



# Ekurhuleni Early Childhood Development and Nutrition Pilot Results

**NTHABISENG CHURCH & PRE SCHOOL**  
**WEEK 2 - MENU**

	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
<b>BRKFAST</b>	MARBLE WITH MILK	MINI PORRIDGE WITH MILK PEANUT BUTTER	JUNGLE OATS WITH MILK	WELLDOGS ON BREAD WITH MILK	MARBLE WITH MILK
<b>NOON MEAL</b>	BROWN BREAD MARGARINE MILK	BROWN BREAD PEANUT BUTTER MILK	BROWN BREAD JAM MILK	BROWN BREAD MARGARINE MILK	BROWN BREAD PEANUT BUTTER MILK
<b>LUNCH</b>	CHICKEN AND VEGETABLES (FRUIT APPLE)	FISH WITH MACARONI STEW CARROTS & BANANA CARROT	SALAD WITH SUGAR BEANS AND PUMPKIN FRUIT (ORANGE)	SOUP VEGETABLES, BREAD & FRUIT PEAR	CHICKEN WITH STEW FRUIT APPLE
<b>AFTERNOON MEAL</b>	<b>FRUIT IN SEASON</b>				

Presented By:

Eyes and Ears Marketing Services

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# Background

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- The South African Government is in the process of developing an Early Child Development (ECD) Policy, led by the National Department of Social Development (NDSD)
- One of the objectives of the policy is to eliminate stunting in under 5 year olds
- The National Department of Health (NDOH) has the responsibility to provide nutritional guidance in this regard to the NDSD before the policy is finalised
- The NDOH became aware of the fact that GAIN has been asked by the Ekurhuleni municipality's Department of Social Development (DSD) for the support of their nutrition interventions
- The Government made a request to GAIN to provide technical expertise through a local nutrition and ECD expert to develop an ECD/nutrition guide that will also have to be tested in some ECD centres before finalisation – to ensure that the ECD practitioners and crèche staff are able to use the guidance provided to them
- The municipality is aware of these developments and in favour of receiving national guidance before roll-out of their interventions
- This presentation is the results of the testing of the guide at 8 ECD centres as conducted by Eyes & Ears Marketing Services

# Objectives

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- **The Main objective** was to test the guide among identified crèches in the Ekurhuleni municipality
- In more detail the objectives were to:
  - Assess whether ECD Centre staff members understand key concepts in the guide
  - Establish usefulness, clarity, relevance, etc. of the ECD Nutrition Guide among stakeholders – in particular ECD Centre staff members
  - Obtain input from the stakeholders on how the guide can be further improved - with recommendations
  - Assessing the feasibility of implementation by evaluating ability to handle, store and feed breast milk and meal plans per age group
  - Perceived role of the ECD practitioner at the centre

# Objectives

- The research needed to inform GAIN whether:
  - The draft ECD Nutrition Guide will help improve the quality of meals within the resources available in full-functioning ECD centres
  - ECD managers, crèche minders, and the staff involved in delivering ECD services understand the nutrition information in the guide and its application, including the nutritional guidelines on feeding children with special needs
  - The Nutrition guide is user- friendly, particularly its guidance on food quality & safety when preparing meals in ECD centres
  - Meal plans and recipes are easy to use and affordable
  - The ECD staff are able to make the links between the ECD and Health Sector



# Selection of ECD centres

- GAIN was responsible for selecting and approaching ECD Centres
- The criteria for selection were:
  - Must be registered with the Department of Social Development
  - Comply with the regulations with regard to design and maintenance of an ECD Centre
  - Must supply meals using the grants from the DSD and/or DOH
  - There must be at least 10 children between the ages of 6-60 months in each centre
- For this pilot project, 8 crèches were selected



# ECD centres

Name	Area	# of children	Age of children	Meals served	Funding
Jack 'n Jill	North – Tembisa	51	3months - 6 yrs	2 meals & 2 snacks	DOH – R11,000 for 3 months
Mama's baby day care	North – Tembisa	25	6 months - 6 yrs	2 meals & 2 snacks	Funding received from DSD
Nthabiseng Creche & Pre school	North – Tembisa	32	0-6 years	2 meals & 2 snacks	Funding received from DSD
Kwathema Creche	East – Springs	366	1-6 years	2 meals & 2 snacks	Funding received from DSD
Intuthuko Daycare centre and preschool	East – Springs	104	1-6 years	2 meals & 2 snacks	Funding from Hope Worldwide - still applying for DSD funding
Ikhaya lothando care centre	East - Springs	179	1-6 years	2 meals & 2 snacks	Funding received from DSD
Breakthrough Centre	South - Katlehong	62	1-6 years	2 meals & 2 snacks	Funding received from DSD
Mabel Zozo	Duduza	340	0-6 years	3 meals	Funding from DSD , Ekurhuleni Municipality and fundraisers

