the available mediums to educate the public: television, radio, Zoom, Face book. Many short videos were created and guidance on boosting the immune system. Information was sent to the geriatric homes particularly that reports were indicating that older people were more severely affected by the virus. Additionally, the Council reached out to the Pan American Health Organization (PAHO) and received assistance for the creation of social media messages that were disbursed via Whats App and Face book.

Later during the year, with the realization that the nation's children have been inactive for an extended period, having to be out of school and the possible consequences this can have on their health, the Council again partnered with PAHO. Funding was provided for the creation of a jingle that depicts the benefits of good nutrition and physical activity, a video showcasing children participating in different types of physical activities and voiced tapings by key stakeholders from the National Chronic Non-communicable Disease Commission and Ministries of Health, Social Development and Sports, speaking on how physical activity improves health. These were aired via radio and television.



Lydia Browne
Executive Secretary

GFNC Programmes

To fulfill its mandate, the Council operates under five programmes; each with specific strategic objectives and activities. The following were the set strategic priorities for the year January-December 2020:

1. Continue implementation of the food utilization component of the National Food and Nutrition Security Policy.
2. Develop Country's Nutrition Profile
 - Update children ages zero to five years
 - Generate records of (or generate data) the Adult population
 - Generate data of elderly 60 years and older in geriatric homes
3. Promote Revised Food Based Dietary Guidelines (FBDGs).
4. Preparation and evaluation of food and nutrition projects.
5. Compliance with Local, Regional and International Standards
6. Implementation of the Schools Nutrition Policy
7. Submission of draft Infant and Young Child Feeding Policy to Cabinet for ratification.
8. Monitor Food and Nutrition Programmes
9. Collaborate on the development of a National Nutrition in Emergency Plan

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



Finance and Administration

This programme is responsible for ensuring the smooth day to day operations of the Council. This is done by timely and effectively executing the Council's strategic activities. The Executive Secretary, Administrative Officer, and Secretary/Accounts Clerk are the front-line staff in this area. The position of Administrative Officer was filled in July 2020 after being vacant since December 2018, thus alleviating some of the challenges that the operations faced while the vacancy existed.

COVID-19

2020 was unlike any other year that the Council had experienced before. The unexpected advent of Covid-19 quickly led to a slew of health and safety laws and regulations such as stay-at-home orders, gathering restrictions, curfews, and closure/reduced operational hours of businesses and schools. These laws and regulations, coupled with the psychological impact of these changes, served as a significant impediment in the Council's ability to satisfy many of the performance targets set for the year. Nonetheless, the Council's staff members and its associates displayed their resilience 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 2019-2021, 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. All members of staff submitted individual monthly reports which were used to monitor and evaluate their execution of strategic objectives.

To generate reports

Monthly reports were generated which covered activities from all programmes. They were then submitted to the BOD and 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 2019 was generated and submitted with financial documents to the audit department.

Completed and submitted 2021- 2023 strategic plan and 2021 Business Plan to MOA.

In 2020, monthly BOD, management team and staff meetings were planned to ensure the optimal operation, coordination and follow up of all 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- 0	February- 1	February- 1
March- 0	March- 0	March- 1
April- 0	April- 1	April- 1
May- 1	May- 1	May- 1
June- 1	June- 1	June- 1
July- 1	July- 1	July- 1
August- 1	August- 1	August- 1
September- 0	September- 1	September- 1
October- 0	October- 1	October- 1
November- 1	November- 1	November- 1
December- 0	December- 0	December- 0

To complete staff appraisals

By the end of December 2020, job appraisals were completed and job objectives were reviewed for all staff directly under the supervision of Administration.

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.

Outstanding appraisals are for the Nutrition Officers and the Driver, some of whom were on vacation during the month of December. Appraisal for the Administrative Officer is due in January 2021.

To ensure that all equipment are maintained

Servicing and maintenance of office equipment were done on schedule in January. Also, a new air conditioning unit was purchased for the office of the Executive Secretary.

