

ENVIRONMENTAL HEALTH AND SANITATION UNIT
NZEMA EAST MUNICIPAL ASSEMBLY

REPORT ON NUTRITION-ORIENTED INTERVENTIONS/ACTIVITIES FOR FOOD VENDORS AND SCHOOL FEEDING PROGRAMME CONTRACTORS IN NZEMA EAST MUNICIPALITY- 20TH AUGUST, 2025.

1.0 Introduction

This report provides a detailed account of nutrition-oriented interventions carried out by the Environmental Health Officers of the Nzema East Municipal Assembly. The activity was aimed at improving the nutritional quality, safety, and hygiene of food prepared and served by food vendors and School Feeding Programme (SFP) contractors within the Municipality. The programme was held on 20th August, 2025 at the Municipal Assembly Hall.

2.0 Objectives of the Programme

The intervention sought to:

- Promote healthy food preparation and serving practices.
- Encourage adoption of nutrient-rich, diversified meals for school children and the general public.
- Build the capacity of food vendors and SFP contractors on food hygiene and nutrition standards.
- Enhance compliance with food safety provisions under the Public Health Act, 2012 (Act 851) and Assembly by-laws.

3.0 Stakeholders and Participation

The programme brought together about 75 participants, including:

- School Feeding Programme caterers and cooks
- Chop bar and restaurant food handlers

Key officials present included:

- The Municipal Chief Executive (MCE)
- The Regional School Feeding Coordinator
- Municipal Environmental Health Officer
- Municipal Nutrition Officer
- Municipal Coordinating Director

4.0 Activities Undertaken

4.1 Opening Session

The programme commenced with opening remarks by the MCE, who emphasized the Assembly's commitment to ensuring safe and nutritious meals, especially in basic schools. The MCD and Nutrition Officer also highlighted the responsibilities of caterers in promoting the well-being of school children.

4.2 Nutrition and Food Hygiene Training

Environmental Health Officers conducted a comprehensive training session covering:

- Principles of balanced diets and nutrient requirements for children.
- Incorporation of locally available, nutrient-dense foods (beans, leafy vegetables, millet, orange-fleshed sweet potatoes, etc.).

- Reduction of excessive oil, salt, sugar, and dependence on artificial seasonings.
- Safe cooking and food handling techniques to reduce contamination.
- Proper waste disposal and maintenance of clean cooking environments.
- Importance of using iodized salt and potable water.

4.3 Demonstrations and Practical Discussions

Participants were taken through practical demonstrations on:

- Hygienic food storage
- Effective handwashing techniques
- Utensil sanitation
- Safe reheating and holding temperatures for cooked meals

These hands-on sessions enabled participants to better understand and adopt recommended practices.

4.4 Programme Alignment with SFP Caterers Registration

The training coincided with the registration of new School Feeding Programme caterers conducted by the Assembly. This created an ideal platform to orient incoming caterers on:

- Menu compliance
- Nutritional expectations of the SFP
- Required standards for hygiene and food preparation
- Record-keeping and monitoring expectations by the Assembly and partnering units

4.5 Stakeholder Interaction and Feedback

Participants engaged in an open forum where they discussed challenges related to food preparation, cost of ingredients, sourcing of fresh produce, and compliance with menu guidelines. Officers offered clarifications and guidance to address these concerns.

5.0 Key Observations

- Participants showed strong interest and willingness to improve their food preparation practices.
- Some SFP caterers expressed the need for support in accessing stable supplies of vegetables and proteins.
- A number of vendors highlighted the cost of safe storage containers and hygiene materials.
- The combined training and registration exercise increased efficiency and enabled better data collection for monitoring.

6.0 Challenges Encountered

- Limited availability of training materials and handouts for the large group.
- Need for continued monitoring to ensure sustained behavioural change among vendors and caterers.
- Insufficient logistics (transport for field follow-ups).

7.0 Recommendations

- Regular refresher training for SFP caterers and food vendors.
- Strengthen joint monitoring by the Environmental Health and Nutrition units.
- Support vendors to adopt cost-effective but safe food storage and preparation systems.
- Provide standard menu guides and hygiene checklists to all caterers for easy compliance.
- Improve kitchen infrastructure in basic schools to facilitate safe and nutritious meal preparation.

8.0 Conclusion

The nutrition-oriented intervention conducted on 20th August, 2025 at the Nzema East Municipal Assembly Hall was highly successful. The participation of about 75 food vendors and SFP contractors, combined with strong stakeholder involvement, contributed significantly toward promoting safe, nutritious, and hygienic food preparation within the Municipality. Continued collaboration and consistent monitoring will be essential in sustaining these gains.

9.0 Picture Report



Regional Coordinator of SFP addressing the participants



Participants being addressed at the forum



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