

Grenada Food & Nutrition Council



2022 Annual Report

TABLE OF CONTENTS

| | |
|---|----|
| Acronyms..... | 3 |
| Corporate Information..... | 4 |
| General Information about the Council..... | 5 |
| The Council’s Board of Directors and Staff..... | 6 |
| Organizational Structure and Model..... | 8 |
| Executive Summary | 9 |
| Message from the Chairman of the Board of Directors | 10 |
| GFNC Programmes..... | 11 |
| Administration..... | 11 |
| Nutrition Education & Promotion..... | 14 |
| Community Nutrition..... | 21 |
| Nutrition Surveillance..... | 24 |
| Product Development and Training..... | 29 |
| Acknowledgements..... | 33 |

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

UNICEF- United Nations International Children's Emergency Fund

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: gfnc@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: (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 training

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 (the Board)

| 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 | Farmers' Organisation |
| Ms. Petipha Lewis | Supply and Distribution Sector |
| Mr. Justin Hazzard | Ministry of Finance, Planning, Economic Development, Physical Development & Energy |
| Mr. Kelly Patrick | Retired Public Officer – Agriculture |

The Council is made up of a Board of Directors who reports to the Minister for Agriculture and provides guidance on the activities of the organization; there is a representation of both the public and private sectors as outlined in Act No.32 of 1980.

The Board of Directors ensures that the best interest of our stakeholders is addressed with diligence and consistency.

Names and job titles of the employees of the Council in 2022

Management Team

| Name | Job Title |
|----------------------|---|
| Mrs. Lydia Browne | Executive Secretary |
| Mrs. Sidoni Frank | Administrative Officer -resigned as of December, 2022 |
| Ms. Norma Purcell | Product Development and Training Officer -retired in March 2022 |
| Mrs. Wendy Adlam | Accounts Clerk/Secretary |
| Ms. Gardeina Savoury | Community Nutritionist with responsibility for Surveillance |
| Ms. Charisse Bristol | Nutrition Education Promotion Coordinator |

Support Team

| Name | Job Title |
|----------------------------|--|
| Mr. Arturo Putin | Product development and Training Officer-joined staff in June 2022 |
| Ms. Lishelle Murray | Communication Officer |
| Mr. Akim Williams | Community Nutritionist |
| Mrs. Masha Benjamin-Hunte | Community Nutritionist |
| Mrs. Ann Wilson | Nutrition Officer- retired in October 2022 |
| Ms. Kristy Sylvester | Nutrition Officer –joined staff in June 2022 |
| Ms. Stephanie Morain | Nutrition Officer |
| Mrs. Jennifer Ashby-Duncan | Nutrition Officer, Carriacou and Petite Martinique |
| Mr. Hilary Paul | Driver - retired in October 2022 |
| Mr. Greggs Bartholomew | Driver – joined staff in October 2022 |
| Ms. Glenda Nelson | Cleaner |

IMANI Trainees

| | |
|------------------------|---|
| Ms. Betty-Ann Francois | Assigned to St. Patrick |
| Ms. Narine Thomas | Assigned to Carriacou and Petite Martinique |