Long downtimes and temporary closures of the Council due to Covid-19 resulted in no servicing at the end of the second quarter. However, all computers were serviced in the third quarter, three of which were subsequently taken to a service provider to be repaired. Afterwards, authorized purchases of two new computers occurred during the month of December.

The printer (HP LaserJet 500 colorMFP M570dn), as well as all four air condition units, were serviced in the fourth quarter.

The annual inventory of all equipment and utensils was done in the month of December.

To complete and submit at least one project

A proposal was prepared and sent to the St. George's University requesting funding for the creation and airing of a radio drama series on the Food-Based Dietary Guidelines. However, funding was denied by the institution because it did not satisfy their criteria. Alternate sponsorship was sought from several other businesses with a vested interest in the cause; however they have so far all been futile.

To maintain non-personnel expenditure

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 a log of stock levels. Furthermore, a culture of stringency with resources is being fostered.

To ensure professional development of staff in various technical areas

A number of in-service trainings were organized, aimed at improving staff's efficiency, ability, knowledge and motivation in their professional work. Topics were delivered by in-house and invited presenters. Members of staff also participated in a number of workshops/ seminars geared toward professional development.

In- Service Training- Topics/ Presenters

- 1) Exploring the pursuit of effective public health policies through a trade lens-**Mrs. Nicole Foster, HCC Policy Advisor, Attorney at Law**
- 2) Phenylketonuria (PKU)-**Charisse Bristol**
- 3) Pyramids, Wheels, Plates and Pots; Developing FBDG Graphics-**Yenory Hernández-Garbanzo and Veronika Molina**
- 4) Provision of psychosocial support and self –care-**Dr. Amrie Morris-Paterson**
- 5) Marketing of Breast milk substitutes: National Implementation of the International Code. Status Report 2020-**WHO / UNICEF**
- 6) Office Etiquette and Professionalism-**Alice Thomas-Roberts**
- 7) Psychosocial support- **Kizie Mathew-Clarence- MOSD**
- 8) Paleo Diet-**Narine Thomas- USC Intern**
- 9) The role of Sensory Science in new product Innovation-**Sidoni Frank**

Workshops

Administrative Officer attended Project Proposal Writing virtual workshop sponsored by the Non-State actors Panel

Consultation held by the Council with key stakeholders to review a draft National Nutrition in Emergency Management Plan.

The Food and Agriculture Organization (FAO) assisted the Council in officially launching and promoting the 'Food-Based Dietary Guidelines' (FBDG). There were a series of outreach initiatives to engage key stakeholders, namely nurses and teachers, in training/education sessions on the FBDG. This was done with the aid of a Training Plan and a Training Handbook for Facilitators.

Grenada Nutrition in Emergency Disaster Management Plan

During a disaster or an emergency, there is an increased risk for the development of under-nutrition in some of the most vulnerable groups among any population. Timely intervention plays a pivotal role in preventing the onset of malnutrition and decreasing incidences of morbidity and mortality. As such, the GFNC embarked on an initiative to create a Grenada Nutrition in Emergency Disaster Management Plan.

Selected staff members at the GFNC, nutritionists at the Hospital Services and Mr. Osbert Charles from the Ministry of Health, all worked assiduously to complete the draft of the plan. Subsequently, a consultation was held with key stakeholders to meticulously review the plan and offer their suggestions. The GFNC is currently in the final stages of completing the plan, with the assistance of Mr. Osbert Charles, who is trained in disaster management.



Stakeholders' consultation-Grenada Nutrition in Emergency Disaster Management Plan

Nutrition Education & Promotion

This programme uses a combination of education, communication, and promotion strategies. Nutrition-related messages are 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, food literacy, and low-budget healthy meal planning.

Covid-19 brought forth many challenges to this programme that resulted in the cancellation of the Annual Nutrition Quiz due to school closings and social distancing mandates.

Notwithstanding, many initiatives took place to educate the public and increase awareness of the Council's work through multi-media.



