

## **HEALTH PROMOTION AND EDUCATION**

### **Education of Food Vendors**

Under the year review, the Environmental Health and Sanitation Unit organized educational forum on nutrition for food and drink handlers within the District. The education was done in groups at different area in order to reach out to all vendors in the District. Food vendors were educated on the need to prepared and serve nutritious food to the public. Food that contain all the necessary nutrient for good health. Vendors were also educated on the effect of not serving a balance diet or nutritious food.

The table below shows the detailed activity

<b>Area Council</b>	<b>Time frame</b>	<b>Total number expected</b>	<b>Total turn-up</b>	<b>Nutrient topic discussed</b>
<b>Ojobi</b>	First quarter	625	453	Protein, vitamin, mineral, Carbohydrate, Fats and oil
<b>Nyanyano</b>	Second quarter	415	308	Protein, vitamin, mineral, Carbohydrate, Fats and oil
<b>Dominase</b>	Third quarter	165	141	Protein, vitamin, mineral, Carbohydrate, Fats and oil
<b>total</b>		<b>1,205</b>	<b>902</b>	

### **Education of School Caterers on Good Nutrition**

School caterers were also sensitized and educated on the required nutrient needed in a diet for growth and healthy life. The various schools benefiting from the school feeding programme initiated by Government were divided it three group under the three area councils in which the schools are located. They were also sensitized on personal hygiene which plays a key role in their daily food preparation. Officer took the caterers through the following nutrient component:

- Protein in the daily diet
- Minerals
- Vitamin
- Fats and oil