# Methodology

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- A combination of in-depth interviews and ECD Centre visits were conducted
- The ECD centre visits were done by GAIN as a pre-assessment prior to the Nutritional Guide being explained to the managers
- In-depth interviews were conducted by Eyes & Ears one week after the ECD Nutritional Guide were delivered and explained to the ECD Centre managers
- **ECD Centre “kitchen” visits:**
  - GAIN visited each of the centres prior to delivering the ECD guide
  - The visits enabled GAIN to note any issues faced by the centres that could impact on the following of the guidelines and were not an evaluation of current practices
  - A number of questions were asked of the manager on sourcing of food products, cost and size of the centre
  - A list of equipment and food available were compiled and photos were taken

# Methodology (Contd.)

- **In depth interviews:**
  - These were conducted with each of the managers of the selected ECD Centres (8 in total) at the ECD Centres and at a time that was convenient to the manager
  - The moderators spent between 2-3 hours with the manager while the manager highlighted issues not understood, that were not clear or rather impractical
  - Any recommendations for improvement were also noted





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# Executive Summary

# Summary

- **Current food given / Food preparation**

- Not all the ECD centres have babies that are fed breast milk. Those that have/had, received it from the mother and it is kept in a fridge or freezer and warmed up using hot water
- Some centers felt they do not have capabilities or facilities to **handle breast milk**
- Formula is either brought to the centre pre-made by the mother, or the centre mixes the formula with hot water
- Babies over 6 months of age are given formula and/or any soft food such as porridge, mashed vegetables & fruit and also more solid foods such as eggs, meat, viennas, fish, macaroni and bread
- Most centres have a gas stove and food is stored in cupboards and fridges. Some centres have both gas and electric stoves
- Staple products such as rice & maize are decanted and stored in labelled buckets
- Few have a food preparation schedule but all managers make sure they manage the food budget well
- Food is kept safe by using correct storage and checking expiry dates
- The kitchen rules and information is shared on healthy food – but the centres do not necessarily have a **healthy eating policy**
- Menu's are used – but **not recipes**
- The temperature in the kitchen are mostly just right but **sufficient ventilation** is a problem at all the centres

# Summary (2)

- **Shopping**
  - Bulk shopping are mainly done once a month with top up for bread and fresh food done every 1 – 2 weeks. Some centres get donations/deliveries from Sunbake, Woolworths and other local stores
  - Wholesalers and supermarkets such as Makro, Pick 'n Pay are used for bulk shopping
  - Some centres have their own transport for doing shopping while other hire a car for their monthly shopping trips
  - Depending on the number of children at the centre, the spend per week on food ranges from R 1,000 to around R8 750 for the bigger centres with 300+ children
- **Equipment in the kitchen**
  - The majority of the centres have Stirring spoons, Serving spoons, Mixing bowls, knives, grater, pots, serving bowls / plates and eating cutlery (teaspoons / tablespoons)
  - All have a fridge and 6 out of 8 have freezers
  - Only a few have a vegetable peeler (knife used), sieve, cooker, electric blender (one only)
  - Not all use chopping boards, but rather trays
  - **None of the centres have a food mincer, measuring cups, measuring jugs or a scale and only one has a measuring spoon**

# Summary (3)

- **Evaluation of the guide**
  - The managers described the guide overall as **easy to read and understand**
  - However, it might be **complicated** for some when read the first time and there are concerns with regard **to illiterate staff** (kitchen and cleaning staff) members who would not be able to read or understand the guide
  - The majority found the **contents page very helpful** – making it easy to find any information. Some centre managers found it difficult to find sections after reading.
  - The guide is **straight forward** and managers feel it will be easy to use
  - Some are planning to have **workshops** with parents around the information in the guide
  - The following suggestions were made **to make the guide more user-friendly**:
    - Have workshops where the guide is explained
    - Add more pictures and diagrams
    - Have the guide available in all official languages
    - Have audio cds available for people who are illiterate
    - Improve page numbering
    - Include notes on each page explaining new / difficult words and concepts

# Summary (4) –

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- **Evaluation of the guide**
  - All information areas asked of is important to include:
    - Meal preparation – important for children to want to eat the food and for the cook to get the seasoning correct
    - Food selection – important to know the different food types and their benefits and in what proportions
    - Food storage – important to keep food fresh
    - Food safety – checking the expiry date is the main issue to be aware of
    - Personal hygiene – mentioned were washing hands, not wearing nail polish, not wearing jewellery, wearing a uniform, apron and gloves and also covering food
    - Information on the grocery list is necessary to make sure enough stock is kept and for shoppers to know what to substitute with should some products not be available
    - Recipes are good to have but in order to keep the food interesting for the children you need to be creative