Nutrition Week "Cook, Snap, Post & Win" Healthy Family Challenge

10 "Watch The Pot" Social Media Cards



Magazines- Nutricator & Nutriscope



Brochures, posters & flyers

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. Seventy-nine (79) hints and forty-three (43) articles were done. Programmes were also done on Magic FM (MTV), Rise & Shine Grenada – MTV. Some of the topics included:

Hints	Hints	Newspaper Articles	TV Programmes
Nutrition when sick Appetite-boosting foods Value of eggs Buying & storing eggs Spices Traditional foods Headaches and diet Constipation Nutrient cost Boosting Immune System Food Storage tips Kidney Health Nutrition and Flu in Kids Home gardens Low-cost meal ideas and recipe Canned fruits Dehydrated fruits Food storage tips Healthy snacking Recipe – Dasheen log Recipe - Lentil sandwich spread Recipe – Oatmeal Balls Recipe – Veggie Burgers Food-Based Dietary Guidelines Breastfeeding Benefits Toddlers’ nutrition	Kids’ immune system Heart health Food & mood Feeding preschoolers Nutrition & Depression Elderly feeding Breast cancer risk Breast cancer and nutrition Dangers of feeding babies sugar Benefits of pumpkin Pumpkin selection & storage Diabetes management	Independence Recipes Eggs Constipation and diet Food-Based Dietary Guidelines Flyer on Boosting Immunity Low-cost meal suggestions and recipes Food Storage and what to stock in emergencies Benefits of home gardens Recipe – Dasheen Log Recipe – Oatmeal Balls Recipe – Veggie Burgers Recipe – Mango Ice-cream Benefits of dehydrated fruits Recipes: cornmeal griddle cakes & cheesy mashed cassava Foods to have in event of natural disaster Nutrition depression & mood Pumpkin benefits and storage Diabetes Management Dangers of feeding Babies sweet water Dangers of giving	Nutrition and Health Eggs Oral Health Salt Awareness World Kidney Day- Kidney Foundation Breast cancer awareness Nutrition to fight Covid-19 Backyard gardening benefits GFNC in the kitchen Stuffed plantain rings, poached fish and ripe plantain smoothie Egg Fingers Pumpkin casserole and pumpkin ice cream Breadfruit pizza GIS ‘Spice Morning Kitchen in studio 2x/month, sessions done included: Overnight breakfast oats, breakfast salad, cou-cou fish salad, turmeric ginger tea,

		water to babies Christmas recipes	and chick peas salad.
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Other noteworthy media appearances

GBN: Doctor on Call via zoom-Topic: Nutrition and Obesity

“Simply Agriculture” program via zoom -Topic: Holiday Eating

Power 95.1 FM Grenada Radio -Topic: Ways to make traditional Christmas meals healthier

Interview with Mina Booker from Ministry of Agriculture

Topic: Holiday eating, recipe adjustment

MTV-Live TV/Radio interview on Topic: Holiday dishes healthy preparation

Interview for news- Topic: Panic Shopping

Nutrition Counseling

Due to COVID-19, no clients were seen (both in-office and in community clinics) for the latter part of the 1st quarter and for the entire 2nd quarter.

When compared to 2019, 2020 showed a decrease in the number of persons receiving nutrition counseling. The number of in-office individual nutrition counseling sessions went from ninety-five (95) in 2019 to sixty-two (62) in 2020. Furthermore, there was a decrease in the total number of nutrition counseling sessions (in-office and community clinics) from eight hundred and fifty-six (856) in 2019 to five hundred and four (504) in 2020.

Persons were counseled at the following clinics: Grand Anse, Gouyave, St. David’s, Sauteurs and Grand Bras Health Centres; Vincennes Woburn, Union and Perdmontemps Medical Stations.

National Food-Based Dietary Guidelines

Plan and execution of the revised ‘Food-Based Dietary Guidelines’ (FBDG) was carried out with the assistance of Dr. Malachy Dottin and a local Food and Agriculture Organization (FAO) Consultant named Stephanie Lewis. The guidelines were officially launched on February 5th 2020. A training plan was then created using a sample matrix provided by Veronika Molina (FAO International Consultant). Afterwards, the Council worked along with Stephanie Lewis to create the Technical Document and a Training Handbook for Facilitators.

