



Nestlé Good food, Good life

Mobilizing Resources and Partnerships for Sustainable Nutrition Interventions – The N4HK example

NSN Annual Conference
September 2023



Why N4HK?



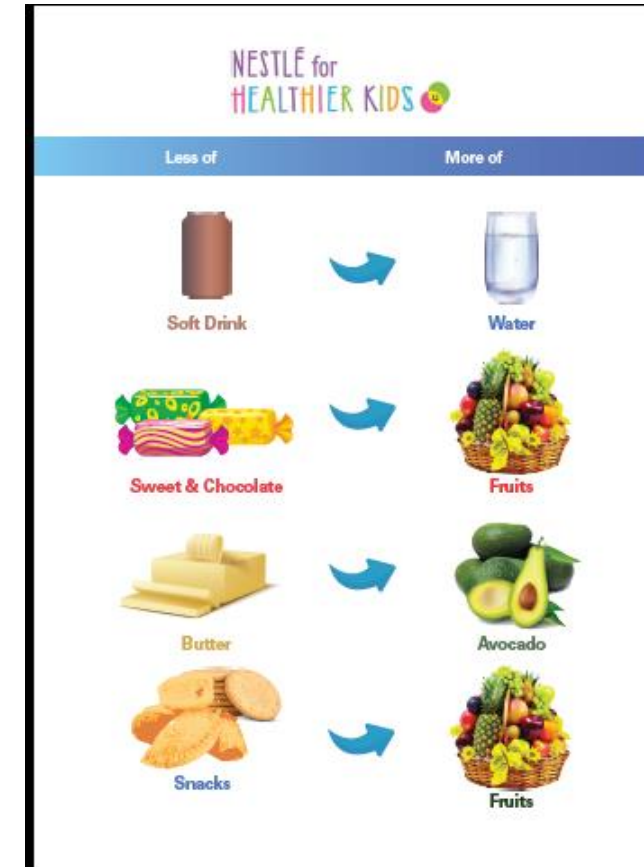
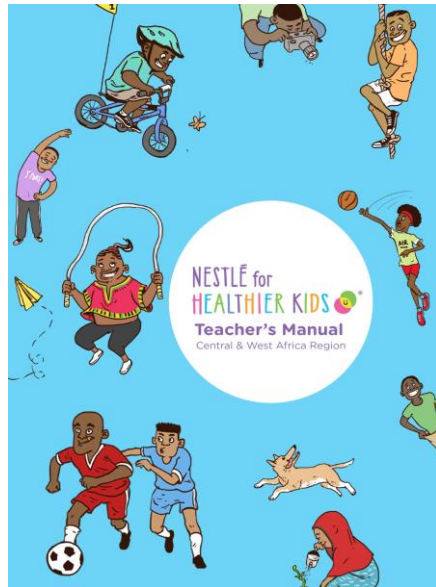
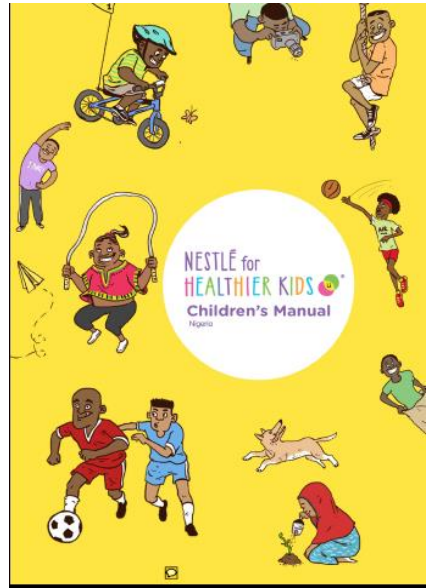
N4HK is a school-based nutrition education program, teaching children nutrition from an early age, enabling them imbibe healthy habits, preparing and equipping them for a healthier future.

Program Pillars



Program Manuals

In-Class learning Aids



Sustainability Training Manual



REDUCE - REUSE - RECYCLE
 A FUN TOOLKIT FOR WASTE MANAGEMENT
 & RECYCLING IN PRIMARY SCHOOLS

By helping children eat and drink better, observe hygienic practices and engage more in physical activities, we are enhancing quality of life and contributing to a healthier future



