



Food & Nutrition (FaN) Project Bulletin October – December 2021

WELCOME MESSAGE

In 2021 we have designed multiple new online learning supports to meet the needs of various communities. Under the Food4ChangeCaribbean (F4CC) brand, these are designed to educate and empower communities to inspire lifestyle changes. Our policy initiatives seek to reduce the obesogenic environments we experience all around us, e.g., to ban trans fats from the regional food supply.

INTERVENTIONS

The project's e-learning communities have been essential in stimulating capacity building. Complementary strategies to foster public and peer-to-peer recognition are aimed at enhancing citizen participation.

- **F4CC Story Writing Competition Stage 2 – Script Writing (supporting Health & Family Life Education curriculum)**

Eighty-five children 7 – 17 years old entered the competition: 62 from Jamaica, 12 from SKN and 10 from Barbados. Fifty of these children were chosen, based on their short story submissions, to move on to Stage 2. They then participated in a creative writing training webinar on Oct. 16th co-hosted by [The Ashe Company](#), FaN and 4 CARICOM education professionals who had been involved in the HFLE curriculum revision process. During the session, participants reviewed the 9 selected HFLE learning objectives and were given guidance on how to write quality scripts. The submission deadline for scripts was Dec. 1st. Winners will be announced on Dec. 20th. Submitted scripts will be amalgamated into short edu-tainment audio productions to support HFLE – children teaching children.

- **Marketable Meals Competition**

Using a hybrid training approach, contestants will receive nutrition education from the Jamaica Home Economics Association to develop two food products from one of the following categories **(1)** Healthy snacks, **(2)** Breakfast meals, **(3)** Lunch/dinner meals, **(4)** Healthy fast foods and **(5)** One-pot meals. Virtual and practical/lab training were completed between mid-Oct and November. After seven parish-level competitions and a national round, finalists will participate in an Awards Ceremony in 2022.

- **Helen's Daughters & Women's Farmers Academy (WFA)**

The WFA began in mid-October 2021 with 8-weeks of tailored online training programmes for SKN and SVG. The WFA aims to support women in the agricultural sector in the Caribbean by enhancing their skills and knowledge in sustainable agriculture, agribusiness development and nutritional marketing through formal and non-formal in-person and virtual learning

opportunities. Virtual graduation for Round 1 is on Dec.14th (SVG) and Dec. 15th (SKN) featuring selected Valedictorians, agricultural representatives, and facilitators; all graduates will be entitled to certificates and keepsakes. A remaining 50 (SKN) applicants are waitlisted for Round 2, scheduled to occur January to March 2022. In SVG, 190 applicants are waitlisted for Round 2 and Round 3 which should occur late May to early July 2022. On Tuesday, November 23rd HD President & WFA Implementation Partner, Ms. Keithlin Caroo, along with one of the WFA facilitators, Mr. Mackie Tross, participated in an interview on SKN's 2020 Vision radio programme *Everything Agriculture!* hosted by Agricultural Extension Officers *Bankie* and *X-ray*. Tune in by clicking this [link](#).

- **Creating Faith-based Community Spaces for Healthy Food Patterns**

In collaboration with the Jamaica Council of Churches, FaN seeks to empower local communities by working with faith-based organisations to co-design and implement health activities. One such activity is to create a network of church members who are Public Health Practitioners to co-design interventions.

Twenty-two PHPs have agreed to participate in this health empowerment programme. Next steps include:

Orientation – A meet and greet session is planned for Dec 7th. It will be facilitated by Project Consultant [Dr. Ishtar Govia](#), who has led similar [work](#) in the past. Some of the other themed sessions are – **(1)** Administering Evaluation Surveys, **(2)** Delivery of Sermons and Bible Studies, and **(3)** Coordination of Health Outreach Activities. A series of additional developmental and check-in sessions will continue in 2022.

Liturgical resources – Ten Sermons and ten Bible Studies have been completed by the JCC team. The next step involves a parallel review process by a second group of theologians and member church PHPs recently recruited (see above) to review and polish, and to recommend digital resources to enhance their uptake by pastors, health advocates & the wider community.

- **Project Legacy Website & Regional Project Map**

Once project activities are completed, there are plans to maintain the project website so that it can become a knowledge storage platform. Visitors to the [site](#) would be able to access information on project outputs (tailored reports, videos etc.), as well as project-related advocacy and promotional material to shape their own interventions.

Website: www.onecaribbeanhealth.org | Facebook: <https://www.facebook.com/Food4ChangeCaribbean>



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SPOTLIGHT FEATURES

FaN PROJECT TEAM SPOTLIGHT

We are delighted to announce the recent appointment of P.I. Prof. Alafia Samuels to the World Health Organization's Strategic and Technical Advisory Group on the Prevention and Control of Non-Communicable Diseases (STAG-NCD). Among the 24 appointees to receive this honour, Prof. Samuels is the only Caribbean representative. *The STAG-NCD was established in October 2021 to act as an advisory body to WHO to further WHO's leadership and coordination role in promoting and monitoring global action against noncommunicable diseases (WHO,2021).* Please learn more about the group and its objectives by visiting this [page](#).

Did you know?

The alcohol industry has ramped up its aggressive marketing during COVID-19 using tactics aimed at women and young people. Listen to this [PAHO WHO webinar](#) to hear more about the current situation and responses to alcohol consumption in the Americas.

COMMUNITY SPOTLIGHT

The FaN project's Qualitative Research Lead, Dr. Madhuvanti Murphy, had the opportunity to meet and discuss health and wellness with Julie Hooper McNeel, Director of Community and Outreach for *Slow Food Barbados* (a CARICOM based chapter of Slow Food International) and Managing Partner for the farm-to-table restaurant *Local & Co. Barbados*. Slow Food's philosophy resonates deeply with the FaN project's major objective to increase dietary diversity in a way that is appealing, affordable and eco-friendly. Synergies are evident in how both groups aim to enhance garden-based education for school children. Julie and her team started the [Educational Gardens](#) programme in 2015; with a focus on **connecting youth to where their food comes from**. According to Julie the rationale is simple; **what young people grow they are likely to eat**. Building on this, the programme offers train-the-trainer programmes with tailored curriculum modules and enables school garden development in 16 educational institutions across Barbados. However, COVID-19 movement restrictions have led to a new, virtual learning model of the programme known as *The Regenerative School Bus*.

The RSB starts off with a virtual farm tour(s), followed by tailored worksheets focusing on lessons learnt from the tour. Study modules are designed and packaged (with other resource materials) to assist teachers and facilitators in classroom delivery. Programme facilitators are selected from the [Future Farmers Think Tank](#), FaN recently featured one of their youth advocates in our first [Community Spotlight](#). Engaging virtual content for school garden programmes was uncommon within the region before COVID, but it now represents a sustainable way to encourage healthy eating habits among one of our most vulnerable populations.

The FaN project plans to partner with *Slow Food Barbados* to design new lesson plans from farms in the three study countries, which will then be integrated into the upcoming compilation of resources to support the implementation of the revised HFLE curriculum. Please visit our social media pages to watch the full interview with the Slow Food Barbados team.



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