Presentations were held on GBN Television that outlined the process for revising the FBDG, as well as the importance of the messages. An animated promotional video was also completed and disseminated across several major local networks.

A FBDG workshop was coordinated to finalize the methodology for teaching the Guidelines. Educational materials geared to target different age groups, inclusive of a conversation education map, were developed for use by trainers/facilitators.

Subsequently, there were a series of outreach initiatives to engage key stakeholders, namely the nutrition curriculum officer as well as a select group of nurses, health promotion officers, teachers, police officers and members of the SAEP program, in training/education sessions on the guidelines. This was done with the aid of the Training Plan for Facilitators and the Training Handbook for Facilitators. Continued training of target groups and the wider population is expected to continue into 2021 and beyond.

A design of the FBDG graphic was placed on the back of the Council's vehicle. Also, billboards depicting the FBDG were erected in Grenada, Carriacou and Petite Martinique.

FBDG Launch & Exhibition & Billboard erected in Grenada and the sister isles



FBDG Training of Trainers with nurses and teachers



Funding from the Pan-American Health Organization (PAHO)

The GFNC received funds from PAHO which were used to promote healthy lifestyles and physical activity among children and the wider population. This was done through a host of activities, notably were the distribution of skipping ropes to twenty-five (25) schools, the creation of a jingle that promoted healthy lifestyles and a physical activity video targeting children.

Physical activity promo & Distribution of skipping ropes to schools



Community Nutrition

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

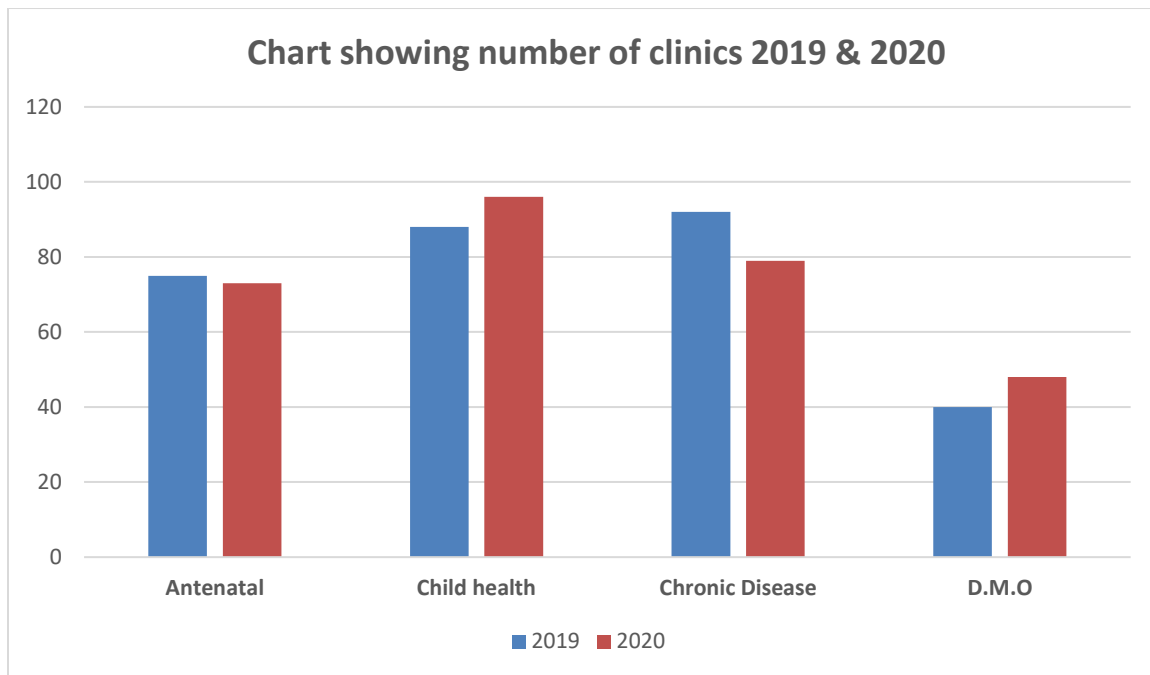
During 2020, a number of presentations and individual sessions, to provide relevant nutrition information, were conducted at clinics throughout Grenada, Carriacou and Petite Martinique. However, it should be noted that the advent of Covid-19 resulted in stay-at home orders and

