

**MAMPRUGU MOAGDURI
DISTRICT HEALTH DIRECTORATE**



**DURBAR AND COOKING FOOD DEMONSTRATION ON MORINGA AND SOYA
BEANS UTILIZATION REPORT**



DATE: 15TH TO 17TH NOVEMBER, 2021

COMPILED BY:

MADI ZAKARI (DISTRICT NUTRITION OFFICER)

BACKGROUND

Ghana is facing serious problems of malnutrition including undernutrition, micronutrient malnutrition, and overweight and obesity that impose unacceptably high economic and social costs at all economic levels. Multisectoral involvement is necessary for improving nutrition and reducing these costs through a food-based approach and nutrition sensitive interventions

Malnutrition has been responsible, directly or indirectly, for over 50% of the 10.6 million deaths annually world wide among children under five. Well over two-thirds of these deaths, which are often associated with poor nutrition, occur during the first year of life purely due to lack of knowledge in nutrition.

As such this jeopardizes the chances of achieving the Millennium Development Goals (MDGs) and making the reduction of poverty, malnutrition and also succeeds in sustaining the unacceptably high levels of maternal and infant deaths.

Mamprugu moagduri district being part of a poverty-stricken Northern Ghana, suffers some measure of malnutrition despite significant progress made over the years

To sustain this progress, there is a compelling need for cost effective, feasible and acceptable combination of nutritious locally available foods for optimum household nutrition security in order to mitigate acute malnutrition and its related conditions.

The USAID Advancing Nutrition Project (ANP), governed by its goal of improving livelihoods and nutritional status of households in Ghana seeks to respond to the above need. The ANP Project, funded by USAID addresses these concerns in some nutrition related activities outlined to directly benefit communities. One of these is durbar and cooking Food Demonstration. This was organised in five(5) communities namely Yikpabongo, Tuvuu, Yisibisi ,Yiziesi and Tantala in the district, engaging and coaching mothers how to fortify locally prepared recipes with Moringa and Soya beans.

Moringa oleifera, as it is fondly known by the scientific community, has been proven to be a high source of essential proteins, vitamins, and minerals and a cure to over 350 diseases. This has earned it the popular accolade the “*wonder plant*”. Soya beans also provide significant number of high-quality proteins (essential amino acids), low carbohydrate content and so good for diabetics, essential fatty acids and some micronutrients. A Soya bean and/or moringa incorporated diet undoubtedly would provide enough nutrients to meet the nutritional

requirement of most women and children. Soya bean is widely cultivated in the district and moringa plants are a common sight around houses making it a low cost but effective measure to improving household nutrition.

It is therefore based on this background that this durbars and cooking Food Demonstration was organized by the Nutrition Unit of the District Health Directorate through the District Assembly with support from USAID/advancing Nutrition project.

MAIM OBJECTIVE

The main objective of the durbar and cooking food demonstration is to equip mothers with the knowledge and skills of the treatment and processing of moringa and soybeans, and also the combination and preparation of local dishes incorporated with soya beans and/or moringa.

SPECIFIC OBJECTIVES

Preparation of :

- Soya bean “Tubaani”
- Mpotonpoto with soya beans
- Soy Milk / Soy Kehbab
- Soy bean “Tuo-Zaafi” (TZ)
- Moringa and dry okro soup
- Soya bean Jollof
- Soya bean “koose” (fried dough) with moringa leaves
- Soya bean “kooko” porridge

COMMUNITY MOBILAZATION

Pre-visit to all the communities to meet mothers and inform them of the intervention as well setting of date that will allow full participation of mothers. Health facilities staff are also told what organization is expected of them before the actual day.

DAY OF DURBARS AND COOKING FOOD DEMONSTRATIONS

Day of the of the intervention is, preceded with a community entry where chiefs of the said community is visited to inform him of our presences and objective, thus improving household nutrition.

PROCEEDINGS

The food demonstrations lasted for an average of 5 hours in each community. Facilitation was done by the District Nutrition Officer (DNO) and support offered by his deputy and some staff from the health facilities that serve the respective communities.

The training was divided into 3 main sessions in each community. Training methodologies employed included display of food items, presentations, group cooking practical and group presentations.

1ST SESSION

In each community, the training began with a welcome address by either the Women in agriculture development (WIAD Officer) or Nutrition Officer. This was followed by a presentation on the nutritional value and health benefits of soya beans and moringa.

