



ANNUAL REPORT

2023

Grenada Food and Nutrition Council

Upper Church Street | St. George's | Grenada

473-440-2126

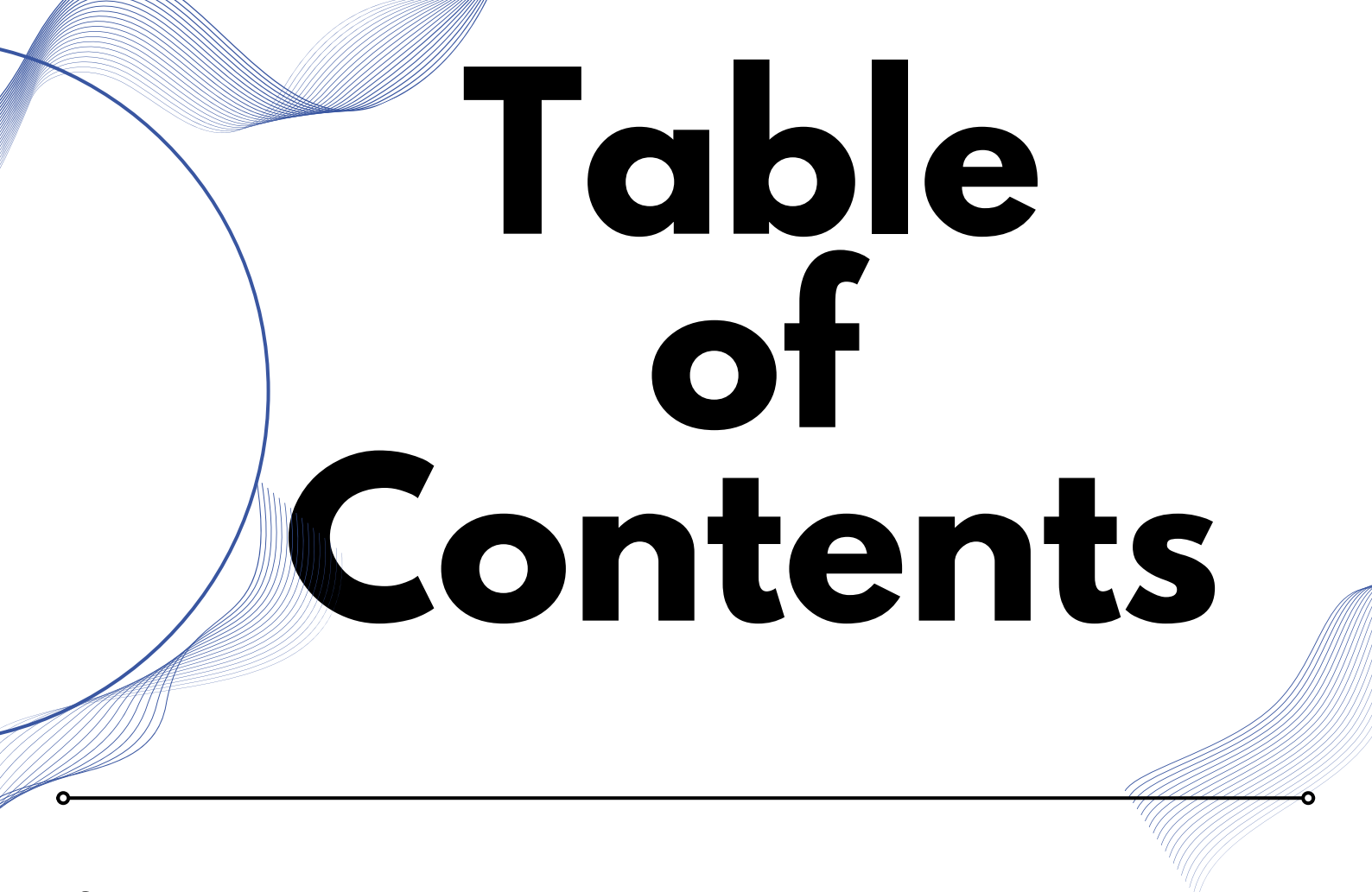


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ACRONYMS

CARPHA	Caribbean Public Health Agency
FBDG	Food-Based Dietary Guidelines
FOPWL	Front of Package Warning Label
GARP	Grenada Association of Retired Person
GCS	Grenada Cancer Society
GFNC	Grenada Food and Nutrition Council (The Council)
GIS	Government Information Services
GPPA	Grenada Planned Parenthood Association
IAEA	International Atomic Energy Agency
NCNCDC	The Grenada National Chronic Non-Communicable Disease Commission
SAEP	Climate Smart Agriculture & Rural Enterprise Programme
SCAG	Sickle Cell Association of Grenada

CORPORATE INFORMATION

The Grenada Food & Nutrition Council (GFNC), referred to herein as the Council, was established by law on the 18th of July 1980 under the People's Revolutionary Government Act No. 32 of 1980, amended by Act No. 5 of 2008 and is currently encapsulated in Cap 111 of the Revised Laws of Grenada 2010.

The Council, by law, is mandated to:

- 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
- Assist in the establishment of food quality throughout the food chain in collaboration with other responsible agencies
- Perform other functions related to food and nutrition as the Minister may from time to time deem necessary

In accordance with the Act, and for the purpose of carrying out its functions, the Council:

- Shall have access to all relevant information relating to the planning, implementation, and progress of food and nutrition programmes
- Shall advise on budgetary allocations to such programmes
- Shall ensure that food and nutrition policy is applied to such programmes
- May co-opt and mobilise resource personnel
- May apply for and receive funding from local and external sources.

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)420-0675/415-2126

Social Media Platforms: Facebook, Instagram, YouTube

Website: www.gfnc.gd

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 Council's philosophy is to provide a high standard of service. The Council keeps abreast of current food and nutrition information, which allows us to stand out as a reputable resource for Grenadians.