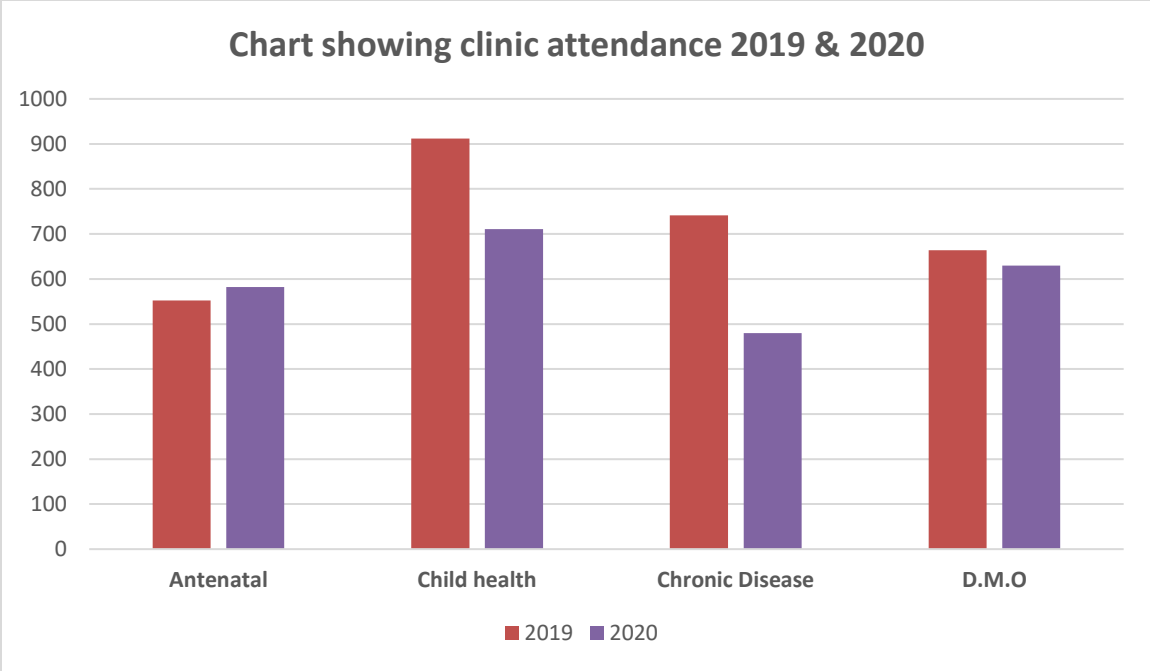
restrictions on visitations at clinics thus impacting negatively on the total number of outreach done.

Hereunder is a breakdown by clinic type and attendance.

2020	Antenatal	Child Health	Chronic Disease	D.M.O
No. of Clinics	73	96	79	48
Attendance	582	711	480	630

Compared to 2019, there was a decrease in both the number of chronic disease clinics and the attendance. Antenatal clinics saw a decrease in the number of clinics with increased attendance. On the other hand, child health clinics and DMO clinics saw an increase in the number of clinics with decreased attendance.





Home Visits

The community nutrition staff made regular visits to all malnourished children on the GFNC register as well as those at risk. The children’s weights were measured every month and every quarter the children were weighed and their length/height was measured to determine BMI for age Z scores and growth.

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

During COVID-19, the Council reached out the MNIB through Mr. Kelly Patrick to obtain some local foods for vulnerable families on the Council’s register. Among food stuff received included local vegetables, plantains and various herbs/seasonings. Around that same time, Ms. Velma Jessamy donated sweet potatoes. These contributions, together with other food items bought by the Council and donations from CARITAS and ADM, were used to make food parcels that were delivered to the homes of these vulnerable families all across the island.

