

AVAILABLE NURTITIONAL ORIENTED INTERVENTIONS IN THE MUNICIPALITY

This is to inform you that in the assembly's quest to ensure that pregnant women, children under 5 years, HIV patients, nursing mothers and Kwashiorkor children have good nutritional diet for their well-being, the following nutritional oriented interventions are available for the above-mentioned target groups. The interventions are readily available and easily accessible in the municipality. They include;

- ✓ Growth monitoring and counseling at child welfare clinic (CWC).
- ✓ Micronutrient supplementation.
 - a. GIFTS (Girls/Iron acid Tablets Supplementation); this is for only adolescent girls in and out of school.
 - b. Vitamin A Supplementation of children 6-59 months.
- ✓ Community Management of Acute Malnutrition (CMAM).
- ✓ Nutrition – Friendly School Initiative.
- ✓ Nutritional Status Assessment and Counseling at NC, TN/HIV clinic.
- ✓ Nutrition education.
- ✓ Monitoring and Supervision.

LIST OF NUTRITIONAL FOODS AND SUPPLEMENTS

1. Vitamin A Supplements
 2. Vitamin C Supplements
 3. Vitamin E Supplements
 4. Iron
 5. Folic Acid
 6. Zinc Supplements
 7. Soya beans
 8. Bambara beans
 9. Exclusive breast feeding
 10. Iodated salt
 11. Brown rice
 12. Leafy green
 13. Salmon
 14. Garlic
 15. Potatoes
 16. Egg yolks
- It is our hope that the target group will take advantage of these interventions throughout the year in order to benefit from them.

For further information you can contact the Nutrition Officer at the
Municipal Health Directorate at Achimota Terminal