



**ENVIRONMENTAL HEALTH
AND SANITATION UNIT**

JUABEN MUNICIPAL ASSEMBLY

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Our Ref. No.:

Your Ref. No.:

Date: 18/12/2025



**The Municipal Coordinating director
Juaben Municipal Assembly
Juaben**

Dear Sir,

SUBMISSION OF NUTRITION INTERVENTION REPORT-2025

I respectfully submit for your perusal and attention, the Nutrition Intervention Report for
Environmental Health and Sanitation Unit.

Thank you.

**MARY ADENYABA ALI
MUNICIPAL ENV. HEALTH OFFICER**

CC:

**The Municipal Chief Executive
Juaben Municipal Assembly
Juaben**

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JUABEN MUNICIPAL ASSEMBLY
ENVIRONMENTAL HEALTH AND SANITATION



NUTRITION INTERVENTION REPORT

2025

JUABEN MUNICIPAL ASSEMBLY

ENVIRONMENTAL HEALTH AND SANITATION UNIT (EHSU)

NUTRITION INTERVENTION REPORT

ORIENTATION FOR FOOD VENDORS AND SCHOOL FEEDING CATERERS 2025

1. BACKGROUND AND JUSTIFICATION

Malnutrition and nutrition-related disorders continue to be significant public health concerns in Ghana, particularly among women and children. These conditions contribute substantially to preventable morbidity and mortality and place a burden on health systems and household productivity.

Routine inspections by the Environmental Health and Sanitation Unit (EHSU) of the Juaben Municipal Assembly revealed knowledge gaps in basic nutrition, food hygiene, and safe food handling practices among food vendors, food handlers, and School Feeding Programme caterers within the municipality.

Food vendors and school feeding caterers serve as critical gatekeepers of public nutrition, especially for school-aged children and low-income households. Strengthening their knowledge and practical skills is therefore essential to improving dietary quality, food safety, and overall public health outcomes.

In response to the identified gaps, the Environmental Health Officers (EHOs) implemented a nutrition-oriented public health intervention targeting food vendors and school feeding caterers across the Juaben Municipality.

2. OBJECTIVES OF THE INTERVENTION

- To improve nutrition knowledge, food safety practices, and healthy food preparation among food vendors and school feeding caterers in the Juaben Municipality.
- To enhance understanding of balanced and nutritious diets
- To promote food hygiene and food safety practices
- To reduce the incidence of foodborne illnesses and food poisoning
- To increase awareness of food fortification and micronutrient intake
- To encourage positive behavioral change in food preparation and service

3. TARGET POPULATION

The intervention targeted the following groups across the municipality: Food and beverage vendors/handlers, School Feeding Programme contractors and caterers, Chop bar operators, Restaurant operators and Street food vendors.

4. INTERVENTION STRATEGY AND APPROACH

The intervention was implemented through health education sessions and sensitization activities conducted by Environmental Health Officers during routine inspections and the 2024 medical screening exercise for food vendors.

Participatory teaching methods were adopted to ensure understanding, practical relevance, and behavioral change. The sessions emphasized real-life food handling situations, local food types, and culturally appropriate nutrition practices.

5. KEY NUTRITION INTERVENTION AREAS

A. Food Hygiene and Safety

Participants were educated on the importance of preparing and serving food under hygienic conditions to prevent food contamination and nutrient loss. Emphasis was placed on: Proper handwashing with soap and water before food preparation and after using the toilet, Separation of raw foods from cooked and high-risk foods, Prohibition of spitting, sneezing, and coughing near food, Use of protective clothing (headgear and apron) and Avoidance of bare-hand contact when serving ready-to-eat foods

Food vendors were made to appreciate that poor hygiene practices not only expose consumers to illness but also affect their credibility and business sustainability.

B. Nutritious and Balanced Diet

Participants were educated on the concept of a balanced diet, defined as meals containing all six classes of nutrients in the right proportions: Carbohydrates, Proteins, Fats and oils, Vitamins, Minerals, Water.

The functions of each nutrient were explained, with emphasis on child growth, immunity, learning ability, and disease prevention. Caterers under the School Feeding Programme were encouraged to diversify meals using locally available and affordable foods.

C. Food Poisoning

Education was provided on Causes of food poisoning, Common symptoms, and Preventive measures, The role of temperature control, cleanliness, and safe storage. Participants were reminded that food poisoning incidents can lead to school closures, loss of livelihood, and legal consequences.

D. Food Fortification

The importance of fortified foods (e.g., iodized salt, fortified flour and oils) in preventing micronutrient deficiencies such as iodine deficiency disorders and anemia was highlighted. Vendors were encouraged to consciously use fortified food products in meal preparation.

6 INTERVENTION PROGRAMMES CARRIED OUT – 2025

NO	INTERVENTION ACTIVITY	TARGET GROUP	LOCATION	PERIOD	RESPONSIBLE UNIT
1	School Health Education Programme (SHEP) – Nutrition Focus	Basic School Pupils & Caterers	Selected Public Schools	Jan–Mar 2025	EHSU / GES
2	Medical Screening & Nutrition Education	Food Handlers	Municipality-wide	Feb–Apr 2025	EHSU
3	Nutrition & Food Hygiene Sensitization	Food Vendors	Zonal Councils	May–Jun 2025	EHSU / Health Directorate
4	Community Nutrition Outreach	General Public	Community Durbars	Jul–Sep 2025	EHSU
5	Monitoring & Follow-up Visits	Food Establishments	Municipality-wide	Throughout 2025	EHSU

7. CHALLENGES ENCOUNTERED

- Inadequate mobility (motorbikes) to reach hard-to-access communities
- Insufficient funding to organize large-scale community durbars
- Limited logistics (flyers, computers, printers) to support education and documentation

8. RECOMMENDATIONS

- The Municipal Assembly should procure motorbikes to enhance mobility of Environmental Health Officers.
- Adequate budgetary allocation should be made for nutrition education and sensitization activities.
- Provision of logistics and educational materials to strengthen outreach and administrative efficiency.
- Strengthen collaboration between the Municipal Assembly and the Health Directorate to enhance integrated health service delivery.

9. WAY FORWARD

The Environmental Health and Sanitation Unit will collaborate with the Juaben Municipal Education Directorate in 2025 to implement a comprehensive School Health Education Programme (SHEP), with nutrition-oriented interventions as a key component. This will ensure early adoption of healthy dietary practices among school children.

10. CONCLUSION

The nutrition orientation programme for food vendors and school feeding caterers in the Juaben Municipality has proven to be impactful and timely. Participants demonstrated increased awareness and commitment to hygienic food handling and nutritious meal preparation.

Expanding the programme through information centres, community information vans, and zonal council activities will further enhance coverage and sustainability. Improved institutional support will enable the Environmental Health and Sanitation Unit to deepen its contribution to public health, nutrition, and community well-being in the municipality.



MARY ALI ADENYABA
MUNICIPAL ENV. HEALTH OFFICER

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