# Summary (5)

- Evaluation of the guide
  - Meal preparation and design are easy to understand – but with the following issues raised:
    - Not having **enough money** for the ingredients is the most important concern
    - Not having **all the ingredients** readily available
    - Not being **familiar with all the ingredients** in the guide
    - Accommodating children with **allergies or “picky eaters”**
    - Not **finding the ingredients** in the area / province
    - Measuring of **food and children** not always easy
    - Measuring of **food in a large centre** is difficult
    - Children arrive at the centre at **different times** and seem to not always have meals at the same time
    - Some foods included do not correspond with what centre managers have believed up to now or **have been trained to include** in meals (e.g. Mayonnaise)
    - Not having all the **equipment available** – such as measuring cups and mashers. Centres feel it will put addition strain on their budgets
    - **Storing** some of the items also seen as a problem – e.g. large number of eggs

# Summary (6)

- **Road to Health Booklet and involvement**
  - All the ECD centres are aware of the RtHB and the purpose thereof
  - Some of the centres keep copies but the majority check it every so often or remind the parents to keep it updated
  - Most of the ECD centres feel they do not have the necessary training to **screen children for illnesses** and that it should be the role of clinics and the DOH
  - ECD managers agree that they need to be involved in the physical, emotional, social and intellectual development of the children as they spend a lot of time with the children. They also feel they have some responsibility in helping the parents with issues surrounding monitoring and promotion
  - The ECD centre managers do not play a direct role in ensuring the children get relevant immunisations but they either remind parents or organise the immunisation with clinics
  - Although the ECD centre managers feel they should be involved in monitoring the child's vitamin levels, **they are not doing so** and trust that the food provided at the centre will provide the necessary vitamins (in particular Vitamin A)
  - The ECD centres are **not involved in de-worming** of children and see that as the responsibility of the parents or clinic

# ECD centres – Details





# ECD centres – Current food given (1)

Name	Babies under 6 months fed	Breast milk preparation	Formula preparation	Food given to babies under 6 months	Babies over 6 months
Jack 'n Jill	Formula & breast milk fed	Brought from home	Hot water & mix	Mash, butternut, milk	Soft porridge and add foods such as butternut, potatoes
Mama's baby day care	No babies under 6 months	N/A	Mothers bring from home - sometimes prepared with porridge	N/A	Formula, soft porridge, butternut, mashed potatoes, at 9 months add mabele, Weetbix
Nthabiseng Creche & Pre school	Breast milk	In fridge / freezer - defrost using hot water	N/A	Breast milk only	Soft food - porridge, mashed potato, food from own food garden
Kwathema Creche	No babies under 6 months	N/A	N/A	N/A	Fruit in season, green leafy veggies, butternut, carrots, beef stew, viennas, chicken, eggs, fish, mince meat, beans, power foods, juice
Intuthuko Daycare centre and preschool	No babies under 6 months	When had in past mothers would bring and creche would fridge	Mothers bring - not made at the centre	Formula, mash potatoes, purity, butternut, mashed carrots	Introduce one thing at a time - 1-2 spoons until baby gets used to it

# ECD centres – Current food given (2)

Name	Babies under 6 months fed	Breast milk preparation	Formula preparation	Food given to babies under 6 months	Babies over 6 months
<b>Ikhaya lothando care centre</b>	No babies under 6 months	N/A	N/A	N/A	Normal milk over 12 months, soft porridge, maltabella, oats, instant porridge with milk, brown bread with jam & peanut butter, cheese spread or boiled eggs, starch, chicken livers, soya mince, tin fish, mince meat, veggies, macaroni
<b>Breakthrough</b>	No babies under 6 months	Do not have proper facilities for breast milk	N/A	N/A	Formula prepared at the creche, soft porridge, corn flakes, bread, veggies, pasta, mince from the DSD, juice (do not like), maize, rice, chicken
<b>Mabel Zozo</b>	Breast milk and formula	Breast milk expressed in bottles and creche keeps it in fridge	Prepare small quantities at a time and sterilize bottles after feeds	Mashed potatoes, mashed pumpkin, sweet potato, cereals brought from home	Mashed potatoes, mashed pumpkin, sweet potato, cereals brought from home

# ECD centres – Role in growth monitoring (1)

Name	Role in growth monitoring	Immunisation	Vit A supplement	De-worming
Jack 'n Jill	Check cards and remind mothers about it	Check cards and remind mothers about it	Check cards and remind mothers about it	Did not know about it
Mama's baby day care	Check card	Health campaigns	Health campaigns	None
Nthabiseng Creche & Pre school	Take children to clinic	Take children to clinic	Take children to clinic	None
Kwathema Creche	Copy made of RtHB but not monitored regularly	Copy made of RtHB but not monitored regularly	Copy made of RtHB but not monitored regularly	Copy made of RtHB but not monitored regularly

