

Singapore International Foundation

# SIF Specialist Community Nutrition Project for Parikrma

Prepared for: Parikrma Humanity Foundation

## Introduction

Nutrition is defined as the process of providing or obtaining food necessary for good growth and health. While important for everyone, **nutrition is especially vital for children because it is directly linked to all aspects of their growth and development** – factors which will have direct ties to their level of health as adults. Undernutrition prevents young children from reaching their full potential.



Young children at Parikrma Humanity Foundation, waiting in line for their medical check-up

Nutrition is a core pillar of human development. The Singapore International Foundation (SIF) has developed an SIF nutrition programme targeted at benefitting children from the ages of 0 – 12 years old. Its two broad aims are to:

- (1) Educate the community on what constitutes a healthy diet, and**
- (2) Enable the community to provide healthier diets for their family**

A team of professional nutritionists from Singapore will be engaged as volunteers to run (A) a **teachers workshop** and (B) a **community-based workshops** (for family caretakers) in the host country. The workshops will be carried out over a two year period in order to ensure greater reach and sustainability for the communities it affects.

(A) The **Community-based workshops** aim to:

1. Educate parents on basic nutrition and on alternative food sources to help ensure healthy diets for their children and family members
2. Teach caregivers different techniques of food preparation to allow for greater retention of nutrition and for greater cost savings

(B) The **Teacher workshops** aims to:

1. Equip the host agency's teachers with knowledge on basic nutrition so that they will be equipped with the necessary knowledge to incorporate it to the school curriculum.
2. Provide the teachers with the knowledge to be able to identify students suffering from nutrition-related health problems and provide advice to parents with regards to children's diets and medical help needed, resulting in happier and healthier children

### **Background Information**

Undernutrition has numerous negative consequences on both the nation and individual at large. A World Bank study found that undernutrition can cost an individual up to 10% of his or her potential lifetime earnings, and as much as 3% of a country's GDP. The cost of undernutrition to the individual is high too, where according to UNICEF, children who suffer from severe undernutrition are 9.5 times more likely to die from diarrhoea and 6.4 times more likely to die from pneumonia. Also, one in three preventable deaths among young children worldwide is the result of inadequate nutrition.

**The impact of undernutrition also lasts through one's lifetime.** Stunted children often struggle to reach their potential in school and ultimately the workplace, diminishing economic productivity and development. Malnutrition also often leads to permanent damage including impairment of physical growth and mental development, and to added health care costs to the State.

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### **SIF Specialist Community Nutrition Project**

Nutrition for Life seeks to address the issue of nutrition deficiencies in communities by equipping them with knowledge in nutrition to allow them to provide healthier meals for their families. The long-term goal for this project is for adults and children alike to understand the importance of proper nutrition and actively seek to improve their quality of nutrition.

**With limited income and food, it becomes even more vital to educate families on the importance of a nutritious diet and how to achieve it with their limited resources through cost-effective tweaks to their diets.** In many low-income families in Karnataka, diets primarily consist of starch, with some legumes cooked in heavy spices. A child's belly may be full but he still might not necessarily get the right balance of nutritious food and vitamins required for healthy development.

*The long-term goal for this project is for adults and children alike to understand the importance of proper nutrition and actively seek to improve the quality of nutrition.*



SIF's Specialist Community Nutrition Project will provide critical information that will enable families to make better food choices. The workshops will be tailored to the needs of the local community. We will be honoured to have your esteemed organisation join hands with us in empowering the lives of the children and their families.

## **Details of Proposed Nutrition Project**

**Date** : 4<sup>th</sup> - 8<sup>th</sup> December 2013

**Place** : Parikrma Humanity Foundation, 4 schools, Bangalore

**Key activity** : Interactive Workshops on 4 broad topics -

- Basic Nutrition
- Vitamins, Minerals & Health Problems
- Hygienic Cooking Methods
- Infant & Mother Care

**Target groups** : Teachers & Caregivers of children from Parikrma, plus Food Caterer.

**Objectives** : **(A) To provide teachers with:**

- A more in-depth knowledge of basic nutrition and become advocates/champions of the Nutrition Project
- Transferable knowledge and skills to impact other teacher and caregivers
- The ability to identify undernourished/malnourished children and provide advice parents appropriate course of action

**(B) To have family caregivers:**

- Be more well-informed about healthy diets
- Be aware of the different food types that will meet their immediate needs
- Make adequate changes to their family's diets in ways that are cost-effective with long term sustainability
- Practice food preparation technics for greater retention of nutrition

**(C) To look into the catered meals:**

- To determine the current nutritional value of the breakfast, lunch and energy drink, and makes changes if possible. This is important as 2 meals of the day are consumed at the school.
- To create a dietary flyer to be handed out during meals to educate students on what they are eating and its nutritional benefits.