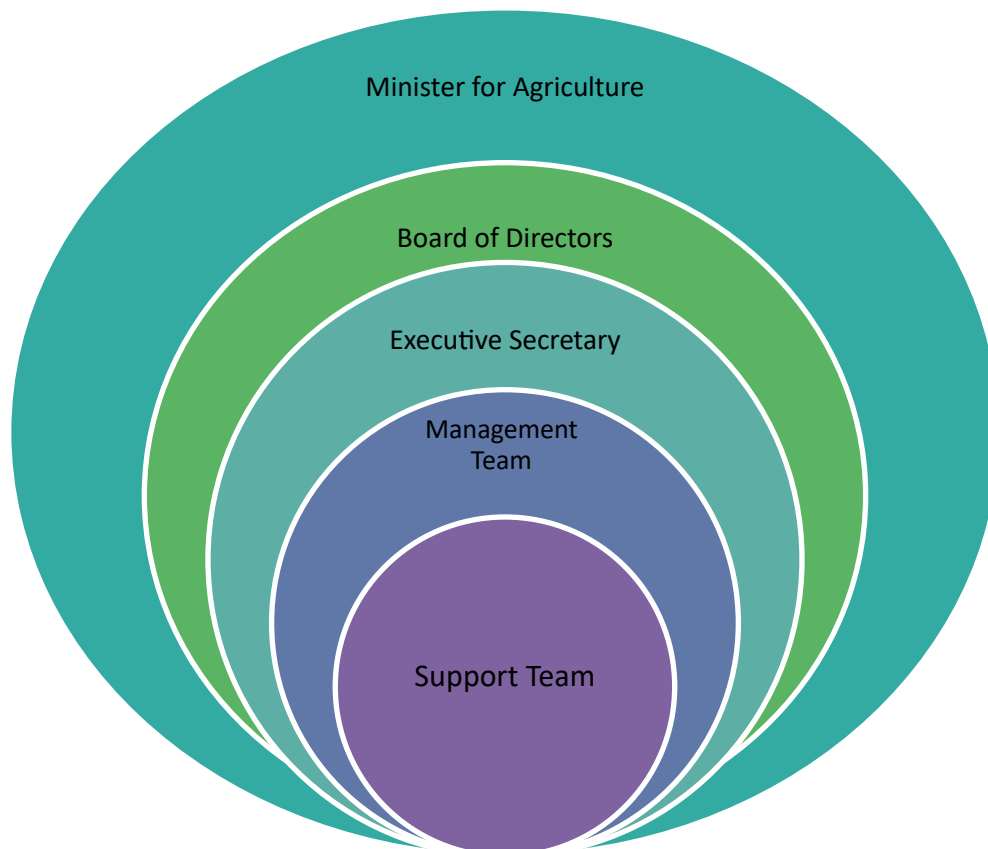
Retired Staff - 2022



ORGANISATIONAL STRUCTURE

Parent Body: Ministry of Agriculture

Number of Staff: 13



EXECUTIVE SUMMARY

The year 2022 was another challenging year for the Council as some staff retired, while others assumed new positions. Two staff members, including a product development and training officer, began work at the mid-point of the year.

Though relatively young and inexperienced, the current staff comes with a high level of training in the fields of nutrition and dietetics, and culinary arts; this allowed an easy transition and a readiness to begin their professional careers and provide services to the people of Grenada, Carriacou, and Petite Martinique. Time is needed as they acclimatize to their new situations, programmes and mandate of the Food and Nutrition Council.

Many education programmes were carried out. The Council is embracing its use of multimedia platforms to showcase the work being done while reaching a larger segment of the population for whom the information is intended and increasing visibility.

Highlights of the year were the Council's partnership with the United Nations International Children's Emergency Fund (UNICEF) to carry out a four (4) week nutrition education and training program for 64 children across the state of Grenada.

Additionally, four pieces of training were conducted in the villages of New Hampshire, La Filette, Gouyave, and Sauteurs. This training focused on reducing sodium in the diet for persons living with hypertension; attendees got their blood pressure measured and received nutrition advice. They actively participated in the preparation of food items and received copies of the recipes used during the training.

The Council showcased nine (9) innovative recipes at the World Food Day Celebration.

We look forward to continued collaboration with our stakeholders and look forward to a more robust output in the year ahead.

Lydia Browne
Executive Secretary

**MESSAGE FROM
THE CHAIRMAN OF THE BOARD OF DIRECTORS**

The Board of Directors recognizes that the mandate of the Grenada Food and Nutrition Council (GFNC) remains relevant amidst an increase in the incidences of lifestyle diseases. Such increase remains a major concern for the Council and by extension the state of Grenada. While the Council recognizes its role in addressing this issue, this calls for a comprehensive approach, where each individual and family take responsibility for their health.

During the period under review, the Council's operations were impacted by the fallouts of the COVID – 19 pandemic and the attrition rate of staff. The inability of the staff to engage the families within targeted communities during the heightened period of the pandemic certainly reversed some of the gains accomplished over the years. This situation is further impacted by the retirement of some of the senior staff members. This required the pursuit of strategic interventions inclusive of succession planning to minimize such impact on the Council's operations.

The members of staff are deserving of much commendation, having recognized the challenges that the Council is faced with and remaining steadfast to fulfilling its mandate. Through the unwavering commitment of the staff, the Council was able to satisfactorily implement its plans and programmes for the period under review. The Council is well poised to improve its implementation rate, having recruited its full complement of staff. Cognizant that the newly appointees are lacking job experience, I am confident that once the necessary orientation and training are pursued, the Council will benefit tremendously.

The Board of Directors extends its appreciation to the retirees for their selfless service throughout their tenure at the Council. The Council owes a debt of gratitude to them for their contributions over the years and to assure them that their involvement assisted tremendously in the growth and development of the Council. The Board of Directors joins with the entire GFNC family in wishing all our retirees a happy and prosperous retirement.

To the Board of Directors, it has been a pleasure working with you over the past year. I am eternally grateful for the support received in pursuit of fulfilling the Council's mandate.

Best wishes for a successful 2023.

Elvis Morain

.....
Chairman of the Board of Directors

GFNC's Programmes

The Council aims to effectively plan and execute activities that can impact a vast cross-section of the population within Grenada, Carriacou, and Petite Martinique, which reflects our mission statement. Five strategic goals were set for the reporting year, and are as follows:

1. Increase public awareness of the Council's programmes and services.
2. Increase the dissemination of science-based nutrition-related information to the public.
3. Provide further assistance to vulnerable members of target populations (children 0-5, elderly, and pregnant and lactating women) to improve their health and quality of life.
4. Increase the promotion of sustainable healthy food habits and healthy lifestyle practices.
5. Monitor the nutrition status and dietary intake of the population.

The Council's work is executed under a five-prong umbrella of services, each having the responsibility to execute different aspects toward attaining the strategic goals and objectives set forth for the year 2022:

- Administration
- Education and Communication
- Community Nutrition
- Surveillance
- Product Development and Training

Administration

With the responsibility to ensure that activities under the strategic objectives are efficiently and effectively executed, the administrative arm of the Council which includes the Executive Secretary, the Accounts Clerk/Secretary, and the Administrative Officer, uses an integrated approach. The administration oversees the day-to-day operations but actively assists with program planning and execution.