THE COUNCIL'S WORK IS GUIDED BY THE FOLLOWING CORE VALUES

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

PRODUCTS /SERVICES OFFERED:

- Community Outreach
- Consultations
- Food Demonstrations and Displays
- Food-preparation training
- Home Visits to Vulnerable Citizens
- Nutrition Counseling
- Nutrition Education
- Product Development
- Recipe Books feature innovative recipes using local ingredients.
- Support Services for Public and Private Events
- Workshops
- Feature novel products developed from local produce.

BOARD OF DIRECTORS

Name	Area of Representation
Mrs. Gemma Bain-Thomas (Chairperson)	Ministry of Agriculture and Lands, Forestry, Marine Resources and Cooperatives.
Mr. Samuel Alexander	Farmers and Agro-Processors
Ms. Wendy Andrew	Ministry of Carriacou & Petite Martinique Affairs
Mr. Denis Baptiste	Ministry of Agriculture and Lands, Forestry, Marine Resources and Cooperatives.
Dr. Tessa Barry	Consultant in the Agricultural Extension
Dr. Shawn Charles	Ministry of Health
Ms. Kinda De Bellotte	Ministry of Social Development

BOARD OF DIRECTORS (CONTINUED)

Ms. Deborah Grey	Ministry of Education
Mr. Justin Hazzard	Ministry of Finance
Ms. Petipha Lewis	Grenada Chamber of Industry and Commerce
Mr. Godwin Thomas	Grenada Trade Union Council
Mrs. Lydia Browne	Executive Secretary (Ex-officio)

The current Board of Directors was appointed on May 15th, 2023, and will serve for three (3) years (May 15th, 2023 to May 14th, 2026). The Council comprises a Chairman and ten members, termed the Board of Directors and staff, as required to carry out daily functions with the approval of the Minister of Agriculture, to whom the Council reports. The Board of Directors provides strategic guidance in developing national food and nutrition policies, planning and implementing nutrition-related programs, and ensuring that programs are in tandem with existing policies.

NAMES AND JOB TITLES OF THE EMPLOYEES OF THE COUNCIL IN 2023

Management Team

Name	Job Title
Mrs. Lydia Browne	Executive Secretary
Mrs. Charmaine Henry- Edwards	Administrative Officer

NAMES AND JOB TITLES OF THE EMPLOYEES OF THE COUNCIL IN 2023

Management Team (CONTINUED)

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 Plutin	Product development and Training Officer
Ms. Lishelle Murray	Communication Officer – resigned June 30, 2023
Ms. Amondell Sampson	Communication Officer – onboarded October 2, 2023
Mr. Akim Williams	Community Nutritionist
Mrs. Masha Benjamin-Hunte	Community Nutritionist
Ms. Kristy Sylvester	Nutrition Officer
Ms. Stephanie Morain	Nutrition Officer
Mrs. Jennifer Ashby-Duncan	Nutrition Officer, Carriacou and Petite Martinique
Mr. Gregs Bartholomew	Driver
Ms. Glenda Nelson	Cleaner

NAMES AND JOB TITLES OF THE EMPLOYEES OF THE COUNCIL IN 2023

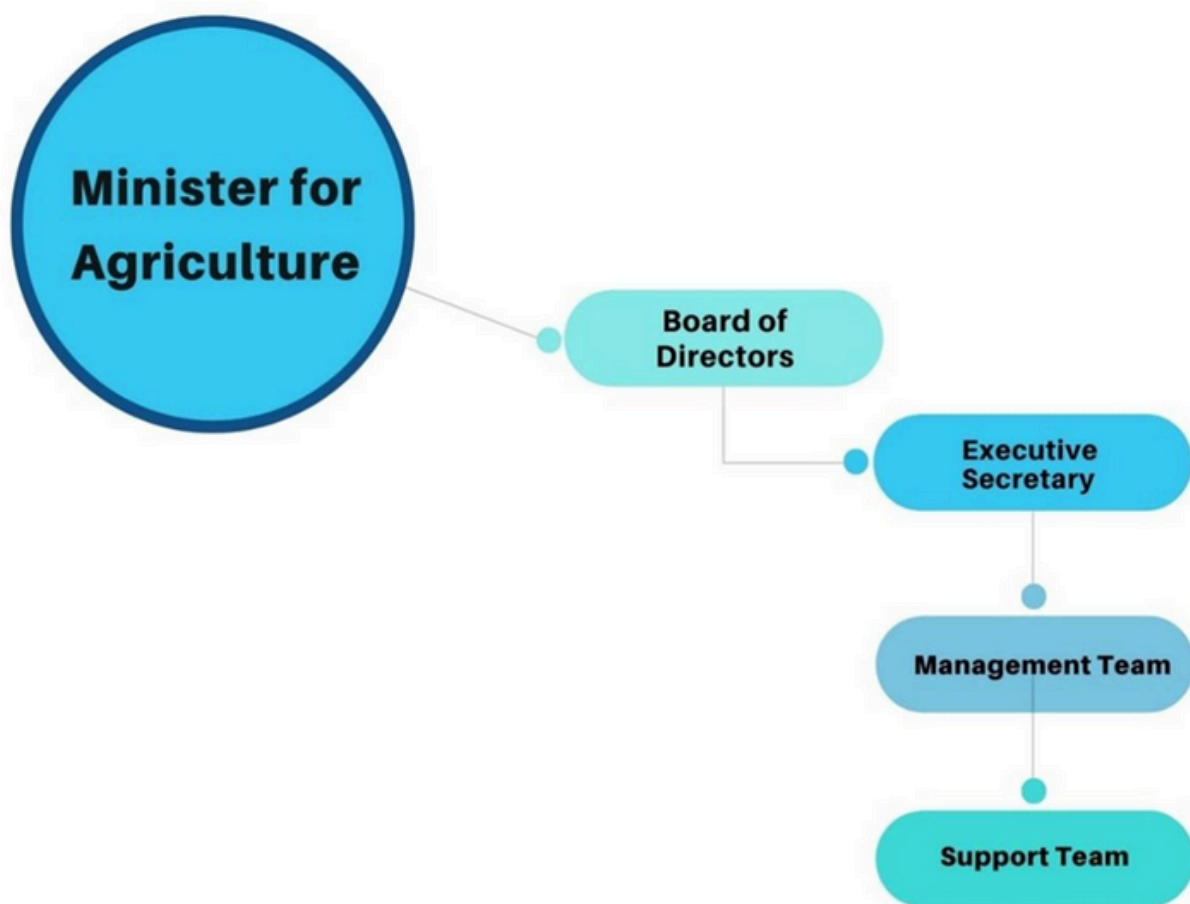
Support Team (CONTINUED)

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

ORGANIZATIONAL STRUCTURE AND MODEL

Parent Body: Ministry of Agriculture

Number of Staff: 14



EXECUTIVE SUMMARY

This Annual Report for 2023 offers insight into work carried out by the Grenada Food and Nutrition Council, the comradery and varied skills among staff that allowed planned activities to be carried out, and shared pertinent information, keeping the Council in the view of the Grenadian people.

