

NORTH TONGU DISTRICT ASSEMBLY
ENVIRONMENTAL HEALTH UNIT, COMMUNITY DEVELOPMENT AND
DEPARTMENT OF AGRICULTURE COLLABORATED NUTRITION
ORIENTATION PROGRAMME

INTRODUCTION

As a core mandate to educate and orient Food and Drink Vendors, the Environmental Health and Sanitation Unit, Organized groups as well as farmers, Church groups etc. to promote good health and vitality, the Environmental Health Unit collaborated with Community Development and Department of Agric to scale up eating and preparation of well-balanced diets, fruits, fortified and supplementary foods.

In view of the above, Brown Rice which is a highly nutritious grain and good to nourish human heart, was selected and used to prepare nutritious milk during a nutrition orientation programme at Aveyime.

ATTENDANCE

Present at the demonstration were 16 people – 15 Females and 1 Male.

DATE: 12th February 2020

TOPIC: Rice Milk Preparation

LOCATION: Aveyime

OBJECTIVES / INTERVENTIONS

1. Reduce Malnutrition & Malnourishment.
2. Promote Growth and Development.
3. Increase Farmers Income.
4. Add value to their products.
5. Improve Health Status.

MATERIALS:

Brown Rice, Honey, Wholesome Water, Flavor, Sieve, Blender, Packaging Materials.

STRATEGIC STEPS:

1. Soak rice in water
2. Blend soaked Rice.
3. Sieve Well
4. Add Honey or Sugar to taste.
5. Addition of flavor (optional).

CONCLUSION

Demonstration was successful and farmers and food Vendors were very happy and requested for such nutritional interventions frequently.



FOOD AND BEVERAGE VENDORS IN ACTION.



GROUP PICTURE OF FOOD VENDORS



FILTERING IS ONGOING. EHA
MAD. LITICIA KORANTAG

PARTICIPANTS INVOLVED TO FILTER SOYA MILK



RICE MILK PROCESSES ON GOING. NUTRITIOUS RICE MILK DISPLAYED FOR CONSUMPTION.

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