

MEMORANDUM

TO : **MCD/ MCE**
FROM : **ENVIRONMENTAL UNIT**
DATE : **24TH DECEMBER, 2025**
SUBJECT : **SUBMISSION OF NUTRITIONAL ACTIVITY REPORT**

I submit herewith, the Nutritional Activity Report for Tano North Municipal Assembly for the year 2025, for your attention and necessary action.

MATILDA RABI ISSAKA
(HEAD OF ENVIRONMENTAL UNIT)

1. EXECUTIVE SUMMARY

This report presents a summary of nutrition-oriented activities carried out by the Tano North Municipal Assembly during the 2025 calendar year, in compliance with directives from the Ministry of Local Government, Decentralisation and Religious Affairs as also contained in the 2025 Annual Action Plan. The training activities on food nutrition focused on food vendors and the School Feeding Programme contractors operating within the Municipality.

Key activities implemented included nutrition education and sensitisation, training on safe food handling and hygienic practices, routine monitoring of School Feeding Programme kitchens, promotion of fortified and nutritious foods, and the integration of nutrition education into environmental sanitation activities. These interventions sought to improve food safety standards, enhance the nutritional quality of meals served, and reduce the risk of foodborne diseases, particularly among school children.

The Assembly recorded notable improvements in nutrition awareness, hygiene compliance and meal quality among targeted groups. The report concludes with recommendations aimed at sustaining and strengthening nutrition-oriented environmental health interventions in the Municipality.

2. INTRODUCTION

In line with the mandate of the Ministry of Local Government, Decentralisation and Religious Affairs, and pursuant to the functions of the Environmental Health and Sanitation Unit, the Tano North Municipal Assembly organised and implemented a series of nutrition-oriented environmental health interventions during the 2025 calendar year. These interventions targeted food vendors and School Feeding Programme contractors operating within the Municipality.

The interventions were aimed at improving food safety, promoting sound nutrition practices, and safeguarding public health, particularly among school children and the general population who depend largely on vended foods.

3. OBJECTIVES OF THE INTERVENTIONS

The specific objectives of the nutrition-oriented interventions were to:

- Promote safe food handling and hygienic food preparation practices.
- Enhance basic nutrition knowledge among food vendors and School Feeding Programme caterers.
- Improve the nutritional quality of meals served under the Ghana School Feeding Programme.
- Reduce the incidence of foodborne diseases within the Municipality.
- Ensure compliance with environmental health and sanitation standards.

4. TARGET GROUPS

The interventions targeted the following groups:

- Registered and unregistered food vendors operating in markets, lorry parks, and along major streets.
- Ghana School Feeding Programme contractors and their kitchen staff.
- Environmental Health Officers involved in monitoring food safety.

5. NUTRITION-ORIENTED ACTIVITIES CARRIED OUT IN 2025

5.1 Nutrition Education and Sensitisation Sessions

A series of nutrition education sessions were organised across selected communities within the Municipality. These sessions focused on:

- Basic food groups and balanced diets.
- Meal planning for school-aged children.
- Portion control and appropriate serving sizes.
- The importance of fruits, vegetables, and protein-rich foods in daily meals.

Special emphasis was placed on preparing nutritionally balanced meals using locally available food items to ensure affordability and sustainability.





5.2 Training on Safe Food Handling and Preparation

Food vendors and School Feeding Programme contractors were trained on safe food handling practices, including:

- Personal hygiene requirements such as handwashing, use of protective clothing, and health screening.
- Proper cooking temperatures and reheating methods.
- Prevention of cross-contamination during food preparation.

- Safe storage of raw and cooked foods.

Demonstrations were conducted to illustrate correct practices, and participants were encouraged to apply these standards consistently.

5.3 School Feeding Programme Nutrition Monitoring

The Environmental Health and Nutrition Officers conducted routine monitoring visits to School Feeding Programme kitchens and selected basic schools. The monitoring focused on:

- Nutritional adequacy of meals served to pupils.
- Variety and balance of food items in weekly menus.
- Hygiene conditions of cooking environments.
- Food sourcing and storage practices.

Feedback was provided to contractors, and corrective actions were recommended where gaps were identified.



5.4 Promotion of Fortified and Nutritious Foods

Contractors and food vendors were sensitised on the use of fortified food products such as iodised salt and fortified cereals. Education was also provided on:

- Reducing excessive use of salt, sugar, and unhealthy fats.
- Incorporating protein sources such as beans, eggs, fish, and legumes into meals.
- Encouraging the use of vegetables and fruits to enhance micronutrient intake.

5.5 Environmental Sanitation and Nutrition Linkages

The Assembly integrated nutrition education into routine environmental sanitation activities.

Topics covered included:

- The relationship between poor sanitation and malnutrition.
- Proper waste disposal around food vending sites.
- Provision and use of clean water for cooking and food processing.

Food vending sites were inspected regularly, and guidance was provided to improve environmental conditions that directly affect food safety and nutrition.

6. CHALLENGES ENCOUNTERED

Despite the successes achieved, the following challenges were encountered:

- Irregular attendance of some food vendors at scheduled training sessions.
- Limited financial resources to scale up nutrition education programmes.
- Resistance by a few vendors to adopt recommended nutrition and hygiene practices.

7. ACHIEVEMENTS

Notable achievements recorded during the year include:

- Improved awareness of basic nutrition principles among food vendors and caterers.
- Enhanced compliance with food hygiene standards at several vending sites.
- Improved quality and balance of meals served under the School Feeding Programme.
- Strengthened collaboration between Environmental Health Officers and School Feeding Programme contractors.

8. RECOMMENDATIONS

To sustain and improve nutrition-oriented environmental health interventions, the following recommendations are made:

- Provision of adequate logistics and funding to support regular monitoring activities.
- Continuous nutrition education and refresher training for food vendors and caterers.
- Stronger enforcement of food safety and environmental health regulations.
- Increased collaboration with the Health Directorate and other stakeholders on nutrition-related programmes.

9. CONCLUSION

The Tano North Municipal Assembly remains committed to promoting safe food practices and improved nutrition through environmental health interventions. The activities carried out in 2025 have contributed positively to food safety awareness and the nutritional wellbeing of school children and the wider community. With sustained support and improved resources, the Assembly will continue to strengthen nutrition-oriented interventions in the years ahead.