Two new programs were undertaken to showcase the use of local produce, herbs, and spices, and make healthy food choices, with a Pop-up kitchen, and supermarket sweeps which the Council intends to continue and expand in 2024 and beyond.

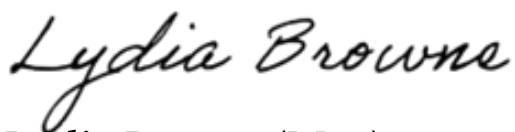
To assist people with access to good wholesome food and in the management of the ever-increasing rates of chronic non-communicable diseases and the prevention of complications that can significantly interfere with quality of life, productivity, and by extension the economy, assistance was sought from the La Sagesse Farms in securing locally produced foods regularly to add to a food basket that is distributed to several families. Many seedlings were provided to several people, schools, and residential homes ensuring that people have access to healthy foods that are generally left off the plate due to cost: thereby improving food security for some.

Partnerships were embraced with various local, regional, and international stakeholders in the development of the skills and knowledge of staff to facilitate bringing current and relevant nutrition information, and to educate, particularly the productive sector.

The annual daycare survey revealed an increase in the number of children who screened with abnormal stature, as stunted; recognizing that adequate protein can influence growth patterns at that age, eggs were added to the monthly food basket of some families with children who are monitored by the council. K&S Poultry Farm, a local farmer, partnered with the council by donating several trays of eggs throughout the year.

Through the promotion of the Healthy Choices for Healthy Living Guidelines for Grenada also referred to as the Food Based Dietary Guidelines, a mechanism for the prevention of Chronic-Noncommunicable Diseases, several training were conducted for staff attached to the school feeding programme and food vendors who service the general population. Additionally, training was carried out across the tri-island State with the support of the Climate Smart Agriculture & Rural Enterprise Programme (SAEP) where several people were engaged in the utilization of local produce, including the use of jacks to prepare homemade sardines: a favourite among participants.

The Council hopes to work along with the Government Ministries in cultivating a mindset of “Grow what you eat and Eating What You Grow”, among Grenadians for the promotion of healthier generations to come.

A handwritten signature in black ink that reads "Lydia Browne". The script is cursive and fluid, with the first letters of each word being capitalized and prominent.

Lydia Browne(Mrs.)
Executive Secretary

MESSAGE FROM THE CHAIRMAN OF THE BOARD OF DIRECTORS

Dear Stakeholders, Partners, and Fellow Grenadians,

It is with great pride and responsibility that I present this message on behalf of the Board of Directors of the Grenada Food and Nutrition Council (GFNC).

On 15TH May 2023, I was appointed as the Chairperson of a dedicated group of eleven men and women comprising the Board of Directors of the GFNC. Our appointment to serve is for a period of three years from May 15, 2023, to May 14, 2026. The Board has worked diligently alongside our Executive Secretary and the team at the GFNC and in partnership with the Ministry of Agriculture and Lands, Forestry and Marine Resources to uphold the Council's mandate.

The GFNC is driven by its vision of fostering a nation of healthy, food secure people, and continues to make strides in improving food security and nutrition standards across our communities and nation. Our efforts are rooted in our philosophy of providing a high standard of service and being a reputable resource for food and nutrition information in Grenada.

This marks a pivotal time for GFNC as we continue our mission to promote the health and well-being of the Grenadian population. Since its establishment, the Council has remained steadfast in its commitment to utilize locally fresh foods, support vulnerable families, improve food security, empower people to make informed food choices and advocate for healthy lifestyles across our nation.

As we look to the future, we are mindful of the evolving needs of our community, the importance of staying current with global food and nutrition trends, and strengthening efforts in developing and implementing national food and nutrition

policies. To this end, it is the Board's intention to conduct a comprehensive review of the Council's mandate and functions with a view to ensuring that the necessary resources, both human and capital, are provided to support the mandate of the Council, its effective functioning and the delivery of services as required by law.

The success of the GFNC would not be possible without the support and collaboration of our stakeholders, partners, and the Grenadian public. I extend my deepest gratitude to our dedicated Board members and all those who continue to support GFNC's mission. I acknowledge the Executive Secretary and the dedicated team at the Council's office who worked tirelessly to implement innovative programmes and initiatives that have positively impacted countless lives. Together, we will make a positive impact on the food security, health, and nutrition of our nation.

Looking ahead, I am confident that GFNC will continue to be a beacon of guidance and support for the people of Grenada. Let us work together to continue promoting healthy eating habits and ensuring access to nutritious food for all to secure a nation of healthy food secure people.

Thank you.

A handwritten signature in cursive script, reading "Gemma Bain-Thomas".

Gemma Bain-Thomas
Chairman of the Board of Directors

GFNC'S PROGRAMMES

There are currently five programme areas that drive the work of the Council; each has the responsibility to execute different aspects toward attaining the strategic goals and objectives set forth for the year 2023:

Administration
Community Nutrition
Education and Communication
Product Development and Training
Surveillance

The Strategic Goals for the reporting year were 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.

ADMINISTRATION

Administration oversees daily operations of the Council. The Government of Grenada provides a subvention to the Council to operationalize programmes. The Management Team proposes budgetary allocations to the five programme areas to ensure that activities can be successfully executed.

Outreach to local, regional, and international partners and proposals writing for grant funding to support larger programs are also functions of administration.

