

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

INTRODUCTION

As supported by Sustainable Development Goal (1) Poverty and Goal (2) Zero Hunger,

It became a core mandate to educate and orient Food and Drink Vendors. In view of the above, Environmental Health and Sanitation Unit, organised groups as well as farmers, Church groups etc to promote good health and vitality. The Unit collaborated with Community Development and Department of Agric to scale up eating and preparation of fruits juice, fortified and supplementary foods.

Soya Beans contains huge amount of plant proteins and regarded as the plant "meat" was used to fortify Gari to serve as energy giving food also fortified for protein. The activity was carried out during a nutrition orientation programme at Horkpo – Mepe.

DATE: 1st July, 2020.

INTRODUCTION

As part of improving the health of the farming households in the communities through good nutrition education, when preparing it.

ATTENDANCE

24 women and 1 man (25 Participants)

OBJECTIVES / INTERVENTIONS

Reduce Malnutrition & Malnourishment

Promote Growth and Development

Increase Vendors Income

Add value to their products.

Improve Health Status and well-being

MATERIALS:

Cassava Dough, Soya Paste, Fried Pan, Firewood, Sieve, Packaging Materials.

STRATEGIC STEPS

1. Put the frying pan on fire to heat
2. Mix 1:3 part of Soya paste to cassava dough respectively.
3. Fry it until no moisture and remove from fire to cool.

CONCLUSION

Successful Programme organised



DRIED CASSAVA DOUGH IN BOWL



PROCESSING GARI



HYGIENICALLY PACKED & FORTIFIED GARI FOR CONSUMPTION

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