Implementation of the Strategic Plan

The strategic plan was developed with input from all staff and submitted to the Ministry of Agriculture (MOA) and the Ministry of Finance (MOF). This would validate the budgetary support to the Council, by the Government.

Each employee creates a set of objectives that stems from the strategic goals and objectives set forth for the organization and these objectives are used to guide activities and programs to be

undertaken during the year. The administration receives a monthly report of achievements for each employee. This allows an ongoing evaluation of the Council's achievements toward attaining the goals and objectives for the year.

Regular communication with staff is organized through monthly meetings of the management team to discuss significant issues that require a decision and staff to review activities and plan for the month ahead; additionally, a Board of Directors meeting is usually scheduled once monthly.

Table 1: Outlines of the number of Staff and Board meetings held in 2022.

| 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- 1 | March-1 | March- 1 |
| April- 0 | April- 1 | April- 1 |
| May- 0 | May- 1 | May- 1 |
| June- 0 | June- 1 | June- 1 |
| July- 0 | July- 0 | July- 0 |
| August- 0 | August- 1 | August- 1 |
| September- 0 | September- 1 | September- 1 |
| October-0 | October- 1 | October-1 |
| November- 0 | November- 1 | November- 1 |
| December- 0 | December- 0 | December- 0 |
| Total: 3 | Total: 10 | Total: 10 |

Staff development

There were eight (8) professional development sessions carried out during the year. In-service training sessions were held on a variety of topics to allow a holistic approach to staff personal and professional development.

Topics/ Presenters

1. Internal Preparation for Disaster – **Staff member**
2. GFNC's Surveillance Program -**Staff member**
3. Carbohydrate Counting and insulin to Carb ratio -**Staff member**
4. Basic Sign Language (ASL)- **Staff member**
5. Protocol – **Board member**
6. Overview of Office 365 – **ICT Staff**
7. Breastfeeding – **Staff member**
8. Nutrition Focused Physical Examination (NFPE) in Identifying Malnutrition in the Elderly Part 1 -**Staff member**

Other Education and Trainings attended by staff

1. PAHO webinar titled “Doing What Matters in Times of Stress”
2. Howard University webinar on “Health Disparities”
3. CARICHAM Educational Session on “Front of Package Labeling”
4. UMass Global webinar on “Emotional Intelligence”
5. SGU webinar on “Findings of the School Feeding Program”
6. Codex Alimentarius Meetings on: Electronic Working Groups and How to Review Codex Draft Standards
7. The Integrity Commission: “Excellence in Senior Leadership and Management Training”
8. Codex Alimentarius Committee through the Grenada Bureau of Standards: “Introductory training session on HACCP”, “Electronic Working Groups, How to Review Codex Draft Standards”, “Impact of Standards on Quality and Trade”.

Collaborations with External Organizations (Local, Regional, International)

- Food and Agriculture Organization, -expansion of the Food Bank Initiative under the project “The Development of a Parliamentary Front Against Hunger” approximately 200 families received food vouchers worth \$300.00 over three months.
- Grenada Dental Health Association – Oral Health, Health Fair
- Grenada Olympic Committee- Women’s Health Fair
- Grenlec- display and samples of healthy recipes and shared education information with staff at a one-day health fair at their Grand Anse and Queen’s Park branches.
- Healthy Caribbean Coalition- to coordinate and conduct a “Know Your Numbers Campaign” among First Caribbean Bank employees.
- Her Majesty’s Prison -to observe the food service and provide recommendations for improving the service offered to inmates, particularly those impacted by chronic diseases.
- CARICOM- to participate in the Consumer Food Choice Survey on label reading provided by the CARICOM Private Sector Organization (CPSO), the Caribbean Community (CARICOM) Secretariat, and the Caribbean Agricultural Health and Food Safety Agency (CAHFSA)
- UNICEF- to facilitate a four-week Summer Camp “Curious Little Hands in the Kitchen” for children between the ages of 8-14 across Grenada and Carriacou.
- Grenada Bureau of Standards – to contributed to the draft of the National Specification for Wheat Flour
- St. George’s University
 - Guest Lecturer at the School of Nursing
 - Nutrition Expo- showcasing the utilization of local foods to new students.
 - Practicum site for Master of Public Health candidates

- Participated in the reaccreditation process for the master's in public health and preventative medicine program as a member of the Community Advisory Board (CAB)
 - Participated in an Inter-professional team with MPH students, providing guidance on specific topics on nutrition in health.
 - Provided cultural aspect to a student in preparing education material for people with type I diabetes.
- Provided information to the UK Ministry of Health, referred by Pan American Health Organization (PAHO), on Grenada's School Nutrition Policy and implementation. They were assisting the British Virgin Islands in developing a policy.



Nutrition Education & Promotion

This programme encompasses education and communication strategies to provide current, evidence-based nutrition information to the general public via multi-media platforms. In developing educational materials and programs, every age group and literacy level is considered. Materials reflect the current health and economic situation in Grenada as people thrive to feed their families and in support of healthy food and lifestyle choices. Additionally, information is shared with schools, communities, government ministries, faith-based organizations and healthcare professionals.

The “**Nutrition Hints**” is a 3-minutes radio programme of nutrition information including recipes that are scripted and voiced for airing weekly on WEE FM, Sister Isle, The Message, and Hope FM.