**Target no. of beneficiaries :** **430** (25 teachers, 400 family caretakers, 5 food caterers)

**Materials to be created :**

1. **SIV Workshop Content Booklet**
2. **Posters** x 4 topic (for use at schools and homes)
3. **Food packs** (TBC)
4. (After 1<sup>st</sup> workshop) **Nutrition workshop video**  
(For SIVs and teachers for future workshops)

**Materials needed :**

- 1 classroom per school
- Fully equipped kitchen
- Food ingredients for demonstration
- Lunch and refreshments (Parikrma to provide)

**Manpower needed :**

- Social workers x 1 per school
- Attendees x 100 per school
- Ushers (for RSVP and crowd control)
- Food servers

**Workshop timetable :** See page 7



Children saying a prayer before lunch

<b>Feasibility Study</b>	:	24 <sup>th</sup> – 26 <sup>th</sup> September 2013
<b>Place</b>	:	Parikrma Humanity Foundation
<b>Key activities</b>	:	Field visits to markets, homes, caterer, school doctor and others to understand current situation and develop project content, workshop content and other materials for project.

#### **Notes for SIV:**

##### **Diet**

- Diet is dependent on disposable income, access to food, attitudes towards food, the communities' norms and culture.
- Deep frying over extended period of time is common practice.
- Generous amounts of salt are used during cooking.
- Common foods: spices, curry leaves, roots and seasonal fruits
- Mutton is the most expensive meat followed by chicken and then beef (being the cheapest)

##### **Identifying Malnutrition**

- Understand why and if children are underweight or malnourished
- Some children contract tapeworms from having meat from animals not reared in a proper farm
- Understand if malnutrition is caused by undernutrition, or poor sanitation and hygiene.
- Possibility of doing individual blood tests to determine if the child is deficient in any major vitamins or minerals as a starting point, assuming a tie up can be done with a hospital.
- Problems related to undernourishment: Behavior and attention problems, problems with thinking and speech, heart defects
- Others: Changes in the shape of the face, poor muscle tone and problems with movement and balance

##### **Hygiene**

- Importance of hygiene in preparation, cooking and storing
- Consider introducing bio-detergent/compost from fruits and vegetables

##### **Infant care**

- Poor pre-natal care: Premature delivery, miscarriage or stillbirth
- Infant & Mother Care and importance of breast feeding.
- Poor hygiene standards and poor growth before and after birth
- Negative effects of alcohol abuse while pregnant or while breastfeeding. For example, alcohol consumption during pregnancy can lead to child deformities, mental retardation, problems with metabolic syndrome such as diabetes or fetal alcohol syndrome as the alcohol breaks down a lot slower in the fetus.

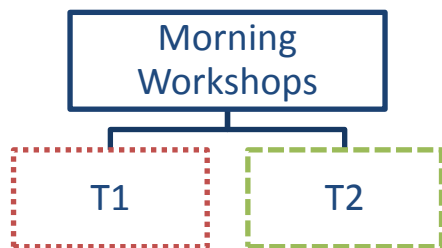
## 5-Day Workshop Timetable

Day 1 : Teachers' Workshop (25 teachers in a class)

Day 2-5 : Community-based Workshops (100 participants per day)

### Community-based Workshops

- Topic 1 and 2 will be covered in 2 separate sessions in the morning
- Topic 3 and 4 will be covered in 2 separate sessions in the afternoon
- 100 participants will be split into 2 groups of 50
- The 1<sup>st</sup> 50 participants will attend Topic 1 first followed by Topic 2
- The other 50 participants will attend Topic 2 followed by Topic 1
- Both groups will switch classrooms after each session.
- The same happens in the afternoon with the 1<sup>st</sup> 50 participants attending Topic 3 followed by Topic 4.