Implementation of the Strategic Plan

A three-year Strategic Plan details the goals of the Council for that period, with financial implications. Out of the Strategic Plan, emerges, a Business Plan for the reporting year with objectives for implementing and achieving the overarching Strategic Plan. Additionally, the administrative arm of the Council monitors the outputs of programme areas to ensure that the objectives laid out for the year are fulfilled, and tracks spending within programme areas.

Regular communication with staff is organized through monthly meetings of a management team, to gain consensus on significant decisions that need to be brought to the general staff and the Board of Directors. The Council receives a monthly cumulative report of activities and a financial statement.

The Board of Directors (BOD) became inactive in April of 2022 and was reconstituted in May of 2023 with the first meeting of the New Board of Directors held on the 25th of May 2023. Two (2) sub-committees were formed among the BOD: one to oversee

Human Resource (HR) issues and the other for Policy review, development, and implementation. Three (3) HR and two (2) Policy Committee meetings were held in 2023.

Table 1: Outlines of the number of Staff and Board meetings held in 2023

No. of Board of Directors Meetings	No. of Management Meetings	No. of Staff Meetings
January = 0	January =1	January =1
February = 0	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 =1	June =1
July = 0	July = 0	July =1
August =1	August =1	August =1
September =1	September =1	September =1
October =1	October =1	October =1
November= 0	November = 0	November =1
December = 0	December = 0	December = 0
Total: 5	Total: 9	Total: 11

Staff Development

In 2023, nine (9) professional development sessions were carried out. The in-service training covered various topics for a holistic approach to staff personal and professional development.

Topics/ Presenters

1. Vehicle Care and Maintenance - **Staff member**
2. Building Character Spiritually – **Fr. Hugh Logan**
3. Benefits of Sea Moss - **Kemron Du Font - Company Revivify**
4. Physical Movement for Office & Home Space - **Charleston Miller- Personal Trainer at Total Extreme Fitness**
5. Occupational Health& Safety – **Staff member**
6. Geriatric Assessment Tools - **Staff member**
7. Sensory Feeding Challenges -**Staff member**
8. Domestic Violence - **Staff members**
9. Budgeting for Beginners - **YouTube**

Other Education and Training Attended by Staff

1. CARPHA training on “Regional Food Security and Nutrition Surveillance Systems” done by Mrs. Charmaine Henry-Edwards and Ms. Gardeina Savoury.
2. IAEA training on “Body Composition Assessment Using Stable Isotopes” done by Mrs. Lydia Browne and Mrs. Charmaine Henry-Edwards.
3. Certificates of completion in training on the “Protection of Human Subjects in Research” done by Ms. Gardeina Savoury and Mrs. Lydia Browne.



Mrs. Charmaine Henry-Edwards at the IAEA Training on use of Deuterium in assessing body composition

ADMINISTRATION

Collaborations with External Organizations (Local, Regional, International)

Climate Smart Agriculture & Rural Enterprise Programme (SAEP) sponsored a three-week Summer Camp for children.



SAEP three-week Summer Camp for children in St. Andrew



SAEP training for adults in St. Patrick

- Climate Smart Agriculture & Rural Enterprise Programme (SAEP) sponsored a three-week Summer Camp for children.
- Rotary Club-Health fair (BMI and Nutrition counselling)
- Creative Do It Best- Health fair (BMI and Body Composition of 75 employees).



Spearheaded by Dr. Viola Browne DNP, of the Diaspora, GFNC collaborated for a three- week Anti-Childhood Obesity Programme in Carriacou that engaged 20 children

Collaborations with External Organizations (Local, Regional, International (CONTINUED))

- Grenada Olympic Committee- Women in Sports Session (Group Education and discussion, one one-on-one counselling)
- Ministry of Health (MOH) - Grenada Shifts (Nutrition Counselling) and participation in walking activities.
- The Council held a health fair for women in May, in recognition of Mother's Day. The fair was successfully executed with monetary support from the Grenada Association of Retired People (GARP), Planned Parenthood Association (GPPA), Sickie Cell Association of Grenada (SCAG), Seventh Day Adventist Health Ministries, and Grenadian Optical. One hundred and ten (110) women attended to and received the following screenings: Vision, Blood Pressure, Blood Sugar (women without a diagnosis of diabetes), Hemoglobin (women of childbearing age only, 15-49), breast examinations, Pap Smears (4 of the 36 women screened had abnormal pap smears), education on Sickie cell, Body composition analysis and nutrition counseling.



Collaborations with External Organizations (Local, Regional, International) (CONTINUED)

- GFNC received monetary support from local partners: the Teachers Medical Group Plan, Cooperative Bank, RepublicBank Ltd., and Chucky Snackette.
- Contributed to Grenada's taxation of sugar-sweetened beverages guideline to the Policy Unit of the Ministry of Finance.
- Participated in the Ministry of Education (MOE) Independence Day competition among the Government Ministries by preparing various dishes, using local produce.



NUTRITION EDUCATION & PROMOTION

This program area concentrates on researching current nutrition information and developing and packaging information that is relevant to the current health situation in Grenada and with consideration to targeted segments of the population. Various Communication modalities are used to maximize the reach throughout the Tri-island State.

“Nutrition Hints” are brief bits of nutrition information including recipes that are scripted and voiced for airing weekly on WEE FM and Sister Isle; additionally, the information was made into video clips for dissemination on Facebook and Instagram.

Meal ideas are developed at the cost of 2400 calories for five parishes; Carriacou, St. Andrew, St. George, St. John, and St. Patrick as a part of Weekly articles, shared via 5 Newspapers.

“Nutrition and Health” is a televised programme that allows people to speak of their health journey and how nutrition and lifestyle changes were of benefit to them; additionally, health information is given by health professionals.