The costs of selected food items in four parishes are collected under the surveillance programme and are used by the product development and training officer to create low- cost meal ideas. Moreover, the meal ideas are shared as part of weekly articles on nutrition topics through five (5) local newspapers. This programme area also conducts interviews on health topics “**Nutrition and Health**”, and a quarterly food preparation programme,” **GFNC in the Kitchen**” that are televised. Information is also shared via social media, Face Book, YouTube, and Instagram.

NEWSPAPER ARTICLES

| Information Shared on multimedia platforms | |
|--|--|
| Lifestyle & diet goals Traditional recipes Meal planning & supermarket tips Binge eating disorder Cancer awareness Healthy Oildown recipe tips for cooking with less salt Childhood obesity & health CKD prevention & management through nutrition Dehydration Importance of water Types of diets Pt.1 Types of diets pt. 2 Label reading Hypertension | Sodium reduction tips Recipe-Easter teaser: hot cross buns Benefits of water Allergies Benefits of nuts Benefits of eggs Vitamin deficiency Alcohol consumption Nutrition, mood & depression Healthy school zone Cancer & nutrition Veggie Pumpkin-benefits and uses. Gestational diabetes Vegetarianism Sugar benefits and effects of excess consumption |

RECIPES SHARED

| HEALTHY RECIPES | HEALTHY RECIPES |
|---|---|
| <ul style="list-style-type: none"> ▪ Traditional coconut bakes ▪ Healthy Oildown ▪ Carrot cutlet ▪ Mango cheesecake ▪ Low sodium -Steamed fish in turmeric & coconut sauce | <ul style="list-style-type: none"> ▪ Soft cornmeal ▪ Pumpkin punch ▪ Local Christmas cake ▪ Sorrel drink ▪ Sorrel wine |

| | |
|--|---|
| <ul style="list-style-type: none"> ▪ Spinach nut salad ▪ Mango chutney ▪ Mango cheesecake ▪ Lentil tortilla, ▪ Steamed fish in turmeric & coconut sauce ▪ Mixed provision with garlic mojito, stewed chicken in mango sauce ▪ Tannia fritters | <p>HEALTHY SNACKS</p> <p>Cinnamon flavoured popcorn, Fruity ice-pops Homemade chips, Carrot buns, Cheese biscuits Pumpkin cupcakes Pumpkin casserole</p> <p>Several meal ideas were also shared based on nutrient cost collected and analyzed through the Surveillance program</p> |
|--|---|

TELEVISION PROGRAMMES

| | |
|--|---|
| <p>Nutrition and Health</p> <p>Surveillance Program Type 2 Diabetes Dehydration Gestational Diabetes Types of diets, Keto & DASH, Mediterranean & fertility diets. Diabetes self-management and MOH support systems Binge eating vs bulimia Selective eating disorder vs anorexia Water & dehydration 5 Christmas Public Service Announcements aired on GIS and GBN during the month of December.</p> | <p>GFNC in the Kitchen</p> <p>Healthy Oil down Carrot mayonnaise Chicken & banana trunk stew Coconut fish GFNC pie Sea moss & garden salad Banana flower fried</p> |
|--|---|

RADIO PROGRAMMES

| Nutrition Hints | Nutrition Hints cont'd |
|---|---|
| Eating goals Lifestyle goals Meal planning tips Supermarket tips Traditional recipe-fish cakes Binge eating Preventing binge eating Breast cancer & nutrition Prostate cancer & nutrition Local meals 1 & 2 Baby bottle decay Oral care Childhood obesity Childhood obesity-snacking CKD & Nutrition 1 & 2 Dehydration Water benefits Coconut water Increase water intake. Keto diet DASH diet Fertility diet Mediterranean diet Hypertension Sodium reduction 1 & 2 Sodium reduction tips 1-7 Label reading techniques Label reading & sodium | Allergies 1&2 Nuts Eggs Carnival & alcohol 1&2 Nutrition deficiency Calcium & iodine deficiency Pak Choy Vitamin D Breastfeeding mom's interview Healthy school environment 1&2 Food & Mood Food & depression Elderly nutrition interview pt. 1 & 2 Cancer Awareness Cancer prevention-nutrition Breast Cancer testimony Breast Cancer month-voice clip Prostate Cancer Women & Diabetes Vegetarians 1,2 &3 Pumpkin benefits & uses HIV & Nutrition 1&2 Sugar 1&2 16 nutrition hints sent to Hope FM 5 Christmas PSAs aired on WEEFM 4 times daily from December 12 th – January 2 nd , 2023 |

Nutrition Quiz

Two quizzes were successfully executed.

Primary

The Council held its second primary school quiz; Woburn Methodist emerged the winner. It was the school's first time participating.



National Primary Schools' Nutrition Quiz

Held on April 4th 2022

Results: 1st place: Woburn Methodist School
2nd place: River Saltee Government School
3rd place: Paraclete Government School

Secondary

Six (6) schools participated, and St. George's Institute placed first, it was also their first year participating. The quizzes were streamed live on GIS's Facebook page.



National Nutrition Secondary Schools' Quiz

Held on April 27th 2022

1st place: The St. George's Institute
2nd place: Bishop's College
3rd place: Grenville Secondary School

Nutrition Week

Nutrition week was held from 19th to 25th June under the theme “**Just a Pinch of Salt**” which will be carried over a three-year period. This initiative is aimed at encouraging Grenadians to reduce sodium in their diet and to make healthier food choices.