Beneficiary Schools

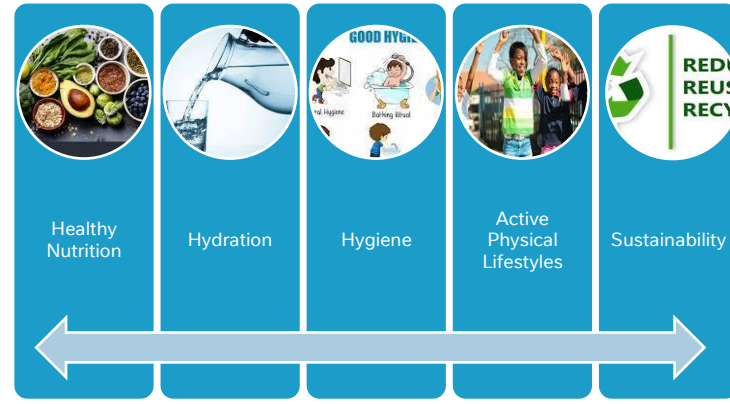
Ogun State

1. St. Paul's Anglican Primary School, Orile Imo, Obafemi Owode
2. NUD Primary School 1, Obafemi Owode
3. St. Peters Primary School, Siun, Obafemi Owode
4. All Saints Primary School, Obafemi Owode
5. Methodist Primary School, Ago Oko, Abeokuta
6. Oke Ona United Primary School, Elegu, Abeokuta
7. St. Johns Primary School, Semore
8. Wesley Primary School I, Oko, Sagamu
9. Wesley Primary School II, Oko, Sagamu
10. Sokoya Memorial Primary School, Sagamu
11. St. Pauls Primary School I, Makun, Sagamu
12. St. Pauls Primary School II, Makun, Sagamu
13. St. Pauls Primary School III, Makun, Sagamu
14. Salvation Primary School I, Agbara
15. Salvation Primary School II, Agbara
16. L.G Primary School, Ketu Owe, Agbara
17. L.G Primary School, Igere, Agbara
18. L.G Primary School, Orile, Igboko
19. Salvation Primary School II, Edu, Igbesa
20. China Nigeria Friendship Primary School, Igbesa

Federal Capital Territory

1. Science Primary School, Abaji
2. LEA, Manderigi
3. Science Primary School, Kuje
4. UBE Pasali
5. LEA, Gadonasco
6. LEA Dobi
7. Model Primary School, Bwari
8. Science Primary School, Central
9. JIWA Primary school
10. LEA Primary school, Narari

In-class lessons



Nutrition Quiz competitions



NESTLÉ ORGANISES NUTRITION QUIZ COMPETITION FOR KIDS IN OGUN, FCT

By Brand Times July 8, 2022 195 0

Nestlé Promotes Nutrition Education, Organises Quiz Competition For Kids In Ogun, FCT

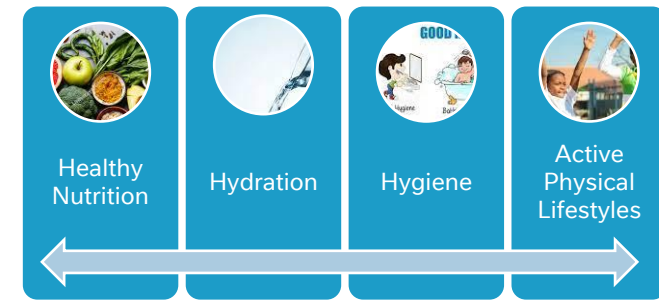


Nestlé organises quiz competition in Ogun, FCT to promote nutrition

by Tribune Online — July 7, 2022 in Latest News Reading Time: 5 mins read



Teachers' Training



- Capacity Development of Teachers
- Reward and Recognition



Nestlé trains kids on managing waste for sustainable planet



Appolonia Adeyemi

June 23, 2021



3 minute read



REDUCE - REUSE - RECYCLE
A FUN TOOLKIT FOR WASTE MANAGEMENT & RECYCLING IN PRIMARY SCHOOLS

Nestlé trains over 1,000 children on sustainability mindset

May 24, 2022 Amaka Ifeakandu, Business 0

FEATURED

Nestlé Nigeria Trains Over 750 Children on Sustainability Practices

By Yusuf Abubakar • April 3, 2023

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Sustainability



Practical Food demonstration sessions



Healthy
Nutrition



Supported by the Association of Professional Chefs, provides opportunity for hands on learning



Promoting learning through extra-curricular activities

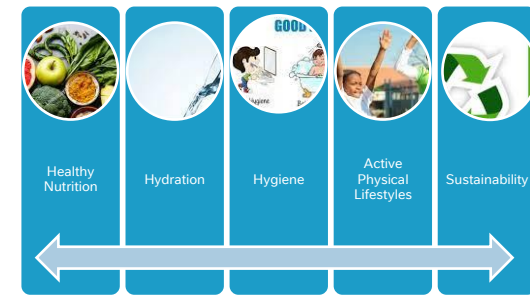


Factory Tours



Excursion to Ecobarter, a sustainable waste management and solutions company, for further exposure on recycling, upcycling and more practical sessions post the Sustainability Training





To ensure that children are supported to practice what they have learnt in school at home

NESTLÉ for HEALTHIER KIDS

Healthy Nutrition

My Food-Group Pyramid

Include a variety of iron rich foods in the daily diet of children to reduce the risk of iron deficiency*

Children should be given foods across the food group pyramid daily

What your children's plate should look like

Ensure children get adequate food at mealtimes

Lunch: A mid-day meal.