Information Shared on multimedia platforms

<ul style="list-style-type: none">• Sugar -role, effects of excess consumption• Sugar- hidden sugars, recommended intake limits Fruits• Nutrient cost-for a 2400-calorie diet• Meal ideas based on nutrient costs for St. Patrick's, St. Andrew's, Carriacou, St. John's, and St. George's (Breakfast, snack, lunch)	<ul style="list-style-type: none">• Nutrient cost recipes:• Green banana porridge & Green banana puffs.• Lentil porridge, Red bean patties• Nutrition & skin care Nutritionand allergies Oil down recipe.• Weight & BMI• Nutrition Quiz 2023 primary with pictures and interview• Why is dehydration dangerous? Hydration for young athletes StayingHydrated in Extremeheat Nutrition in Seafood• Benefits of Spinach Selection of Papaya
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Information Shared on multimedia platforms

- World Food Day Celebration Octagonal Front of Package labels
Nutrition and Diabetes Demystifying Diabetes
- Diabetes and your heart Diabetes and Obesity
- Managing your cholesterol can save your life
- How proper nutrition can reduce your risk of Stroke.
- Healthy Nutrition for children Managing Cholesterol for the
holidays

Nutrition Hints	Nutrition Hints cont'd
<ul style="list-style-type: none"> - Sugar -Benefits of fruits -Citrus fruits -Nutrient cost & meal ideas -Nutrient cost recipes -Pumpkin pancake -Lentil porridge -Nutrition & skin -Healthy Oil down -Alcohol consumption -Food safety when eating out during carnival -Meal ideas for February: St. Patrick's, St. Andrew's, Carriacou, St. John's, St. George's -Nutrient cost recipes: Green banana porridge, green banana puffs -Water for Athletes -Benefits of coconut water -BMI explained -Weight & portion control -Meal Ideas: St. John, St. Patrick, St. Andrew, Carriacou (Breakfast, snack, lunch) -Nutrient cost recipes: Red bean patties -Seafood -Benefits of Papaya -Benefits of Spinach -FBDG Message -Dasheen recipe - Dasheen spice pot -Sweet potatoes benefits and uses -sweet potato recipe -sweet potato fish cakes 	<ul style="list-style-type: none"> Benefits of fruits -Benefits of vegetables -Preventing hypertension -Managing hypertension -Lifestyle habits for breast Cancer prevention - Easy food groupings for Children - Physical Health and Exercise - Breast Cancer risk factors - Foods that help in Hydrating the Body - Relaxation - Heart Health - Nutrition and Diabetes - Lifestyle habits for breast Cancer prevention - Easy food groupings for Children Physical Health and Exercise -Breast Cancer risk factors - Foods that help in Hydrating the Body -Relaxation - Heart Health - Nutrition and Diabetes - Managing your Cholesterol can save your life - Cholesterol friendly diet for the holidays - Using Green leafy veggies this Christmas -How proper nutrition can reduce your risk of Stroke - Healthier baking options -The harmful effects of overeating -Cooking with Herbs and Spices - What is cholesterol? Healthy baking tips The importance of Exercise

RECIPES SHARED USING LOCAL INGREDIENTS

HEALTHY RECIPES

§ Breadfruit & banana turmeric buns,
 § Lentil tortillas,
 § Ripe breadfruit pancakes
 § Vegetable burger
 § Mango Chutney
 § Cabbage Pancake
 § Vegetable Meatballs
 § Baked Pumpkin
 § Golden Apple and Mango with aromatic local spices
 § Cassava Mojito
 § Sautéed Mackerel and Cabbage
 § Breadfruit in Garlic Sauce
 § Stuffed Cucumbers
 § Pumpkin Rice
 § Watermelon Salad
 § Eggplant Lasagna
 § Stewed Bok Choy and Chickpeas
 § Pumpkin and Callaloo cream soup
 § Red Bean Patties
 § Breadfruit Shephard's Pie

TELEVISION PROGRAMMES

NUTRITION & HEALTH

- Added sugar: Identifying on Food Labels
- Effects of Added sugar in the diet
- Gastro & environmental health (food safety & sanitation)
- Nutrition and Diabetes
- Eating Healthy for the Holidays
- Managing your cholesterol and cholesterol-healthy meals for the holiday season

GFNC IN THE KITCHEN

- Homemade sardines Cornbread
- Turipan chicken
- Cherry and mango garden salad
Carrot & Oat Burger
- Mango & Ginger smoothie Spices
Island vegetables

Nutrition Quiz

Two quizzes were successfully executed.

Primary

The Council held its third annual primary school quiz. Fifteen (15) schools participated in the quiz and Limes Mennonite School emerged as the winner. It was the school's first time competing. The defending champions Woburn Methodist School placed second.

The quiz was streamed live on GIS Facebook page.



Secondary

Seven (7) schools participated, and Bishop College emerged as the winner. The defending champions St. George's Institute placed third. The quiz was streamed live on Mikey Live Facebook page.



Nutrition week was held from 18th to 24th June under the theme “Low on Sodium High on Wellness” the second of a three-year campaign. This initiative is aimed at encouraging people to reduce sodium in their diet and to make healthier food choices, since Hypertension, Heart, and kidney disease are significantly affecting Grenadians.

The objectives were:

1. Educate the population on how to prevent High Blood Pressure (Lifestyle Change - Individual)
2. Sensitized Grenadians on the role of Sodium Reduction in reducing the onset of hypertension. (Building Awareness - Communities)
3. Educate patrons at supermarkets to read and interpret nutrition facts labels.
4. Guide patron sat supermarkets on how to make personalized healthier choices

The activities held were:

1. Supermarket tours after which patrons were randomly selected to participate in a Supermarket Sweep that was aired live on Facebook.
2. Health Fair in collaboration with Food Land, Kirani James Blvd.
3. Messages were recorded and aired on Facebook and boosted on social media.
4. All other primary schools were asked to make that Friday a water and fruit day with a dancercise in the afternoon.
5. Promotional Banner Campaign: installation of a banner at the bus terminal.
6. Media Launch of National Nutrition Week and Website.
7. Declaration of Week Open (Minister of Agriculture).
8. Social Media Messages from Nutritionist and Nutrition Officers and Local Health Care Practitioners.
9. T-shirt Campaign: T-shirts with the slogan “Low on Sodium High on Wellness.”
10. Carriacou: GFNC collaborated with the Ministry of Sports and assisted the Grade 6 students of L’Esterre School to participate in some physical activities at the Lauriston Mini Stadium. This initiative is to encourage the children to live active healthy lifestyles.