Day 2: School A, **Sahakaranagar**

Day 3: School B, **Koramangala**

Day 4: School C, **Kodigehalli**

Day 5: School D, **Jayanagar**



### **Legend**

\*T1: Topic One – Basic Nutrition

T2: Topic Two – Hygienic Cooking Methods

T3: Topic Three – Infant & Mother Care

\*T4: Topic Four – Vitamins, Minerals & Health Problems





## **How Volunteer Nutritionists Will Support the Project**

### **▪ Feasibility Study**

- Visit Parikrma, its communities, markets, doctors and food caterers to understand the current and future needs of the people in order to develop the project content. A feasibility study will provide the SIV first-hand information needed to customize the content for the workshop. The trip will give access to a local nutritionist, social workers, teachers, families, and visit to food markets and food caterer facilities. SIVs will be able to take dietary norms, culture, attitudes and mindsets into account when planning.

### **▪ Create Materials**

- **SIV Nutrition Workshop Booklet:** Create a booklet for teachers and future SIVs for the workshop. Content can be adapted from a Nutrition Programme Participant Manual, which is used by a number of NGOs, including US AID and Academy for Educational Development (AED). Note: This booklet will need to be updated after the workshops with added knowledge the team acquires from carrying out the workshops, and the FAQs that arise during the workshop sessions.
- **Posters:** Create a variety of posters to serve as daily reminders for caregivers at home and at school.
- **Nutrition Video:** Work with a Volunteer Videographer to develop a video for teachers and nutritionists for use at future workshop.

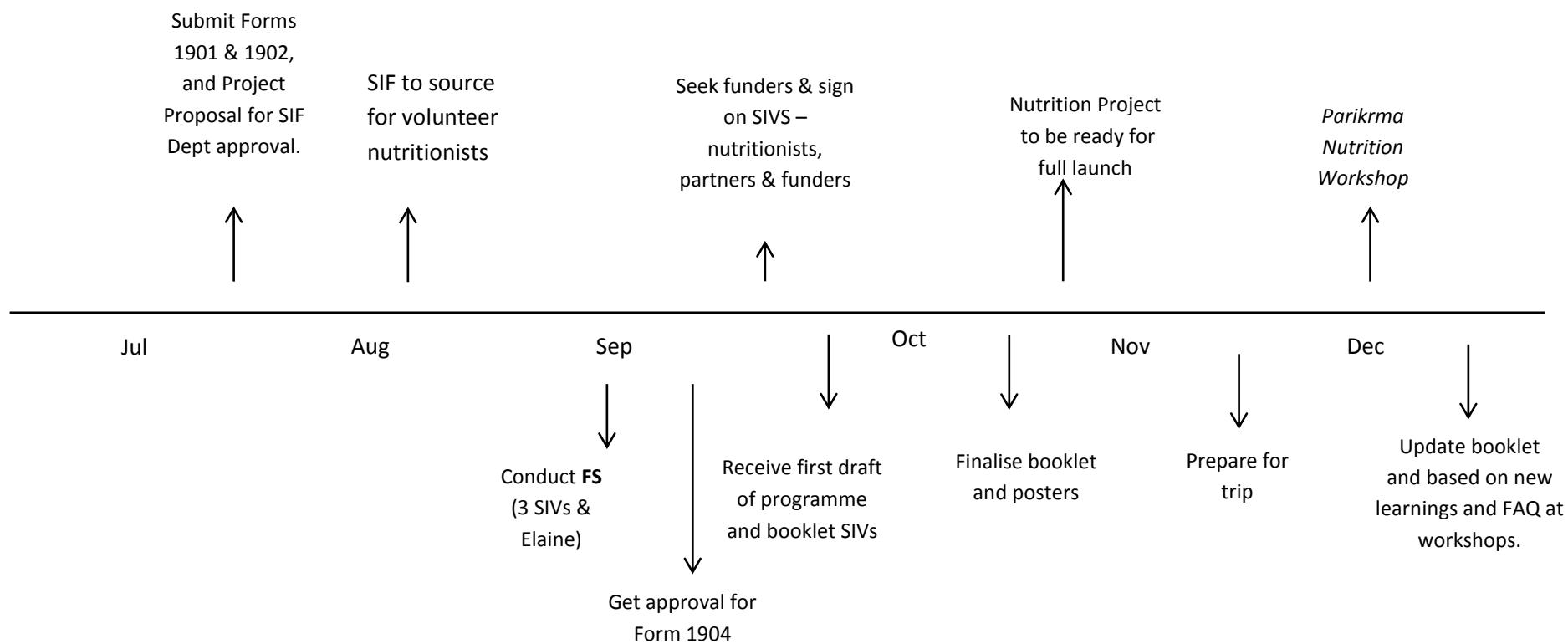
### **▪ Implementation of Nutrition Project**

