

**REPORT ON THE TRAINING OF SCHOOL FEEDING CATERERS AND
FOOD VENDOR ON NUTRITIONAL INTERVENTIONS AND FOOD
HANDLING ON 11TH JUNE, 2025 AT THE MUNICIPAL ASSEMBLY HALL
JUASO**

INTRODUCTION

Nutrition education is one of the most essential aspects of health promotion interventions that contribute significantly to improve health of children and adult. Nutrition deficiencies and issues of malnutrition are mostly caused by the intake of food with insufficient nutritional contents. The issue of nutrition deficiencies associated with the intake of poor quality diet therefore informed the need for the Environmental Health Unit and the Nutrition Officer of the Asante Akim South Municipal Assembly organized nutrition education for various food vendors/handlers who were into preparation and production of food for public consumption.

The training was organized on **11th June, 2025 from 10:00 am to 12:00 pm** at the Asante Akim South Municipal Assembly conference hall. The training was focused on the need for food handlers/producers to take balanced diet into consideration when planning menu and making choices on the ingredients to include when preparing food for students and public consumption.

PARTICIPANTS

S/N	DESIGNATION	NO. OF PARTISIPANTS
1	School Feeding Programme Contractors/Caterers	30
2	Environmental Health and Sanitation Officers	4
3	Assembly Administration Staff	2
	TOTAL	36

thirty (30) food handlers/vendors were oriented on nutrition under the capacity building training.

MAIN ISSUES DISCUSSED

1. How to increase the availability and consumption of nutrient-rich foods such as fruits, vegetables, whole grain and lean proteins.
2. Reduce the amount of unhealthy fats, sugar and sodium in meals.
3. Encourage the use of local herbs and spices as alternatives to excessive salt and seasoning.
4. Limit the use of fried and processed foods.
5. Offer whole grain options such as brown rice, whole wheat bread and oats.
6. How to incorporate seasonal and locally sourced ingredients to ensure freshness and affordability.

The food vendors and caterers were also educated on the importance of food safety, proper storage and handling practices.

CONCLUTIONS

Improving the nutritional quality of meals served and sold in schools is essential for the overall health and well-being of Ghanaian school children in which food vendors and school feeding caterers have a vital part to play in achieving. However, field sensitization on nutrition at various food joints; restaurants etc. were done by Environmental Health Officers and Nutrition Officers of the municipal assembly.

RECOMMENDATIONS

1. Development of a standardized menu that includes a variety of nutrient-rich foods.
2. Include at least one serving of fruit and vegetables in each meal.
3. Provide guidelines and resources on portion sizes, balanced meal and healthy cooking techniques.
4. Collaboration and partnership with appropriate stakeholder.
5. Establishing a proper monitoring and evaluation system.

Attached is a picture from the event.

A handwritten signature in blue ink, appearing to read 'ADJEI KWAKU RICHARD', with a horizontal line extending to the right.

ADJEI KWAKU RICHARD

(MEHA)

PICTURE