The objectives were:

1. Raise awareness of the health effects of excessive sodium/salt consumption
2. Promote the importance of reducing excessive sodium/salt consumption.
3. Highlight the role of nutrition in the management of related diseases.

The activities held were:

1. Sodium reduction webinar
2. Nutrition week health fair
3. Ten (10) Infographics were created to share during Nutrition Week in June.
4. Several low sodium recipes were developed and shared via multimedia platforms.



Promotion of the National Food-Based Dietary Guidelines

The Council’s focus is getting people to understand and use the Dietary Guidelines for healthy food and lifestyle choices. In 2022, several pieces of training were strategically carried out in the hope of reaching segments of the population that can act as influencers.

Four (4) targeted group trainings were done:

Catholic community- included people from each of the tri-islands

Members of the Calivigny Gospel Hall Church- youth ministries

Food Handlers in the parish of St. George

Public Servants- participants were from the following entities:

- Ministry of Agriculture and Lands, Fisheries & Cooperatives
- Ministry of Health, Wellness and Religious Affairs
- Ministry of Social & Community Development, Housing and Gender Affairs
- Child Protection Authority

A total of sixty-five (65) people were trained.



Food Based Dietary Guidelines Trainings

Additional education sessions were done with:

Members of Tuilleries Pentecostal Church

Clinics in St. Patrick and St. Mark– Healthy Eating

Students Bishop’s College and Hillsborough Secondary Schools

Education Materials Prepared on the Dietary Guidelines:

A puzzle book: word search, picture-word match and crossword, for age 8+

A memory match game on the six food groups were created for 8 years+: a tile of 6 pairs for each food group which was uploaded to Google slides and shared with staff for use in the community and a couple of schools.

LIVE WEBINARS

Four live webinars were conducted in collaboration with regional organizations and institutions:

Topics:

Management of Kidney Disease- **28 attendees**

Presenter: Dr. Claudette Mitchell-University of Southern Caribbean

“Just a Pinch of Salt” Reducing Sodium Consumption in Grenada

Presenters: Dr. Audrey Morris, PAHO Regional Food and Nutrition Advisor

- Mrs Lorena Allemandi, International PAHO Consultant
- Dr. Tamu Davidson, Assistant DSDPC/Head Chronic Disease and Injury - CARPHA
- Professor Trevor Ferguson, Director, Epidemiology Research Unit, Caribbean Institute for Health Research, UWI, Mona, Jamaica
- Dr. Sa'eed Bawa, Senior Lecturer, Faculty of Food and Agriculture, The University of the West Indies, St Augustine
- Dr Sonia Nixon, Former National NCD Focal Point, Ministry of Health Grenada

Nutrition for School-Aged Children- **91 attendees**

Presenter: Mr. Sidoni Frank- Administrative Officer- GFNC

Diabetes Management – **19 attendees**

Presenters: Ms. Gardeina Savoury- Nutritionist

Dr. Dwight Mathias – Endocrinologist

Ms. Jesma Noel – Community Psychologist

Nutrition Counseling

There was an increase in the number of clients seen at the office for individualized counseling over the previous year, from **59 to 99**. Of 24 clients returning for follow up visits **14** met their set goal while **5** attained some progress toward their goal.

Additionally, there were **112 clinic visits** over 13 health centers/medical stations across the seven parishes; **495** people received individualized nutrition counseling from a nutritionist. Counseling is done at Grand Anse, New Hampshire Gouyave, St. David's, Sauteurs, Crochu, Grand Bras, Vincennes, St. George's, Woburn, Union, Perdmontemps, Westerhall. Of 224 clients returning for follow-up visits 60 met their set goal while 127 made some progress toward achieving their goal.

Community Nutrition

Community- programmes are carried out with groups independently and through collaborations with various entities.

Community nutrition officers conduct group education sessions at health centers and medical stations across the State. They also monitor food and nutrition programme at daycare centers, schools, and geriatric homes, children's homes, and one home for people with disabilities, and promote and support best feeding practices for beneficiaries of these programmes.

Presentations on nutrition topics, meal planning, and food demonstrations are done weekly at community clinics.

Table 1: A comparison of the number and types of clinics visited 2021-2022

| Clinic | Clinic Visits 2022 | Attendance 2022 | Clinic Visits 2021 | Attendance 2021 |
|---------------------------------------|--------------------|-----------------|--------------------|-----------------|
| Antenatal | 89 | 530 | 95 | 718 |
| Postnatal | 1 | 2 | -- | -- |
| Child Health | 117 | 666 | 109 | 678 |
| Chronic Disease | 47 | 584 | 70 | 507 |
| District medical Officer Clinic (DMO) | 53 | 615 | 56 | 627 |
| Wound care | 6 | 42 | -- | -- |

There were **313 clinics visited** and **2,438 individuals reached** through nutrition education in 2022. There was slightly fewer clinics visited and the number of persons reached; however, considering that most officers are relatively new on the job, including one who began work at the mid-point of the year, this would be expected. Officers are making a special effort to attend wound care clinics recognizing the importance of nutrition in wound healing.