**Nutrition Training with Huggins
Staff during nutrition week**



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 2023, 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 training sessions were done:

1. Food Handlers in the parish of St. Andrew
2. Belair Nursery
3. School cooks in all parishes on mainland Grenada
4. St. George's nurses

Health and fitness workshop with at-risk and obese children in Carriacou

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-nine (69) persons were trained.



FBDG Training school food service staff in Carriacou (left) and St. Andrew (right)



FBDG Training school food service staff at the St. Louis Girl RC (left)
and St. Patrick (right)

Additional, education sessions were done with the following:

1. Hillsborough Clinic
2. Sauteurs Medical Station
3. Grand Anse Medical Station
4. Vincennes medical station
- Seven (7) Clinics
- Three (3) schools

Education Materials Prepared on the Dietary Guidelines

LIVE WEBINARS

One (1) live webinar was conducted in collaboration with regional organizations and institutions:

Topic: Access to Diabetes Care – 54 attendees

“What Am I” game: This game has 10 foods including one herb and one spice.

The benefits and effects of too little or too much were also included with recommended intake amounts.

A pinwheel game was created using the guidelines.



Presenters: Dr. Carol Martin DNP MSN RN and Mrs. Lydia Browne MS RD

A virtual presentation was done on April 10th at a Symposium, “Nutrition Related Health Disparities: Practical Strategies for Enhancing Health Equity,” hosted by Howard University, Washington DC, College of Nursing and Allied Health- Nutritional Services.

Nutrition Counseling

The number of clients seen at the office for individualized counseling in comparison to the previous year remained constant. It was 99 in 2022 and 97 in 2023. Of 19 clients returning for follow-up visits, 12 met their goal while 5 attained some progress their goal.

Additionally, there were 89 visits to 13 medical stations/ health centres across the seven parishes; 400 people received individualized nutrition counseling from a nutritionist. Counseling is done at Grand Anse, New Hampshire, Crochu, Vincennes, Woburn, Perdmontemps, and Westerhall and Union

medical stations; and Gouyave, St. David's, Sauteurs, Grand Bras, and St. George's health centres. Of 151 clients returning for follow-up visits, 66 met their goal while 70 made some progress 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 programmes at daycare centers, schools, 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 2: A comparison of the number and types of clinics visited 2022-2023

Clinic	Clinic Visits 2023	Attendance 2023	Clinic Visits 2022	Attendance 2022
Antenatal	103	510	89	530
Postnatal	15	57	1	2
Child Health	94	561	117	666
Chronic Disease	39	568	47	584
District Medical Doctor	65	733	53	615
Wound Care	8	42	6	42
Total Reached	324	2471	313	2439

There were **324** clinics visited and **2471** individuals reached through nutrition education in 2023. There was a slight increase in the number of clinics visited and the number of people reached increased. Officers are making a special effort to attend wound care clinics recognizing the importance of nutrition in wound healing.

HOME VISITS

The Council maintains a list of children between the ages of birth to five years who are low birth weight, present with failure to thrive in hospital, are assessed as underweight at clinics, or are identified through annual surveys conducted by the Council. Additionally, children who are at risk of becoming underweight, meaning they are at the lower end of normal weight for length/height. Every month the children are visited and weighed, and growth is checked quarterly. During these visits, support is given through education to parents and caregivers, supplementary food parcels are provided where appropriate, and guidance on best feeding practices.

The children are monitored until they have attained and maintained normal status for at least three consecutive months or on attainment of age five (5). Five-year-olds who remain with abnormal weight status are referred to food programmes at their pre-schools to ensure at least one adequate feeding during school hours. Referrals are made to Social Services for further assistance if necessary.

Table 3: 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 with Failure to thrive
155	166	60	24	19

According to information collected from the Ministry of Health, there were 153 Low Birth-weight infants, live births, during 2023 of which 69 were males and 84 were females.

VISITS TO SHUT-INS LIVING WITH CHRONIC DISEASES

Nutrition officers accompany the Primary Care Teams in making visits to individuals who are debilitated and unable to attend clinic because of chronic illnesses; additionally, nutritionists do independent visits based on the level of intervention required by some citizens. Feeding histories are obtained and guidance appropriate for the medical condition is provided to the individual and/or their caretaker. Communication is fluid between the Nutrition Officer and the Primary Health Care Team.

A supplementary food basket is provided based on the socioeconomic status of the individual to improve the nutritional adequacy of meals. Donations are received to support the food basket, so items Baskets vary from month to month and may include peanut butter, vegetable oil, flour, rice, corn meal, dried split peas, canned red kidney beans, canned white beans, powdered full cream milk, sardine, tuna, chicken sausage, canned mackerel (donated), mixed vegetables, eggs, bodi beans, eggplants, cucumber, sweet potato, five finger, green banana, cucumbers, whole corn, pumpkin, Vitamin C supplements, and infant formulas: Klim and Lactogen when required. Nutrition Officers pay particular attention to whom specific items are provided with regard to age, and chronic conditions.

Donations were received from CARITAS, La Sagesse Farms, and K & S Poultry Farm.

Additionally, seedlings are given to people living with chronic diseases who attend clinics to support healthy eating habits. Officers monitor the progress of the plants over time.

Table 4: Visits to Shut-ins, and Food Parcels and Seedlings Distributed

No. of shut-ins visited	No. of food parcels distributed	No. of seedlings distributed
79	253	591



EDUCATION SESSIONS VIA MULTIMEDIA

Fifty-three (53) visits were made to seven geriatric homes during the year.

