

## Summary report

### **Food and Nutrition EXPO 2023- *Bon Nitrisyon I meyer desizyon!***

As we celebrate Health workers week from 3<sup>rd</sup> to 9<sup>th</sup> April every year, we recognize that prevention of diseases is key. Through better lifestyles, modifiable risk factors (such as unhealthy diets, physical inactivity, harmful use of alcohol, excess body weight (overweight and obesity) and smoking) **CAN** and **SHOULD** be addressed for better health outcomes.

As mentioned, one of the modifiable risk factors is unhealthy diets. This includes unhealthy cooking practices and poor food choices due to lack of knowledge.

To address some of these issues, a live EXPO on food and nutrition was organized with the theme ***Bon Nitrisyon i meyer desizyon***, on Friday 21<sup>st</sup> April 2023, to sensitize health workers on the benefits and nutritional values of food. The expo featured staff from the Nutrition Unit, Family health programmes and the Health promotion Unit from the Ministry of Health. Additionally, there was also collaboration from the kitchen team from the Seychelles Tourism Academy, whereby young and talented chefs were doing cooking demonstrations using different local products to show simple menus that can be done at home. The expo featured real food items representing the five food groups in the Seychelles Food Guidelines 2020. These are namely-

1. Fruits and vegetables – displayed a variety of both local and imported fruits and vegetables. Information on portion sizes, benefits and nutritional values of the foods were also given. There were quizzes with food items as winning prizes. A variety of fruits were given out for participants to taste rare types of fruits that are available on the market
2. Grains, tubers, breadfruits and plaintains – displayed some food items from that group, with importance of each in one's diet. Several posters on display and bookmarks available as take home information for participants. Invited chefs from STA to do cooking demonstrations of the recipes, with practical tips also to watch out when cooking. Had a variety of healthy dishes prepared for tasting such as; breadfruit salad mixed with capsicum, stir-fried plantains with local herbs, cassava pudding, cassava cake with local pickles, sweet potatoes and tuna patties, stir-fried breadfruits with spinach, and stir-fried sweet potatoes. All the dishes were very well appreciated by all who came to the exhibition and request for recipes were in high demand. Same will be made available via email for all staff this week.
3. Milk and milk products – displayed a variety of both liquid and powdered milk found on local market; their benefits and those that can be recommended. There were a number

of cheeses, and yoghurts on display and information on their nutritional values were available. Slide shows and short videos depicting many information of the different products and quizzes were available for engaging the crowd.

4. Oils and healthy fats – this group displayed their products in two groups; saturated and unsaturated fats with examples of each and explained the health benefits and detrimental effects of the products respectively. Different types of nuts and seeds were also available and were shared with participants for tasting. Information sheet were also available to give out.
5. Fish, meat, eggs and plant-based alternatives – displayed information on different items of this food group. Different dishes made by the group were on display showing added values using plant –based products such as black bean cake, falafel (balls made from chick peas), chickpeas humus and tuna /cucumber bites, nuts and seed bars. Additionally, meat balls were prepared with display of its recipe as available for participants to taste and prepare same at home along with a variety of other recipes as take home giveaways. Bookmarks for all food types of this group were available such as; fish, egg, red meat, beans and lentils, nuts and seeds. Posters displayed in food groups/ meat products/ dangers of processed meat were also available.

The expo was engaging and interactive, and staff could ask questions and also participate in quizzes for prizes consisting mainly of the food items.

Turnout for the event was very good, with attendance of more than 50 participants showing interest and support for such an activity.

The activity was supported financially by the PS secretariat, with a budget of around SCR 14000, for purchase of items and printing of T-Shirts.





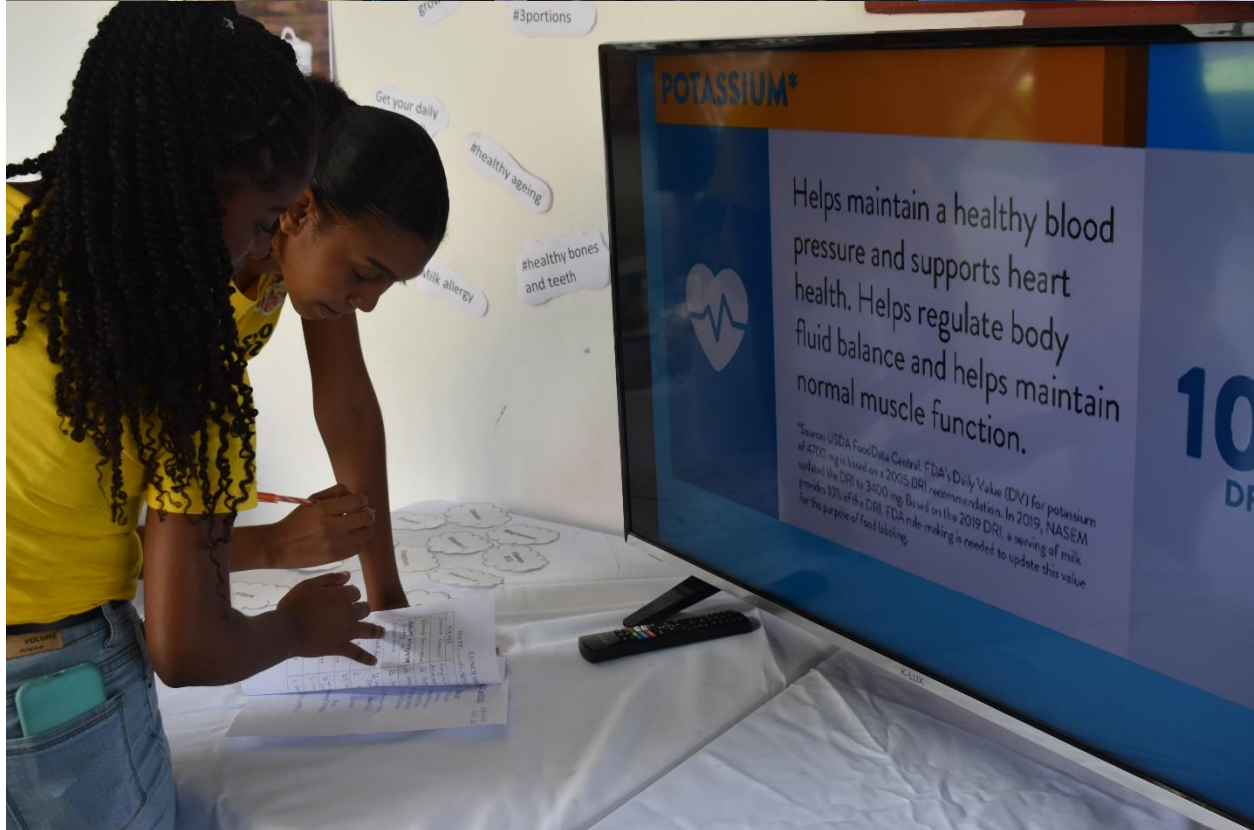




















Report compiled by Juddy Jean-Baptiste- Nutritionist  
Event organizer

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