For the year 2020, cumulative monthly home visits to vulnerable households were two hundred & sixty-five (265). At each visit, officers shared relevant nutrition information and made recommendations or referrals when necessary.

Also, for the stated period, two hundred and nine (209) food parcels were distributed to families. Parcels included food items such as rice, flour, cornmeal, peanut butter, vegetable oil, canned beans, lentil peas, evaporated and powdered milk, and infant formula where indicated.

Food parcels distributed to vulnerable families



***Submission of draft
Infant and Young Child Feeding Policy to Cabinet***

A draft Infant and Young Child Feeding Policy was completed in December 2016. The issue of the long approval waiting time was raised with the Board of Directors (BOD). Subsequently, a copy of the draft policy and a policy brief was resubmitted to the Permanent Secretary of the Ministry of Health (MOH) for action. Also, work has started on a feeding and meal planning guide for daycares.

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 and postnatal women and infants
- Children attending Day Cares

Geriatric assessment was scheduled for May 2020 but it was later cancelled due to Covid-19 restrictions

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

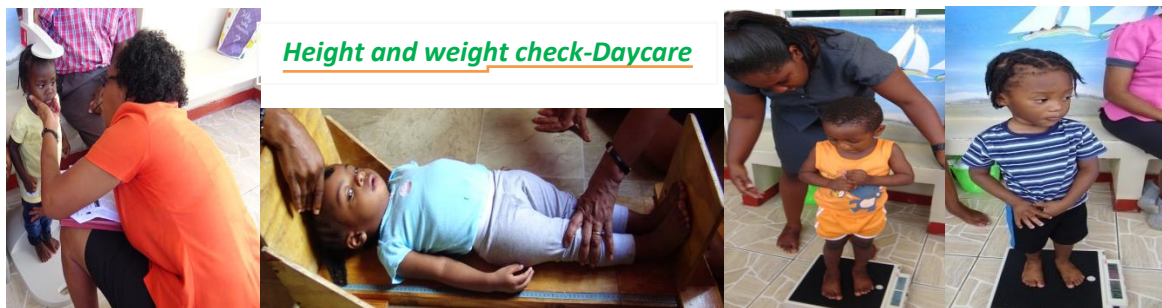
Daycare Survey

The 2020 Day care survey was conducted during the months of January to March.

Forty-seven (47) centers were visited and a total of eight hundred and thirty-three (833) children were assessed. It should be noted that a few centers required a revisit to capture children that were not present at the time of the assessment. However, this was not done because COVID-19 resulted in the temporary closure of Daycare Centres.

RESULTS:

- Four hundred and forty-four (**444**) **males**
- Three hundred and eighty-nine (**389**) **females.**
- Approximately seven hundred and eighty-six (786) or ninety four percent (94%) of the children assessed had normal BMI-for-age of which; one hundred and thirty-six (136) or **16.3%** of the children, are at **possible risk of becoming overweight**, (above 1 Z-score below +2 Z-score)
- Five (5) or **0.6%** of the children had BMI-for-age Z-score (BAZ) below -2 which indicate **wasted or thin.**
- Forty-two (42) or **5%** of the children had BMI-for-age Z-score (BAZ) above +2 which indicate **overweight/obese**; of these thirty-six or **4.3%** were **overweight** and six or **0.7%** was **obese.**
- Forty-five (45) or **5.4%** had Height-for-age (HAZ) below -2 which indicate stunted/severely **stunted.**
-



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. Andrew	11	226	3	1.3	9	4.0	10	4.4
St. David	2	34	0	0	2	5.9	1	2.9
St. George	27	425	2	0.47	23	5.4	24	5.6
St. John	3	78	0	0	4	5.1	6	7.7
St. Mark	1	27	0	0	1	3.7	3	11.1
St. Patrick	3	43	0	0	3	7.0	1	2.3
Carriacou	0	0	0	0	0	0	0	0
Total	47	833	5	0.6	42	5.0	45	5.4

