



# FANTEAKWA NORTH DISTRICT ASSEMBLY



REPUBLIC OF GHANA

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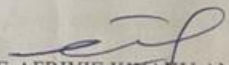
Office of the District Administration  
P. O. Box 16, Begoro

Tel: ... 0500207114

Date: 24<sup>th</sup> January, 2025

## REPORT ON NUTRITION ORIENTATION FOR FOOD VENDORS AND SCHOOL FEEDING CATERERS

I write to submit the report on nutrition oriented for food vendors and caterers of the school feeding caterers activities on 21<sup>st</sup> January, 2025 at the District Assembly Hall.

  
OPARE-AFRIYIE KWAKU ANANE  
DISTRICT ENV. HEALTH OFFICER

THE DISTRICT CHIEF EXECUTIVE

FANTA EKWA NORTH DISTRICT ASSEMBLY

BEGORO

Ⓣ DEHO  
fyms, pls  
Ⓣ

## **INTRODUCTION**

The Environmental Health and Sanitation Unit of the Fanteakwa North District Assembly, as part of our core mandate to organize, supervise and monitor the caterers of the school feeding activities on nutrition at the District Assembly Hall.

The Unit collaborate with District Nutrition Officer, Social Welfare and Community Development and the DESK officer for the school feeding conducted training workshop for the school feeding caterers on how to cook balanced diet meal (nutritional content) for the growth and development of the pupils.

## **PURPOSE**

The Unit in collaboration with the other stakeholders stated in the above is to ensure the school feeding caterers provide the necessary food groups that contains the nutritional values which will help the children in their academic performance and grow healthy.

The District Environmental Health Officer (DEHO) and his team name;

- The Head Community Development and Social Welfare (SWCD)
- Desk Officer, School Feeding Program
- Three Environmental Health Officers.

The District Environmental Health Officer welcomed the School Feeding caterers for this important program.

He explained the purpose of the program is to educate the caterers on the importance of nutrition and the role it plays in the life of the pupil.

He explained nutrition as the process of providing or obtaining food necessary for health and growth. Nutrition is also the process of eating a balanced diet to promote good health and growth.

## **IMPORTANCE OF NUTRITION**

The District Nutrition Officer explained that giving the school pupil a good nutritional diet will help them achieve the under listed below

- It nourishes the body and help in growth
- It boosts the immune system
- It provides the body with the necessary vitamins and minerals
- It builds the worn-out tissues
- The nutrients refresh the body
- It protects us from sickness
- Balanced diet promotes good eye sights

She further explained the types of food namely;

- Carbohydrates (maize, cocoyam etc)
- Fruits (mango, orange)
- Cereals (millet, rice)
- Legumes (beans, cowpea)
- Meat (goat, cow)
- Tubers (yam, cassava)
- Vegetables (carrot, cucumber)

The District Environmental Health Officer explained the importance of food storage and preservation.

Food preservation is the process of storing food at a temperature that will enable the food to last long under a hygienic condition.

### **Methods of Food preservation**

- Refrigeration
- Drying
- Salting
- Smoking
- Frying
- Canning

### **List of nutrition oriented interventions**

- ❖ Nutrition education

Nutrition education provides people with correct information on nutritional values of food, food quality and safety, methods of preservations and processes.

It assists in making healthy eating choices and other nutritional related behaviors. It includes any combination of educational strategies, accompanied by environmental support, designed to facilitate voluntary adoption of food choices and other food and nutrition-related behaviors conducive to health and well-being.

- ❖ Nutrition counseling

Nutrition counselling are guidelines provided for the caterers on nutritional risks based on the health or nutritional history and dietary intake of the pupil.

This counselling helps to understand how diet affects overall health. It also helps to plan a healthy meal.

- ❖ Supplement of iron folic acid

These are supplements supplied by Ghana Health Service in collaboration with Ghana Education Service to students in order to reduce anemia among them.

- ❖ Food delivering dietary

These are education given to caterers on their meal prepare for pupils to avoid gaining weight

- ❖ Coordinating diet care

This refers the caterers to other sources which would assist in resolving and improving the nutrition problems.

- ❖ Coordinating efforts on malnutrition

### **Importance of food storage**

The importance of food storage is to reduce the food wastage and to preserve the food for a longer period.

The District Community Development and Social Welfare Officer explained to the caterers to always buy quality food product and cook well under a hygienic condition in other to make the food safe for the pupils.

