

Nutrition Solutions for Central America



Nutrition Program

Kevin Marinacci, Executive Director,

Mike Zelek, Health and Nutrition,

Fabretto Children's Foundation, Nicaragua

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About Nicaragua

- ❖ Population: 5.7 million
- ❖ One of the poorest nations in the western hemisphere and the poorest in Central America
- ❖ Approximately 48% population below poverty line and approximately 80% live on less than \$2 per day.
- ❖ 46.5% are under-employed (PNUD, 2008 est.)
- ❖ Poor education & health – according to the FAO, 27% of the population suffers from undernourishment (the highest percentage in Central America)
- ❖ Main exports: Coffee, meat, shellfish, sugar, tobacco, cattle, gold



Our Mission

To enable impoverished Nicaraguan children and their families in underserved communities to break the cycle of poverty and reach their full potential through programs promoting nutrition, health, education, community and character development.

Our Work



- ❖ **Three as One:** La Familia Padre Fabretto, Fabretto Children's Foundation, Fundacion Fabretto
- ❖ Main office in **Managua and nine centers** in Managua and northwestern regions of Nicaragua
- ❖ **Nutrition program** – described in detail below
- ❖ **Health:** de-worming for children and families, preventive health workshops, medical care in special cases
- ❖ **Education:** 6000+ enrolled students from age groups 4-22 yrs. Each center has a computer lab, library in addition to the classroom and playground facilities.
- ❖ **Micro-business enterprises:** lumber yard, carpentry shop, basketry, jewelry
- ❖ **Vocational skills programs** in auto mechanics, farming, community forestry and technology.
- ❖ **Sponsor a child program**

Our Nutrition Program

Role & Objective

- ❖ The only substantial meal of the day for many children
- ❖ Tremendous incentive for families to send their children to school and to keep sending them to school
- ❖ The school lunch therefore not only contributes to the nutritional health of a child but also to their intellectual development.
- ❖ To improve the physical and mental health of all children enrolled in Fabretto's program by providing a well balanced, nutritious, locally sensitive and cost efficient meal.

Our Nutrition Program

Milestones

- 1989 Served porridge to approximately 500 children
- 2000 IFRP (International Food Relief Program)- received food supplies (dehydrated soup); Logistics
- 2004 Bodega, USDA + ANF
- 2006 FAO
- 2007 Cross International / Feed My Starving Children
- 2009 Pledges from organizations, standard menu, started central purchasing in bulk of some products

Our Nutrition Program TODAY

❖ pledges for food aid in advance that have enabled us to plan and execute the nutrition program to provide well balanced, locally sensitive meals. Some of our partners are



Our Nutrition Program TODAY

❖ serves 6000+ children in 9 centers and several communities in Nicaragua



a standard two week menu

- followed by all centers
- meets at least 40% of the daily caloric requirement and 50% of the requirement for essential vitamins and minerals
- cost efficient

Two Week Standard Menu



Torta 500 kCal	Sopa 300 kCal	Burrito 500 kCal	Guiso 275 kCal	Indio 275 kCal
Arroz 175 kCal	Arroz 175 kCal	Arroz 175 kCal	Arroz 175 kCal	Frijoles 225 kCal
Frijoles 225 kCal	Tortilla 70 kCal	Ensalada 50 kCal	Platano 75 kCal	Banano 75 kCal
Fresco 150 kCal	Banano 75 kCal	Pinolillo 285 kCal	Huevo 100 kCal	Pinolillo 285 kCal
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
975 kCal	620 kCal	1010 kCal	775 kCal	860 kCal

Cost ~ \$0.33 per child per day

Salpic 200 kCal	Valencia 400 kCal	Sopa 250 kCal	Huevo 200 kCal	Torta 350 kCal
Arroz 175 kCal	Frijoles 225 kCal	Arroz 175 kCal	Arroz 175 kCal	Frijoles 225 kCal
Frijol 225 kCal	Banano 75 kCal	Queso 225 kCal	Frijoles 225 kCal	Ensalada 50 kCal
Tortilla 70 kCal	Fresco 150 kCal	Banano 75 kCal	Maduro 75 kCal	Fresco 150 kCal
Avena 155 kCal	<hr/>	<hr/>	Pinolillo 285 kCal	<hr/>
825 kCal	850 kCal	725 kCal	960 kCal	775 kCal