Dinner: The last meal of the day; usually eaten in the evening

Snack: Foods eaten in between meals e.g apple, carrots, tiger-nuts.

How does your plate look?

NESTLÉ for HEALTHIER KIDS

Healthy Hydration

Water should be the main source of hydration for children. Water helps in the digestion of food, is essential for removal of waste from the body and helps control the body's temperature.

Hygiene

Hygiene refers to practices that prevent the spread of germs and maintains good health. Various aspects of hygiene include:

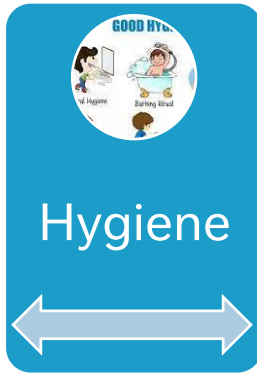
1. Food hygiene – removing germs from the food we eat by washing, cleaning, cooking and good storage
2. Personal hygiene – keeping our bodies (hands, hair, teeth, finger and toenails), cloths and shoes clean. Children should be taught to bath and brush twice a day.
3. Clean surroundings – Children should keep their homes including their bedrooms and school especially their classes clean.

Physical Activity

Aside eating healthy meals, children should be allowed to engage in regular physical activities to stay healthy

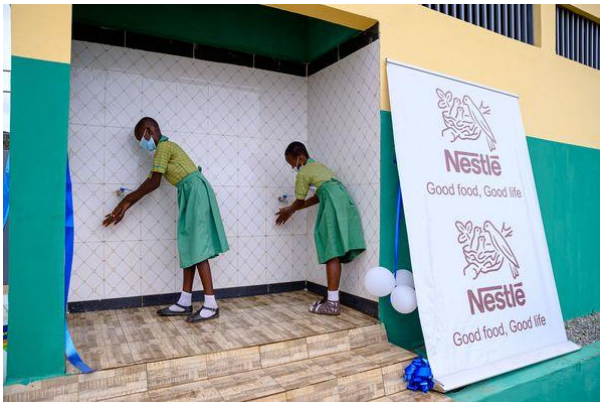


Provision of WASH Facilities



Availability of Water and Sanitation Facilities supports hygiene education

Salvation Army Primary School, Edu Agbara, Ogun State



All Saints School, Owode, Ogun State



Science Primary School, Abaji, FCT



St John's School, Semore, Ogun State



Abaji West Primary School, Abaji, FCT



NUD School, Owode, Ogun State



Renovation of Classrooms

Conducive Learning Environment for Children

Salvation Army Primary School 1, Agbara, Ogun State



Abaji South Primary School, Abaji, FCT



Creche for Salvation Army Schools in Agbara



Salvation Army Primary School 2, Agbara, Ogun State

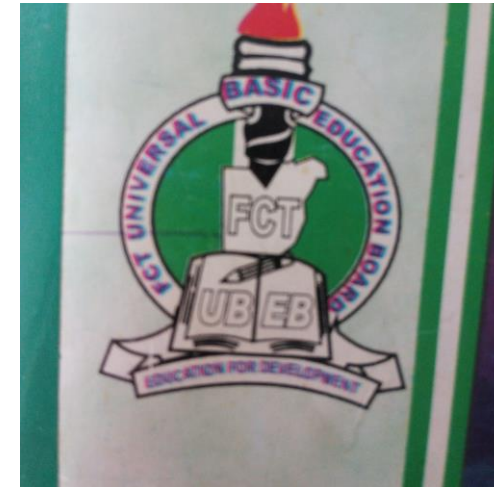




How is this Intervention Sustained? Through Partnerships



Program Partners



Representatives of the
Academia



Stakeholders meet annually to review program outcomes and align on plan;
and are also involved in program activities

Mobilizing Resources and Partnerships

- Partner Specific responsibilities
- Each program activity connected to a program pillar



NESTLÉ for HEALTHIER KIDS










FEDERAL MINISTRY OF HEALTH
 NESPIS
 Creating Shared Value
 Nutrition | Water | Rural Development
 Federal Ministry of Education






NESTLÉ for HEALTHIER KIDS

Nestlé for Healthier Kids is a flagship initiative




growing together
CENTRAL & WEST AFRICA REGION

Thank you!