Home Visits- Children

Monthly visits are made to families with children who are underweight, others who have been referred by the medical team, but were found to be at low–normal weight or at risk of becoming underweight, and children who are born with low birth weight (less than 2.5kg/5lbs.8oz), and underweight children identified during surveys at child development centres or preschools. During these visits, support is offered for breastfeeding and education on best feeding practices to allow adequate growth and development.

Children are weighed monthly and have their length/height measured once a quarter to determine their BMI for Age/gender, and growth status. Upon attaining a normal status with stability for at least three consecutive months, children are removed from the register. Additionally, children are removed from GFNC’s register after attaining the age of 5. However, officers ensure that these children are receiving meals through the School Feeding Program once they begin preschool. Sometimes children are difficult to locate as the home addresses and contact information may change.

Table 2: Number of visits to families with underweight children

| No. of visits to children on GFNC register | No. of visits to children at risk of underweight | No. of visits to Low Birth Weight Babies | No. of referrals from clinic | No. of referrals from Hospitals for children-failure to thrive |
|---|---|---|-------------------------------------|---|
| 139 | 122 | 108 | 7 | 11 |

Information collected from the Ministry of Health revealed that there were **122 Low Birth Weight infants**, live births, during the year of which 59 were males and 63 were females.

Visits to Shut-ins Living with Chronic Diseases

Support is given to the Primary Care Team during home visits to people who are living with chronic diseases but are unable to attend the clinic for health reasons; the nutritionists and nutrition officers review current feeding practices of the persons visited and offer advice to them and their caregivers to suit their medical condition and improve their overall quality of life.

Monthly, a small food basket is provided to families with underweight children and persons who are in need and living with chronic diseases who are shut-ins. Food parcels are based on the availability of donations from CARITAS, Caribbean Agro, Western Diaries, La Sagesse Farms, and other items that are purchased to enhance the nutritional quality of the basket.

Food parcels included items such as rice, flour, cornmeal, peanut butter, canned tuna, sardines, vegetable oil, lentil peas, black eye, and red kidney beans, evaporated and powdered milk, eggs, ground provision, fruits/vegetables in season, herbs spices and infant formula where indicated. Sixty-five (65) families benefited from food vouchers remaining from the previous year that was supported by the Food and Agriculture Organization of the United Nations. Additionally, seedlings were given to people living with chronic diseases who attend clinics to support healthy eating habits. Officers monitored the progress of the plants over time.

Table 3: Visits to Shut-ins, and Food Parcels and Seedlings Distributed

| No. Shut-ins Visited | No. Food Parcels Distributed | No. of Seedlings Distributed |
|-----------------------------|-------------------------------------|-------------------------------------|
| 70 | 244 | 535 |



Forty-three (43) visits were made to six geriatric homes

Education sessions via multimedia

| | |
|---------------------------------|----|
| Grenada Broad Casting Network | 6 |
| Government Information Service | 4 |
| Maitland Television | 8 |
| Radio | 7 |
| Virtual | 2 |
| Public and Private Institutions | 36 |

Nutrition Surveillance

This programme aims at gathering data in various sectors within specified periods and collects secondary data from the Ministry of Health that collectively offers insight into the nutritional status of the population and guides programme development, monitoring of trends among various sectors and can support policy decisions. These include:

- Annual Day Care Survey
- Quadrennial Preschool Survey
- Assessments of Older people living in Geriatric Residential Homes
- Exclusive breastfeeding rates for the first six months of life
- Low Birth Weight (LBW) babies

- Hospital admissions for failure to thrive
- Chronic disease incidence (Hypertension, Diabetes, and Obesity)
- Anaemia among antenatal and postnatal women, and infants

Daycare Survey

The 2022 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. Weight and stature are used to monitor growth trends in that population. Forty-six (46) centers were visited (35 private and 11 government/government supported) and a total of seven hundred and sixty-five (765) children were assessed. All children had their weight and length or height measured. A digital scale was used to measure weight. Children younger than 24 months had their length measured using a length board while the older children were measured using a Stadiometer.

BMI for age (BAZ) indicates weight status, and height/length for age (HAZ) indicates growth rate.



RESULTS:

- Three hundred and ninety-four (394) males
- Three hundred and seventy-one (371) females
- Six hundred and eighty-three (683) children, approximately eighty-nine percent (89.3%), of the children assessed had a **normal weight**. Of this group, one hundred and twenty-three (123) children, or 16% **are at possible risk of becoming overweight**.
- Ten (10) or 1.3% of the children were wasted or thin. Two (2) or 0.3% of the children were severely wasted.

- Seventy (70) or 9% of the children were overweight or obese. Of these seventy (70), **fifty-one (51)** were overweight and **nineteen (19)** were obese.
- **Twenty-seven (27)** or 3.5% were stunted or severely stunted.