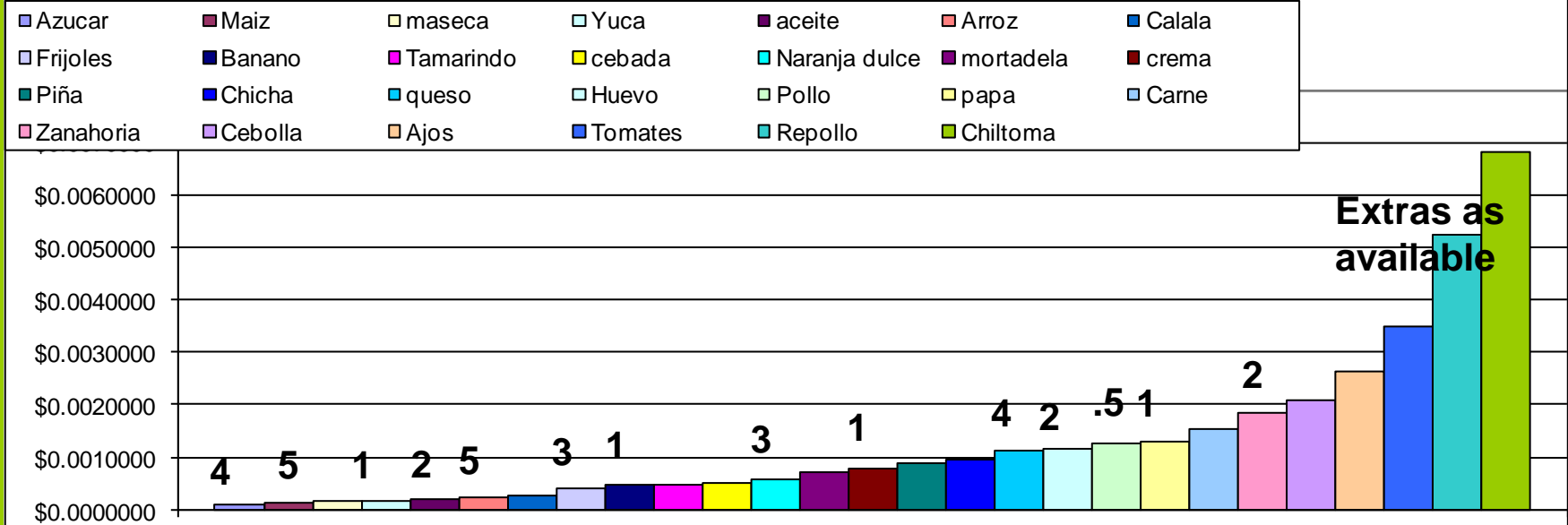
Cost ~ \$0.32 per child per day

Analytical Support for Weekly Ingredients

To help the 'gap filling' process, a cost-based analytical approach was utilized.



Cost per Calorie



Key Calcium Sources

- Fortified Rice
- Cheese
- Potatoes
- Oranges
- Eggs

Milk v. Cheese – Cost per mg Calcium

Based on PriceSmart price sheet for 1lb Mozarella and 6L of leche

Milk:

6L = 248 Cords = 7020 mg Calcium

28 mg Calcium per Cord

Cheese:

1 lb = 60 Cords = 2295 mg Calcium

38 mg Calcium per Cord

Our Nutrition Program TODAY

❖ involves the community – parents of students volunteer their time in preparing meals, serving and cleaning up



❖ central purchasing in bulk of certain food products from a local farmer's co-operative and local manufacturers

Our Nutrition Program TODAY

School Gardens: Offer fresher produce at reduced cost while involving students



Our Nutrition Program TODAY

- ❖ basic monitoring of nutritional health of children



- ❖ regular de-worming program for children and their families

Nutrition Program–Way Forward



- ❖ adoption of soy and other fortified foods
- ❖ growing more of our own vegetables and fruits in our farm and school gardens
- ❖ create a repository of Nica foods with the nutritional composition so that changes to menu can be easily affected (a resource that can be shared with other feeding programs in the country)
- ❖ better monitoring of health of our children before they enter the program and their progress over the years, including FortiSoy study with NSRL and U of Illinois (eg. being able to identify and address nutritional deficiencies).
- ❖ Cost efficiency – central purchasing of more food items, better equipment and logistics, identify areas for cost cuts while maintaining the quality of the program, improved logistics (automation), plan for emergencies (eg. when volunteers don't show up, hike in prices of certain food items)
- ❖ Training for young mothers – providing better nutrition for their family

Seeking Support to better our Nutrition Program

- ❖ food aid
- ❖ mutual benefit partnerships
- ❖ expert volunteers – nutrition, logistics, software development, monitoring health
- ❖ networking and learning best practices



Thank you