The District Desk Officer advised the caterers to always submit their monthly returns on time to enable her prepare and submit to the Ghana School Feeding Secretariat for onwards payment. She informed the caterers to make sure they adhered to the education given them by Environmental Health Officers and the District Nutrition Officer as they are the expects on balanced diet. She further said they will visit the school unannounced for compliance on nutrition.

<b>S/N</b>	<b>NAME OF CATERER</b>	<b>NAME OF SCHOOL</b>
1.	SALOMEY ADAMTEY	ABOURSO R/C PRIMARY
2.	ROSE ASARE	AKUMESO WEST D/A PRIMARY
3.	DESMOND BEMPONG ASIRIFI	AMOTARE D/A PRIMARY
4.	BAFFOUR KWADWO OWUSU	DOMINASE AKRO D/A PRIMARY
5.	BAFFOUR KWADWO OWUSU	DOMINASE YOKPEM PRIMARY
6.	ESTHER AGYEIWAA	SUMUER D/A PRIMARY
7.	NARKOTEY MABEL AYEKIE	ADDOKROM D/A PRIMARY
8.	JENNIFER ESI AHADO	MERYIWA BUSANKOR PRIMARY
9.	VIDA AMANKWAH	AHOMAHOMASO D/A PRIMARY
10.	MAVIS KROFAH	BESEBUOM D/A PRIMARY
11.	AYIGLO MONICA	NTESO D/A PRIMARY
12.	PRINCESS BOADU	PAPRAMANTAN D/A PRIMARY
13.	AUGUSTINA KESEWA	BEGORO A.M.E. ZION PRIMARY
14.	DICKSON OWUSU SAKYIMA	BEGORO ANG. PRIMARY A&B
15.	FULERA ISSAH	BEGORO ISLAMIC PRIMARY
16.	ERIC ANKOMAH	BEGORO SALV. ARMY PRIM. A&B
17.	ESTHER DARKO OLIVIA	AKWANSREM D/A PRIMARY
18.	SARAH ANTWI	BEGORO PRESBY PRIMARY B&C
19.	ALICE AKOMAH ASARE	BEGORO R/C PRIMARY
20.	GEORGINA AWUAH	ADAKOPE D/A PRIMARY
21.	SANDRA OPPONG GYAMERAH	AGAVEDZI SALV. ARMY PRIMARY
22.	JULIET AMFO AGYAPONG ASARE	DEDESAWIRAKO D/A PRIMARY
23.	ABLANYUMU DORIS	DEDESAWIRAKO R/C PRIMARY
24.	MARTEY ABRAHAM NARH	ODOTORM D/A PRIMARY
25.	SALOMEY OFORI DANSO	PETEFUO D/A PRIMARY
26.	STEPHEN DAPAH LAWEH	TROMELEVEME D/A PRIMARY
27.	TETTEH STEPHEN	NYADIA KROBO D/A PRIMARY
28.	GLORIA NTEM	OBOOHO D/A PRIMARY
29.	HELEN ASARE	ONUKE D/A PRIMARY
30.	JOYCE KOOMSON	FOOD VENDOR
31.	ASARE GLAYS	FOOD VENDOR
32.	MERCY NTI	FOOD VENDOR
33.	RUTH YEBOAH	FOOD VENDOR
34.	YEBOAH ASARE	FOOD VENDOR
35.	YEBOAH COLLINS	CATERER
36.	OFORI BOAKYE	CATERER

37	LYDIA MENSAH	CATERER
38	GIFTY AMOAKO DUODU	CATERER
39	ABIGAIL AMPONSAH	FOOD VENDOR
40	SARAH NKRUMAH	FOOD VENDOR
41	PATRICIA DRAKOA	FOOD VENDOR
42	GEORGINA KOOMSON	FOOD VENDOR
43	PATRICIA DADEBO	FOOD VENDOR
44	MILLICENT DADEBO	CATERER
45	ABOAGYE RICHMOND	CATERER
46	ANDREWS ABANKWA	CATERER
47	ABAMKWA COMFORT	FOOD VENDOR
48	OBENG AGYEIWAA	FOOD VENDOR
49	DORIS AMOATENG	FOOD VENDOR
50	KYEREWAA COMFORT	FOOD VENDOR
51	GRACE OBENEWAA	FOOD VENDOR
52	TETTEH AGNES	FOOD VENDOR
53	SALOMEY DEDO	FOOD VENDOR
54	SAFOA COMFORT	CATERER
55	VERONICA BOAKYE	CATERER
56	TEYE DIANA	CATERER
57	AKUA KWAKYE	CATERER
58	BENJAMIN TETTEH	CATERER
59	NARH STEPHEN	CATERER
60	NORTEY DORIS	CATERER
61	DOE BENJAMIN	FOOD VENDOR
62	MARGARET GYAN	FOOD VENDOR
63	OSAFO MENSAH CHRISTIANA	FOOD VENDOR
64	BOAFOA MARGARET	FOOD VENDOR
65	DORIS OFORIWAA	FOOD VENDOR