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. Covid-19 restrictions led to crowd control regulations and stay at home orders which resulted in no analysis for the months of April and May. *Nonetheless, the following table shows the monthly price per parish for 2020:*

NUTRIENT COST 2020

MONTHS	ST. GEORGE	St. ANDREW	ST. PATRICK	CARRIACOU
	\$	\$	\$	\$
JAN	13.26	11.60	14.43	-
FEB	13.36	14.21	15.43	17.22

MAR	12.76	12.45	14.21	16.71
APRIL	COVID-19	COVID-19	COVID-19	COVID-19
MAY	COVID-19	COVID-19	COVID-19	COVID-19
JUNE	13.97	11.41	17.01	17.84
JULY	11.68	11.91	16.83	15.91
AUG	12.65	11.64	13.11	17.10
SEP	11.19	11.49	13.33	13.42
OCT	11.73	11.88	12.80	16.33
NOV	12.59	12.14	15.35	14.44
DEC	11.97	12.04	14.90	14.54

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

Product Development and Training

This programme coordinates with Community Nutrition, Nutrition Education & Promotion and Surveillance programmes to promote the utilization of local foods, and develop and introduce new products/ recipes to the public. During 2020, a number of new recipes were developed and existing products were modified or improved to satisfy new developments in the field of nutrition. Virtual, theoretical, and practical in-person sessions were conducted covering various topics including meal planning and preparation, for identified target groups.

New recipes developed

- Pumpkin chutney
- Fried Musa cakes
- Green banana egg stir-fry
- No bake fruit pizza
- Banana stuffed eggplant
- Pumpfishlette
- Avocado lentil pinwheels
- Breadfruit breakfast
- Avocado egg salad
- MB&O smoothie
- Cassava short bread biscuit
- Spoon dumpling (using local staple flour)
- Fried breadfruit cakes (using breadfruit flour)
- Fruity rice smoothie
- Cornmeal griddle cakes

Curious Little Hands in the Kitchen

These hands-on participatory learning classes took place between July and August. Four virtual sessions were carried out over a two-week period. The recipe demonstrations were conducted with two separate groups of children, one in July and one in August. 50 children were registered in July and 49 children were registered in August. Children who successfully completed all four sessions received certificates of participation.

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 food-based dietary guidelines of Grenada. The following objectives were established:

- 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 use of local crops
- Learn proper food safety and handling skills

Curious Little Hands in the kitchen



SAEP Training, facilitated by GFNC

In the month of August, a training session was done as part of SAEP’s Backyard Gardening COVID-19 Response Plan. The Carriacou session was done virtually and Grenada’s session was conducted face to face. Twenty-three (23) extension staff from SAEP’s Implementing Partners including Ministry of Agriculture and Lands (MOAL), Climate Resilience, Environment, Forestry and Fisheries (MCREFF), and Carriacou and Petite Martinique Affairs (MCPMA) received nutrition and meal planning information on the crops provided in the COVID – 19 Backyard Garden Kit which they in turn were expected to share with beneficiaries of planting materials.

The Council facilitated another Food and Nutrition Training in the month of September on the “Utilization of Selected Agricultural Crops” with extension staff selected by SAEP, among Implementing Partners including MOAL, MCREFF, MCPMA & 4H Officers. The objective was to provide training to fifty (50) extension staff on nutrition and meal planning, provide information on the selected crops and promote nutritional well-being of individuals, households and communities. Twenty-five persons attended, eighteen (18) from Grenada and seven (7) from Carriacou.

The training was delivered by multiple Facilitators through

- Power point presentations with questions and answers
- Planned activities to facilitate assimilation of information shared
- Participatory learning food preparation sessions; fourteen recipes were prepared



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goals and objectives. Their resilience and ability to quickly adapt to the new rules and regulations brought on by COVID-19 are highly commendable. Also, we are equally thankful for the advice and support provided by the Board of Directors throughout the year.

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Heartfelt thank you to everyone.