However, emphasis on the curative and preventive properties of moringa and the fact that soya beans could be incorporated into almost all local dishes was made clear.

However, The nutritional content of soybean and the nutritional importance of soya as well as how beneficial to the human body when consumed was made clear.

Afterwards, there was a display of fresh and boiled moringa leaves, whole unprocessed soya beans, cowpea and maize. Maize flour, cowpea flour, and corn dough, soya bean flour, rice grains, dried okro, soya bean dawadawa, pounded fish, meat and other ingredients.

The DNO then took participants through the nutritional value of these food items that were displayed.

Participants were taken through the treatment and processing of soya bean in to soy flour to retain all the nutrients in it and to give it that good flavour. They were also taken through how to process corn and cowpea in to flour. Below is the procedure elaborated for processing soya bean in to soy flour.

1. Wash soya beans to remove dust, dirt and particles

2. Boil/blanch for 20 to 30 minutes
3. Add cold water and rub between palms to remove coat
4. Sundry for 2 or 3 days
5. Grind to produce fine powder

Mothers were then put into five groups with each group selecting its leader. Each group was assigned a dish and were given ingredients for their preparation as shown below.

GROUP No.	DISH	MAIN INGREDIENTS
1	Soy Tubaani	4 parts cowpea flour, 1 part soy flour, saltpetre, salt, leaves and water
2	Soy Tuo-Zaafi (T.Z)	4 parts corn flour, ½ part cassava flour, ½ part soy flour and water
	Moringa and dry okro soup	Moringa leaves, dry okro, meat, soy dawadawa, salt, onion, tomatoes, pepper and water
3	Soy Jollof	4 parts rice, 8 parts of water, 1 part soy flour, ¾ part cooking oil, tomatoes, onion, pepper and salt to taste
4	Mpotonpoto	Orange flesh sweet potatoes, tomato, onion, Amani/fish of choice to locality, moringa, Palm oil, and soya beans
5	Soy Milk / Soy Kehbab	Soy beans, sugar, , lemon/lime/sour water
6	Soy Koose	1 part soy flour, 3 part cowpea flour, ginger, onion, saltpetre, salt, moringa leaves and water
6	Soy porridge	2 milk tins corn dough, ½ cup soy flour, sugar, salt and water

2ND SESSION

All participants washed their hands before the preparation of the various dishes. Facilitators monitored and supervised groups as they prepared the various dishes.

At the point where Group 3 had finished preparing the gravy for the soy jollof, all participants were called to observe how the soy flour was added to the gravy until it simmered before water was added. This was then allowed to boil before the rice is added. Again in Group 2, when the dry okro soup was almost done, all participants were called to observe how the freshly ground moringa leaves were added to soup as it was continuously stirred.

3RD SESSION / DURBAR

This is the aspect of the intervention where, hand washing and general personal hygiene are re-echoed by environmental health officer to all active participants and observers during food preparations.

Also, the nutritional values of all the food prepared are made known to participants and why they should replicate same in their households to improve their nutritional status

Other messages, bothering public health and clinical health are delivered, such as family planning, earlier ANC attendance, Importance of CWC/immunization, malaria prevention and men support.

Again, All groups displayed their dishes on a table for observation. Each group leader then came out and explained the procedure they employed in the preparation of their dishes and shared their experiences. This was followed by a question-and-answer session. Finally, participants were served all the dishes to eat and observe how they tasted.

OUTCOME

1. Participants were amazed at how the dishes tasted nicely
2. The food was well accepted and eaten with smiles by everybody the communities
3. All mothers promised to apply the knowledge and skills learnt in their homes.

CONCLUSION

The food demonstrations were organized successfully in the five (5) communities with the full realization of its set objectives. The DNO at each community urged all participants to put the knowledge and skills acquired to practice for the nutritional wellbeing of their children, and their families.

PARTICIPANTS AND ATTENDANCE

The food demonstration was organized in 5 communities over a period of three (3) days.