## RECOMMENDATION

- ✓ Vehicle should be provided for supervision
- ✓ Payment to caterers should be done on time
- ✓ Quantity of food should be increase for the pupils
- ✓ School heads should be accompanying during inspection
- ✓ Heads should ensure good nutritional foods are cook
- ✓ Chief of Ahomam advised for continuation on the nutritional education
- ✓ The Honorable member also recommend for continue visitation

## CONCLUSION

I urge the Assembly to implement the above recommendations to enhance improvement in the sustainability on nutrition which will help the pupils for growth and development.

## ATTENDANCE SHEET

S/N	NAME OF CATERER	NAME OF SCHOOL
1.	SALOMEY ADAMTEY	ABOURSO R/C PRIMARY
2.	ROSE ASARE	AKUMESO WEST D/A PRIMARY
3.	DESMOND BEMPONG ASIRIFI	AMOTARE D/A PRIMARY
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Office of the District Administration  
P. O. Box 16, Begoro

Tel: ... 0500207114

Our Ref: FNDA/.....

Your Ref:.....

Date: 14<sup>th</sup> January ,2025

## INVITATION TO ONE TRAINING ON NUTRITION

You are here by invited to attend a one-day training workshop on nutrition.

**Date: 21<sup>st</sup> January, 2025**

**Venue: Assembly Hall**

**Time: 9:00am**

OPARE-AFRIYIE KWAKU ANANE

DISTRICT ENV. HEALTH OFFICER

DISTRIBUTION  
SCHOOL FEEDING CATERERS  
DISTRICT NUTRITION OFFICER  
HEAD OF SWCD  
ENVIROMENTAL HEALTH OFFICERS

## SELECTED FOOD VENDORS

<b>S/N</b>	<b>NAMES</b>	<b>SCHOOL CATERERS/ VENDORS</b>
1	ELIZABETH MAMLE	VENDOR
2	GRACE OBENEWAA	VENDOR
3	SHARRY OPUKU	VENDOR
4	KYEI ERNESTINA	VENDOR
5	MINTAH GLADYS	VENDOR
6	KORANKYEWAA FAUSTINA	VENDOR
7	OWUSU FAUSTINA	VENDOR
8	OBENG COMFORT	VENDOR
9	JOICE APPIAH	VENDOR
10	TABI ESTHER	VENDOR
11	ESTHER POKUAA	VENDOR
12	CYNTHIA MAMLE	VENDOR
13	MARY AMOAH	VENDOR
14	MBA LINDA	VENDOR
15	GRACE ASANTE	VENDOR
16	ERNESTINA ADDO	VENDOR
17	JOYCE ASAMOAH	VENDOR
18	ASABEA MARY	VENDOR
19	ASAMOAH RACHEAL	VENDOR
20	MABEL ANSAH	VENDOR
21	MORO ABIBA	VENDOR
22	COMFORT ESHUN	VENDOR
23	VIDA ODWIRA	VENDOR
24	MARGARET OBESE	VENDOR

25	RABIATU IBRAHIM	VENDOR
26	VERONICA DELA	VENDOR
27	COMFORT SIMWAA	VENDOR
28	LAWEH SARAH	VENDOR
29	ALICE AKOMA	VENDOR
30	ROSE BEDIAKO	VENDOR
31	FAUSTINA BELLA	VENDOR
32	HELLEN BUADU	VENDOR
33	CHRISTIANA ADDO	VENDOR
34	ANIMAWAA MARY	VENDOR
35	CHRISTIANA OKORLEY	VENDOR
36	AKUA NYANTAH	VENDOR
37	LINDA AYE	VENDOR
38	AGYEI ELIZABETH	VENDOR
39	ADIZATU ABUBAKAR	VENDOR
40	FELICIA ODAMEA	VENDOR
41	STEPHEN AMPOFO	CATERER
42	COLLINS BOADU	CATERER
43	OPOKU IVY	CATERER
44	COMFORT FRIMONG	CATERER
45	ASIEDU EMMANUEL	CATERER
46	ADJEI MAXWELL	CATERER
47	ASARE GLADYS	CATERER
48	ASARE MINTAH	CATERER
49	NARH EBENEZER	CATERER
50	VIDA NYANTAKYI	CATERER