Table 4: *Nutritional Status of Children over Six (6) years, Z-score (BAZ and HAZ)*

| | 2022 | 2021 | 2020 | 2019 | 2017New enrollees only | 2016 |
|---------------------------------|------|------|------|------|------------------------|------|
| | % | % | % | % | % | % |
| <i>obese</i> | 2.5 | 2.5 | 0.7 | 1.8 | 0.9 | 1.5 |
| <i>Overweight</i> | 6.7 | 5.7 | 4.3 | 4.7 | 2.5 | 1.4 |
| <i>Risk of being overweight</i> | 16 | 17.7 | 16.3 | 16.3 | 6.9 | 11.3 |
| <i>Normal weight</i> | 89.3 | 90.5 | 94.4 | 75.7 | 78.0 | 81.7 |
| <i>Wasted</i> | 1.3 | 1.2 | 0.6 | 1.1 | 9.7 | 3.0 |
| <i>Severely Wasted</i> | 0.3 | 0.1 | 0 | 0.4 | 2.0 | 1.1 |
| <i>Stunted/Severely Stunted</i> | 3.5 | 3.8 | 5.4 | 2.5 | 5.3 | 4.7 |

Additionally, 60 visits were made to daycare centers throughout the year to observe and provide guidance on meals service.

Preschool Survey

The 2022 Preschool Survey was conducted during the months of May to June. The survey was designed to assess the nutritional status of children attending preschools (government/ and government-assisted) in Grenada. Sixty-three (63) schools were visited and a total of one-thousand-five hundred and thirty-two (1532) children were assessed. All children had their weight and height measured. A digital scale was used to measure weight and a Stadiometer was used to measure height.

BMI for age (BAZ) indicates weight status, and height for age (HAZ) indicates growth rate.



Preschool Survey conducted May - June

RESULTS:

- Seven hundred and sixty-seven (767) – **males**
- Seven hundred and sixty-five (765) – **females**

- One thousand three hundred and eighty-two (**1382**) children, approximately 90.21% of the children assessed had a **normal weight**. Of this group, one hundred and seventy-three (**173**) children or 11.62 % were **at risk of becoming overweight**.
- One hundred and ten (**110**) or 7.18% were either **overweight or obese**. Of this group, fifty-one (**51**) or 46% were **‘overweight’** and fifty-nine (**59**) or 54% were **Obese**
- Forty (**40**) or 2.61% were wasted or severely wasted. Of the children who were measured as wasted/thin:
 - o Thirty-three (**33**), or 82.5 % were **‘wasted’** and seven (**7**) or 17.5 % were **‘severely wasted’**
 - o **Seventeen (17)** or 1.1 % were **‘stunted/severely stunted’**

Table 5: Distribution of weight (BAZ) and height (HAZ) by gender

| | | BAZ <-2 | BAZ <-3 | BAZ >2 | BAZ >3 | HAZ <-2 |
|--------------|-------------|-------------------|------------------------|-------------------|------------------|----------------------------------|
| Sex | | WASTED | Severely Wasted | Overweight | Obese | Stunted/ Severely Stunted |
| | # assessed | No. % | No. % | No. % | No. % | No. % |
| Male | 767 | 15 1.96 | 4 0.52 | 25 3.27 | 21 2.75 | 6 0.78 |
| Female | 765 | 18 2.34 | 3 0.39 | 34 4.42 | 30 3.9 | 11 1.43 |
| Total | 1532 | 33 2.15 | 7 0.46 | 59 3.85 | 51 3.33 | 17 1.1 |

Geriatric Assessment

Permission was not granted by the parent Ministry to carry out the assessments.

Food prices and analysis

The prices of selected food items are collected monthly for the towns of St. George, Grenville, Sauteurs, Hillsborough, and Gouyave was added in late 2022 and will be maintained in 2023. These prices are analyzed using a software program that generates a low-cost food basket to provide a 2400-calorie diet. Based on the food baskets generated for each parish, twenty-four (24) meal ideas were developed for distribution. Meal ideas are usually published in all local Newspapers.

Nutrient Cost

Table 6: Cost per parish for an allowance of 2400 calories per day

Product Development and Training

| MONTHS | ST. GEORGE | ST. ANDREW | ST. PATRICK | CARRIACOU | ST. JOHN |
|---------------|-----------------------|-----------------------|------------------------|------------------|---------------------|
| | \$ | \$ | \$ | \$ | \$ |
| JAN | 11.67 | 14.96 | 14.98 | 17.32 | -- |
| FEB | 13.87 | 13.77 | 16.45 | 18.10 | -- |
| MAR | 15.04 | 14.79 | 17.69 | 18.48 | -- |
| APRIL | 15.89 | 14.50 | 17.10 | 18.00 | -- |
| MAY | 14.36 | 15.64 | 16.76 | 18.16 | -- |
| JUNE | 14.92 | 11.88 | 17.37 | 19.48 | -- |
| JULY | 13.08 | 12.48 | 13.13 | 19.48 | -- |
| AUG | 15.07 | 12.68 | 19.05 | -- | -- |
| SEP | 14.39 | 15.92 | 18.00 | -- | -- |
| OCT | -- | -- | -- | -- | -- |
| NOV | 14.36 | 14.44 | 16.85 | 17.60 | -- |
| DEC | 15.70 | 16.93 | 18.85 | 16.30 | 22.12 |

This programme promotes the utilization of local foods. Moreover, this programme showcases and educates the public on how local foods can be used in unique ways and to create new products and recipes. In 2022, several new recipes were developed and existing recipes were modified based on the latest nutrition recommendations.

