

BUKULULA ACTION FOR CHILDREN AND YOUNG PEOPLE
(ACYP)

P.O BOX 1880 MASAKA

www.bacyp.org

FOOD AND NUTRITIONAL POLICY



WORKING WITH
CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES

FOOD AND NUTRITION POLICY

1. Introduction

This policy outlines the commitment of ACYP to improve food security and nutrition among vulnerable children and their families. Our goal is to ensure access to nutritious food, promote healthy eating habits, reduce malnutrition and support the overall well-being of our community members.

2. Objectives

- To provide access to nutritious food for vulnerable children and their families.
- To promote awareness and education about healthy eating habits.
- To support local food systems and sustainable agriculture.
- To reduce malnutrition and its associated health risks.
- To collaborate with local health facilities and other organizations to enhance food and nutrition services.

3. Food Security and Access

- **Food Distribution:** Provide regular food distributions to vulnerable families, ensuring they have access to nutritious food. Focus on high-risk groups such as children, pregnant women, and individuals with chronic health conditions.
- **Community Gardens:** Establish community gardens to grow fresh produce, involving community members in gardening activities to promote self-sufficiency and access to healthy food.
- **Local Food Systems:** Support local farmers and food producers by purchasing locally grown food for distribution, thereby strengthening local food systems and promoting sustainable agriculture.

4. Nutrition Education

- **Educational Workshops:** Conduct regular workshops to educate families about the importance of a balanced diet, proper food preparation, and healthy eating habits. Include practical demonstrations and interactive sessions.

- **Nutrition Counselling:** Provide personalized nutrition counselling to families, helping them make informed dietary choices and address specific nutritional needs.
- **School Programs:** Implement nutrition education programs in schools to teach children about healthy eating habits and the benefits of nutritious food.

5. Malnutrition Prevention and Treatment

- **Screening and Monitoring:** Conduct regular screenings to identify children and families at risk of malnutrition. Monitor their nutritional status and provide appropriate interventions.
- **Supplementary Feeding:** Offer supplementary feeding programs for malnourished children, providing nutrient-rich foods to support their recovery and growth.
- **Nutritional Support:** Provide nutritional support to pregnant and lactating women to ensure their health and the health of their babies.

6. Collaboration and Partnerships

- **Local Health Facilities:** Collaborate with local health facilities to ensure comprehensive care and support for individuals with nutritional needs.
- **Other Organizations:** Partner with other organizations to enhance the reach and effectiveness of food and nutrition programs and services.
- **Government and Policy Makers:** Engage with government agencies and policy makers to advocate for policies that support food security and nutrition.

7. Monitoring and Evaluation

- **Data Collection:** Collect and analyse data on food distribution, nutrition education, and malnutrition prevention to monitor progress and identify areas for improvement.
- **Regular Reporting:** Provide regular reports to stakeholders on the outcomes and impact of food and nutrition programs and services.
- **Continuous Improvement:** Use feedback from beneficiaries and stakeholders to continuously improve food and nutrition programs and services.

8. Confidentiality

- **Privacy Protection:** Ensure the confidentiality of all individuals accessing food and nutrition services. Personal information should be protected and only shared with consent.
- **Ethical Standards:** Adhere to ethical standards in the provision of food and nutrition services, respecting the rights and dignity of all individuals.

9. Conclusion

ACYP is committed to improving food security and nutrition among vulnerable children and their families. We will continue to work towards creating a supportive and inclusive environment for all.

ACYP Admin
info@bacyp.org

