FANTEAKWA SOUTH DISTRICT ASSEMBLY

REPUBLIC OF GHANA

In case of reply, the number and date of this letter should be quoted

Our Ref. FSDA.01/80/03/23
Your Ref.

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FANTEAKWA SOUTH DISTRICT ASSEMBLY

2026 NUTRITION ORIENTED SERVICES

Good nutrition is the foundation of health, learning, and productivity. In Fanteakwa South District, the Assembly recognises that malnutrition, poor feeding practices, and unsafe food handling affect children, pregnant and lactating women, and the wider community. These problems contribute to stunting, anaemia, frequent illness, poor school performance, and lost productivity.

To address them, the District Assembly, working with the Ghana Health Service, Ghana Education Service, the Department of Agriculture, and the Department of Social Welfare and Community Development, delivers nutrition-oriented services in three areas.

1. Nutrition Education

- **Healthy eating habits:** promoting dietary diversity, balanced meals from locally available foods, and reduced intake of excess salt, sugar, and oil.
- **Meal planning and preparation:** demonstrations on preparing affordable, nutritious meals for households, schools, and food vendors.
- **Food safety and hygiene:** education on handwashing, safe water, clean cooking environments, and safe storage and handling of food.

2. Nutrition Support

- **Malnutrition screening and treatment:** community and facility-based screening of children under five (using MUAC and weight-for-height) and referral of cases to health facilities for treatment.
- **Nutrition counselling:** individual and group counselling for pregnant and lactating women, caregivers of young children, and other vulnerable persons.

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- **Medical screening of food vendors and school feeding contractors:** periodic health checks and issuance of medical certificates to ensure that those who handle food are fit to do so.

3. Specific Nutrition Interventions

1. Training of women's groups on nutrition, food safety, and hygiene, targeting mothers, caregivers, and women food processors and traders.
2. Medical screening for food vendors and school feeding contractors in collaboration with the Ghana Health Service and the Environmental Health Unit.
3. Sensitisation of food vendors and school feeding contractors on nutrition and safe food handling, including kitchen hygiene and the nutritional needs of school-age children.

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DISTRICT NUTRITION OFFICER

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