Additionally, several recipes were developed to address special dietary needs and prevalent health conditions in our Tri-island State.

| New recipes developed | Recipes for Dietary Restrictions |
|---|--|
| <p>Baked Yam strips Coconut cookies Cucumber Dip. Cochineal and banana flower salt fish sauce Baked chicken and grown provision Baked salmon with sweet potato & Broccoli Chicken and banana trunk stewed in ginger, coconut and turmeric sauce GFNC'S Mixed Provision Pie GFNC'S Bread fruit and Callaloo casserole Lentil tortilla Local Tomatoes Salsa Mix provision mojito TURI's Chicken</p> <p>A Fish Burger, recipe was created for the Southern Fisherman group of fisher folks, that they hope to have available for retail sale.</p> | <p>Vegetarian</p> <ol style="list-style-type: none"> 1- Plantain empanadas with chickpeas & Broccoli 2- Grilled Eggplant 3- Vegetarian- Red Beans Patties 4- Vegan carrot mayonnaise 5- Vegetables Burger <p>Low Sodium</p> <ol style="list-style-type: none"> 1 Baked chicken Brest 2 -Chicken and Pineapple skewers 3- Peas & spinach Pasta Carbonara 4-Chicken Pattie <p>Gluten-Free</p> <ol style="list-style-type: none"> 1- Plantain Empanadas with vegetables & chicken 2- Vegetarian -Gluten-Free Sweet Potato-Black Bean Burgers <p>Low fat- Baked fish with Sweet Potatoes</p> <p>Reduced Sugar - No Added Sugar Fruit Cake.</p> |

Fish Burger Recipe –was created for a local group fisher folks that will be considered to be offered on the market.

Product Development and Training Programmes

The Council has plans to develop programs that address “Sodium reduction “over a three-year period from 2022 to 2024.

Nine focus groups were carried out to obtain behavior patterns and the reasoning behind why people eat the way they do, to identify influencers, and to ascertain which area of health is viewed as a priority to the Grenadian people. This will be used to develop and execute a social marketing campaign over the next two years.

Four pieces of training were carried out in the communities New Hampshire, Sauteurs, La Filette, and Gouyave. Approximately 103 people were in attendance, including teachers at the La Filette session. Participants were allowed to get actively involved in the preparation and later tasting of food items. The following items were made:

- Fricassee chicken
- Chicken and Banana Chunk in Ginger Coconut and Turmeric Sauce
- Avocado spinach and boiled egg salad
- Garden Sea moss salad
- Mixed provision mojito
- Carrot mayonnaise,
- Banana Mango Bread (no sugar added)



As part of the program, participants had their blood pressure checked. Several high readings were identified, though most were already aware of their condition, and nutrition advice was offered.



Curious Little Hands in the Kitchen

During the month of July, a four-week day camp was held for children between the ages of 8 and 14 in four parishes, inclusive of the six school districts. This program was supported by the United Nations International Children’s Emergency Fund (UNICEF), and replaced a GFNC’s 3-week camp that was planned. This program was geared toward building a sustainable healthy school environment.

Sixty-four (64) children attended the camp representing 43 schools. **Forty-five (45)** children were pinned “Healthy Lifestyle Ambassadors”. A recipe book with rules on the function of the ambassadors, teachers in charge of school feeding, and parents additionally, copies of the recipes that were prepared during the camp were given to each child.

The children are expecting support by their schools to be examples to their peers and to share the knowledge learnt. Parents were invited on the last day of camp to partake in food items that were prepared by the children.



The children at four schools were given the opportunity to create messages/advice that was used to develop posters that can be printed and shared with schools and used on GFNC's social media platforms.

One hundred and forty-two (142) fruit tree plants, and vegetable seedlings were given out to the different schools across Grenada, Carriacou, and Petite Martinique.



Additionally, a food preparation session was held for cooks at each of the schools; twelve (12) schools participated.



World Food Day

Nine (9) recipes displayed: Cochineal Salt Fish Souse with Banana flower, Banana Tortilla, Breadfruit Chocolate Bun, Vegan Pumpkin Bread, Carrot Chutney, Carrot Mayonnaise, Curried Chicken with Banana Chunks, No-Salt Pickled Vegetables, Chicken Patties, Preserved Pork and Chicken.



The Council look forward to even greater success ith the New Year 2023

Acknowledgements

The Grenada Food & Nutrition Council recognizes the contribution of the employees, and their unwavering support to the people of Grenada.

Special thanks to the United Nations International Children's Emergency Fund for supporting efforts to enhance nutrition knowledge and in creating a healthier school environment for our nation's children; the Health Promotion Unit of the Ministry of Health and Mrs. Marlene Neptune, Head of the School feeding Program.

A hearty thank you also goes out to the Ministry of Education, and principals of the St. Patrick Anglican, St. Andrew Methodist, and Hillsborough Government Schools for allowing the use of their facilities.

Deep gratitude is extended to The Caribbean Public Health Agency, Dr. Claudette Mitchell of the University of the Southern Caribbean, Dr. Dwight Mathias, a Grenadian Endocrinologist based in Virginia, United States, and Ms. Jesma Noel, a local Community Psychologist who assisted the Council in carryout virtual webinars throughout the year.

Additionally, thank you goes out to the media houses; GIS, MTV and GBN, and all the local businesses that supported the work of the Council: Caritas, and Caribbean Agro. Inc. George F. Huggins, GRENLEC, Hubbard's, La Sagesse Farms, and Western Dairies among others.