- **Workshops:** Conduct workshops sessions (A) and (B)

### **▪ Ensure Positive Outcomes and Sustainability**

- **KPIs:** Determine KPIs and outcomes for the project including identifying champions for the project, training teachers to be able to identify nutrition-related illnesses in their students, and introducing Nutrition as part of curriculum.
- **Audit:** Conduct mid-term and final audit to monitor and evaluate the effectiveness of the programme

## Timeline for Launch (2013)



## **Notes on the timeline**

22 <sup>nd</sup> Jul	:	Share first proposal with Patricia Miller (Assistant Director, SIF) and potential Volunteer Nutritionist Margaret Au (Singapore International Volunteer; SIV)
Mid Aug	:	Source for Nutritionist/SIV
2 <sup>nd</sup> - 5 <sup>th</sup> Sep	:	Conduct Feasibility Study
Mid Sep	:	Seeks SIVs and funders (like Sodexo and other potential sponsors, contact relevant CSR depts) and sign on all partners including host agency
End Sep	:	Write first draft of content for nutrition handout, posters
Mid Oct	:	Finalise and write content
Start Nov	:	Nutrition project to be ready for full launch. Engage Corporate Communications
Mid Nov	:	Prepare for trip – SIVs to familiarize themselves with content and workshop procedures.
Mid Nov	:	Parikrma to inform selected teachers for project and publicise workshops to caregivers through students
End Nov	:	Confirm RSVP of all attendees
4 <sup>th</sup> – 8 <sup>th</sup> Dec	:	Parikrma Nutrition Workshops
Dec	:	Update Booklet for Nutrition Programme based on State/local content and FAQ at workshop

## **Proposed Topics**

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### **1. Basic Nutrition**

#### **1.1 Food Groups**

- Food Pyramid
- Carbohydrates
- Proteins
- Fruits and Vegetables

#### **1.2 Importance of Nutrition**

- Why nutrition is important
- Effects of poor nutrition

### **2. Hygienic Cooking Methods (with life demo)**

#### **2.1 Food Selection**

- Choosing the right foods

#### **2.2 Food Preparation**

- Conserving Nutrition
- Preventing contamination
- Hygiene

#### **2.3 Food Cooking**

- Conserving Nutrition
- Cooking foods thoroughly

#### **2.4 Storage**

- Safe storage practices

### **3. Infant & Mother Care**

#### **3.1 Nutrition for Pregnant & Breastfeeding**

##### **Women**

- Foods and supplements to take

#### **3.2 After Delivery**

- Food and care instructions for mother
- Handling infant

#### **3.3 Exclusive Breastfeeding**

- Breastfeeding on demand

- Breastfeeding positions

#### **3.4 Weaning Diet**

- Complementary feeding
- Old Wives Tales

### **4. Vitamins, Minerals & Health**

#### **Problems**

#### **4.1 Vitamins & Minerals – What are they?**

- Vitamin A
- Iron
- Iodine

#### **4.2 Importance of Vitamins & Minerals**

- Why are vitamins and minerals important

#### **4.3 Effects of Vitamin and Mineral Deficiency**

- Vitamin A deficiency
- Iron deficiency
- De-worming
- Iodine deficiency

#### **4.4 Clinical signs of Vitamin and Mineral Deficiency**

- Vitamin A deficiency
- Iron deficiency
- Iodine deficiency

#### **4.5 Prevention of Health Problems**

- Proper nutrition
- Immunizations