Participants included Mother-to-Mother Support Group (MtMSG) members and other women with children below age 5. The expected number of participants was 50 for each community; however, there were variations in this target from community to community as depicted by the table below;

S/N	Community	Date of Activity	Health message delivered	No. of Mothers		Observers
				PLANNE D	ACTUAL	
1	Yikpabongo	15/12/2021	Hygiene, nutritional values of soyabeans and moringa, OFSP, ANC attendance and facility delivery, FP, Malaria prevention	50	51	Female-11 Male-7
2	Tuvuu	15/12/2021	Hygiene, nutritional values of soyabeans and moringa, OFSP, ANC attendance and facility delivery, FP, Malaria prevention	50	52	Female-9 Male-4
3	Yisibisi	16/12/2021	Hygiene, nutritional values of soyabeans and moringa, OFSP, ANC attendance and facility delivery, FP, Malaria prevention	50	49	Female-4 Male-3
4	Yizeisi	16/12/2021	Hygiene, nutritional values of soyabeans and moringa, OFSP, ANC attendance and facility delivery, FP, Malaria prevention	50	51	Female-6 Male-5
5	Tantala	27/05/15	Hygiene, nutritional values of soyabeans and moringa, OFSP, ANC attendance and	50	48	Female-0 Male-4

			facility delivery, FP, Malaria prevention			
TOTAL	5	-		250	251	53

ATTACHED ARE PICTURES AND THE LIST OF PARTICIPANTS.

Community entry by the team -visit to the chief at yikpabongo



Hand Washing by a participants-this was key before cooking starts



Participants been coached by WIAD officer



Participants stirring soya milk



Presentation by environmental health officer



Some of the food prepared displayed



Presentation by one of the group leaders

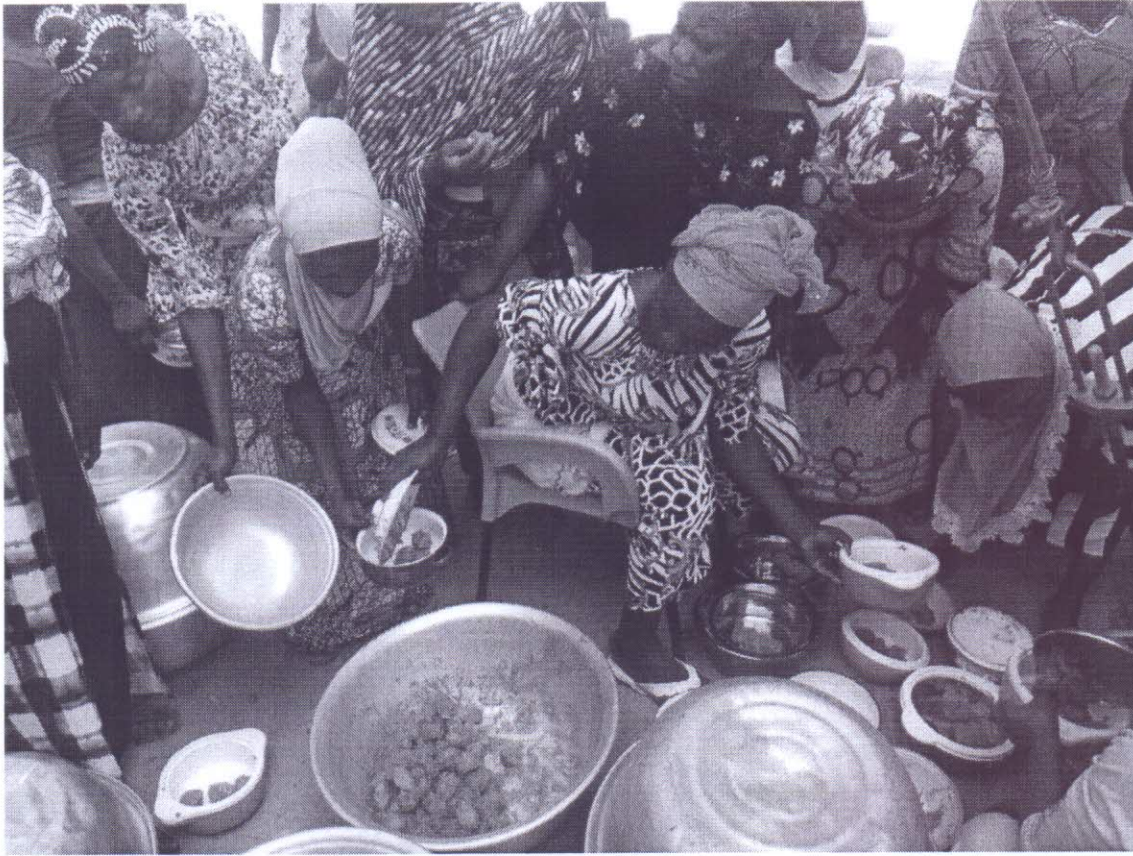


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sharing of the food



Sharing of the food by participants



Children enjoying the food



Team members