Grenada Broad Casting Network	3
Government Information Service	3
Maitland Television	9
Radio	2
Public and Private Institutions: in-person	42

NUTRITION SURVEILLANCE

The Council carries out annual surveillance programs to capture trends in nutritional status among vulnerable sectors in the population. Data gathered are shared with relevant sectors, such as the Ministry of Health, Ministry of Social Development, Desk of the Elderly, and the Central Statistical Office at the Ministry of Finance. The data gathered raises awareness of significant trends that can be used to guide programme development and policy decisions. Generally, the following are undertaken by the Council and some information is obtained from secondary sources, mainly the Ministry of Health Epidemiology Unit:

NUTRITION SURVEILLANCE

- Annual Day Care Survey
- Quadrennial Preschool Survey
- Biennial Assessments of Older People Living in Geriatric Residential Homes
- Exclusive breastfeeding rates for the first six months of life
- Low Birth Weight (LBW) babies (live births)
- Hospital admissions for failure to thrive (via referrals)
- Chronic disease incidence (Hypertension, Diabetes, and Obesity)
- Anemia among antenatal and postnatal women and infants

DAYCARE SURVEY2023



NUTRITION SURVEILLANCE

The Daycare Survey was carried out during February and March. The survey is designed to assess nutritional status and growth trends in that population, infants, and children between the ages of 6 months and 3 years. The aim is to assess all children attending daycare centres in Grenada and to provide guidance and training to the employees of the centres and the parents where applicable. BMI for age (BAZ) indicates weight status, and height/length for age (HAZ) indicates growth rate.

In 2023, forty-eight (48) centres were visited, thirty-seven (37) were private and eleven

(11) were government and government supported. Nine hundred and fifty-one (951) children were assessed.

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.



NUTRITION SURVEILLANCE

RESULTS:

- Four Hundred and Seventy-nine (479) males
- Four Hundred and Seventy-two (472) females
- Eight Hundred and Seventy-five (875) children, approximately ninety-two percent (92%), of the children assessed had a normal weight. Of this group, one hundred and sixty-one (161) children, or 18.4%, are at risk of becoming overweight.
- Sixteen (16) or 1.7% of the children were wasted/severely wasted or thin.
- Sixty (60) or 6.3% of the children were overweight or obese. Of the sixty (60),
Forty-four (44) were overweight and sixteen (16) were obese.
- Fifty-three (53) or 5.6% were stunted or severely stunted; the highest noted over six years.

Table 5: Nutritional Status of Children over the past Seven (7) years, Z-score (BAZ and HAZ)

Indicators	2023	2022	2021	2020	2019	2017 (New Enrollees Only)	2016
Percentages	%	%	%	%	%	%	%
Obese	1.7	2.5	2.5	0.7	1.8	0.9	1.5
Risk of being overweight	4.6	6.7	5.7	4.3	4.7	2.5	1.4
Normal weight	92	89	90.5	94.4	75.7	78.0	81.7
Wasted	1.54	1.3	1.2	0.6	1.1	9.7	3.0
Severely wasted	0.2	0.3	0.1	0	0.4	2.0	1.1
Stunted/Severely Stunted	5.57	3.5	3.8	5.4	2.5	5.3	4.7

Created and shared document for Parents of children from Daycare Survey with abnormal nutritional statuses:

1. Tips to help your child gain weight, for "underweight" children
2. Tips to help your child achieve a healthy weight for "overweight" children
3. List of healthy snack ideas that include protein-rich sources to support brain health and to address stunting.

Additionally, the children with abnormal status were monitored. Sixty-five (65) routine visits were made to daycare centers throughout the year to observe and provide guidance on meal service.

ASSESSMENT OF RESIDENTS AT GERIATRIC HOMES

The Council carries out a Geriatric Survey every four (4) years. The previous geriatric survey was done in 2019 and this year's (2023) survey was done in the last quarter. The assessment included a tool with a variety of questions that included potential weight change, changes in appetite, presence of pressure ulcers, level of completion of meals, ability to self-feed, Cognitive function, and psychological stress. The nutrition status is derived based on the score.

This year (2023), a total of nine (9) homes were assessed. The homes assessed were Charles Memorial, Cadrona, Grand Anse Garden, Hilarian, Hills View, Gift of Love, St. Martin De Porres, Richmond Hill, and Top Hill Carriacou.

There was a total of two hundred and fifteen (215) residents in the nine (9) homes that were assessed in 2023. Of the two hundred and fifteen (215) residents, only two hundred and four (204) of them were assessed. One hundred and seventy-two (172) of the assessed residents were 65 years and older and the other thirty-two (32) residents assessed were under 65 years.

Some of the residents were severely underweight. Many reasons may account for severely underweight residents such as muscle wasting due to immobility, loss of appetite, difficulty chewing food provided, and problems absorbing nutrients.

Tables 6: Weight Status of Residents (measured based on BMI.)

Weight Status of Residents Measured Based on BMI	Number Measured	% Based on Number Measured
Normal weight	67	34
Acceptable	12	6
Underweight	31	16
Sever Underweight	44	23
Overweight	23	12
Obese	18	9
TOTAL	195	100%

Tables 7: Nutrition Status of residents Assessed.

Nutritional Status of Residents ≥ 65 years old	No. Assessed	% of Residents Assessed
Normal Nutrition Status	70	40.7
Malnourished	47	27.3
At Risk of Malnutrition	55	32
TOTAL	172	100%

Food prices and analysis

Using a list of foods, prices are collected in the towns of St. George, Grenville, Sauteurs, Hillsborough, and Gouyave, monthly. This list includes local produce and imports. The 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, the Product Development and Training Programme created twenty-four (24) low-cost meal ideas concentrating on local produce and food flavourings. These meal ideas include non-traditional ways to prepare our food; recipes are created and published in all local newspapers. The preparation of some of the items were also prepared, recorded, and shared via social media: Facebook, YouTube, and Instagram.

Nutrient Cost

Table 8: Cost per parish for an allowance of 2400 calories per day

MONTHS	ST. GEORGE	ST. ANDREW	ST. PATRICK	CARRIACOU	ST. JOHN
	\$	\$	\$	\$	\$
JAN	14.88	20.15	18.80	20.23	17.88
FEB	16.39	18.92	19.91	17.50	20.44
MARCH	-3.54	1.06	21.85	22.29	-2.30
APRIL	-	-	-	18.58	20.26
MAY	-	17.77	25.49	17.37	-
JUNE	22.43	15.56	18.94	18.94	21.47
JULY	26.62	18.09	21.13	16.63	16.20
AUGUST	15.55	-	23.28	15.67	-
SEPTEMBER	-	16.50	22.61	20.69	21.56

MONTHS	ST. GEORGE	ST. ANDREW	ST. PATRICK	CARRIACOU	ST. JOHN
	\$	\$	\$	\$	\$
OCTOBER	-	-	24.82	-	20.39
NOVEMBER	-	16.18	-	22.87	19.02
DECEMBER	19.55	19.28	27.27	20.38	21.12

PRODUCT DEVELOPMENT

The goal of this programme is to use local produce, herbs, and spices to create innovative recipes and train citizens how to preserve and use local produce to create value-added products that can generate income and add to our food security. In 2023, new recipes were developed, several existing recipes were modified with a focus to reduce salt, sugar, and fat, yet maintaining good taste, while others were developed to address specific dietary needs

New Recipes Developed

1. Breadfruit Hash Brown
2. Lentil Tofu
3. Breadfruit Hash Brown
4. Homemade Sardines
5. Homemade Peanut Butter
6. Mango Pickle
7. Dasheen Hash Brown
8. Pumpkin Balls
9. Energy Bars with
10. Nut
11. Eggplant Lasagna

Recipes for Dietary Needs

Gluten free:

1. Pumpkin bread
2. Black Eyed peas and Breadfruit Strips
3. Refried Black Beans
4. Breadfruit Pancake
5. Eggplant Meat Balls
6. Cassava and Coconut bread
7. Eggplant Meat Balls
- Sweet potato-Black Bean Burger

Recipes for Dietary Needs (Continued)

Vegetarian:

- 1.Eggplant Lasagna
- 2.Vegetable Muffin
- 3.Green Plantain Tarts with cheese
- 4.Vegan Sausage
- 5.Lentil Tofu
6. Air Fried or Grilled Bok Choi Rolls
- 7.Breadfruit salad with Cauliflower mayonnaise.
- 8.Mango and Banana sorbet
- 9.Banana Trunk and Green Banana Saltfish Sauce
10. Ripe Plantain Lasagna
- 11.Vegetable Soup



Homemade Sardines

Low Sodium

- 1.Cassava Mojito
- 2.Garlic Green Plantain
- 3.Eggplant Lasagna
- 4.Homemade Sardines
- 5.Grilled Eggplant
- 6.Cassava Arepas
- 7.Sautéed Mackerel and Cabbage
- 8.Papaya Sweet & Sour Sauce
- 9.Roasted Garlic Chicken
10. Green Banana Escovitch
11. White Bean and Carrot Puree



Green Banana Escovitch

TRAINING PROGRAMS

The Council has been promoting “Sodium reduction “in the Grenadian diet since 2022 that would culminate in 2024. Our intention is to sensitize the populace to the benefits and disadvantages of excessive sodium intake and to show them how they can use our local herbs and spices to flavour food naturally.

The first ever Pop Up Kitchen at the Food Land car park at Kirani James Boulevard during the Nutrition Week of events in June, 2023 as a part of the Sodium Reduction Campaign.

The Council looks forward to having pop up kitchens more often in the years ahead.



CURIOUS LITTLE HANDS IN THE KITCHEN

Every year the Council conducts a camp for children during the school break in July. With sponsorship from SAEP 23 children, ages 7-14, attended three-weeks of “Curious Little Hands in the Kitchen.” The children had an opportunity to prepare healthy snacks which they partook of daily. They also had an opportunity to showcase their craft by preparing dishes for their parents on the last day of camp. They participated in basic Spanish and Sign Language that were taught during the three weeks. An opportunity was given to be interviewed on their experience by the Government Information Service through Ministry of Agriculture -Public Relations Unit.

A recipe booklet was made with the recipes prepared during the camp; additionally, a booklet from the SAEP sponsored program earlier in the year was given to each participant. The goal is to have the parents and children prepare and share healthy snacks and drinks for the new school year.

CURIOUS LITTLE HANDS IN THE KITCHEN



Additionally, the Council carried out theoretical and practical trainings, sponsored by SAEP.

Several people attended: 65 adults including 63 females and 2 males, and 126 children consisting of 37 boys and 89 girls in Grenada, Carriacou, and Petite Martinique.

Objectives of the program were:

1. To enhance nutrition knowledge among 4-Hers toward them making healthier food choices.
2. To contribute to national food security by demonstrating unique ways to prepare, preserve, and safely handle and store local foods that can improve availability, accessibility, and food safety.

Nutrition Counseling

2023 Theme: “Water is Life Water is Food.”

Watermelon Infused Water was displayed to encourage natural flavours.

Other foods displayed and sampled:

5 Value added products displayed: Cassava Flour, Lemon Grass Seamoss Gel, and Cassava and Dasheen Drink.

Eight (8) Dishes displayed:

1. Cassava and Chicken Casserole
2. Cassava Mojito
3. Cassava tots
4. Cassava and Coconut Buns
5. Watermelon Skin Chutney
6. Stuff Cucumbers
7. Cassava and Turmeric Bread
8. Cassava flatbread



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The Grenada Food and Nutrition Council express sincere gratitude to the staff who generously provided knowledge and expertise to achieve the objectives planned throughout the year. Additionally, we would like to convey our heartfelt gratitude to the Board of Directors who played a decisive role in providing valuable advice and support to staff members.

We would like to express our deepest appreciation to the Ministry of Agriculture and Lands, Forestry, Marine Resources and Cooperatives for their invaluable contribution to the effective functioning of the Council. We extend our sincere thanks to the Ministry of Health and the Ministry of Education for their unwavering support and help.

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We gratefully acknowledge the unparalleled financial support given to us by SAEP. They sponsored the training programmes for children and adults that help them to prepare nutritious snacks and nutritious meals, respectively. Lastly, we would like to thank the Media Houses such as GIS, MTV and GBN for assisting us in spreading nutritional messages throughout Grenada.

Simultaneously, we would like to extend our deepest gratitude to our dedicated sponsors who played a decisive role in supporting the work of the Council. Our sponsors are CARITAS, George F. Huggins, GRENLEC, Grenada Cooperative Bank Limited, Republic bank, Hubbard’s, Real Value Supermarket, La Sagesse Farms, and K & S Poultry Farm among others.