# ECD centres – Role in growth monitoring (2)

Name	Role in growth monitoring	Immunisation	Vit A supplement	De-worming
<b>Intuthuko Daycare centre and preschool</b>	Hope Worldwide does weighing	Check, campaigns	Check, campaigns	Check, campaigns
<b>Ikhaya lothando care centre</b>	RtHB copied and checked every 3 months	Follow up according to clinic records, verbally, telephonically	Make sure you supply food with Vit A	Follow up according to clinic records, verbally, telephonically
<b>Breakthrough</b>	We remind parents when the dates for the clinic visits are near	We remind parents when the dates for the clinic visits are near	We remind parents when the dates for the clinic visits are near	We remind parents when the dates for the clinic visits are near
<b>Mabel Zozo</b>	We monitor every quarter specially babies. We write a report were we include are they crawling or standing	To check the RtHB and make sure that parents adhere to it. Children should get all the necessary vaccinations	Work with clinics on this	We don't play a role in that. We are not allowed to do that it is the duty of the parent and clinic

# ECD centres – Food storage & prep (1)

Name	Cooking facility	Food storage	Food preparation schedule	Manage food budget	Keep food safe and clean	Healthy eating policy	Use recipes
Jack 'n Jill	Gas Stove	Cupboards (closed and elevated). Some dry food decanted into buckets	None	Yes	Fridge, freezer, sink inside and outside	No	No
Mama's baby day care	Gas Stove	Open cupboards with base. Some dry food decanted	None	Yes	Use reliable brands, No everything labelled, check expiry dates, wash storage containers, use fridge, microwave milk to heat	No	No
Nthabiseng Creche & Pre school	Gas Stove	1 small cupboard, buckets for starches, fridge, freezer, cleaning material separately	None	Yes	Fridge, freezer, wash outside, wash hands	Have kitchen rules	No

# ECD centres – Food storage & prep (2)

Name	Cooking facility	Food storage	Food preparation schedule	Manage food budget	Keep food safe and clean	Healthy eating policy	Use recipes
<b>Kwathema Creche</b>	Gas & Electric stove	Elevated cupboards. No food decanted	None	Yes	Fridge, freezer	No	No
<b>Intuthuko Daycare centre and preschool</b>	Gas Stove	Containers and elevated cupboards	None	Yes	Fridge and deep freeze	No	Have recipes but do not use often
<b>Ikhaya lothando care centre</b>	Gas Stove	Labelled buckets in wendy house	Yes	Yes	Fridge, deep freezer, sink inside	Have education on food groups in classes	No
<b>Breakthrough</b>	Electric stove	Buckets and fridge	None	Yes	Yes	No	No
<b>Mabel Zozo</b>	Gas and electric stove	Perishables stored in fridge other in storeroom in original packaging	Rotate cooks weekly	Yes	Check expiry dates	No	Use trusted recipes

# ECD centres – Shopping (1)

Name	Bulk shopping	Distance to store	Transport used	Frequency of shopping	Spend per week
Jack 'n Jill	Mayibuye, Savemore, Pick 'n Pay	15-30 minutes	Own car	Once a month with top up weekly	R3,250
Mama's baby day care	Makro Centurion, Pick 'n Pay	10-20 min	Own car	Once a month with veggies every 2 weeks	R1,100
Nthabiseng Creche & Pre school	Makro - Germiston, Shoprite	1 hour	Hire car for monthly shopping	Weekly	R1,000
Kwathema Creche	Springs Cash & Carry, Springs main market, Meat Maker, Sunbake	15 min	Own car	Bulk once a month, top up weekly with Sunbake deliveries	R8,250

# ECD centres – Shopping (2)

Name	Bulk shopping	Distance to store	Transport used	Frequency of shopping	Spend per week
<b>Intuthuko Daycare centre and preschool</b>	Elangeni wholesaler, Rebel & Apple tree fruit & veg, Shoprite, PnP	20min - 45 min	Hired car	Bulk once a month, bread more often	R1200 plus food sponsored by Hope Worldwide
<b>Ikhaya lothando care centre</b>	PnP (Brandmatch), Apple tree	10-20 min	Hired car	Bulk once a month, fruit & veg every week, Sunbake delivery every day with Woolworths donations twice a week	R5,500
<b>Breakthrough Centre</b>	Makro & DSD and Woolworths brings food	10 minutes	Hire a bakkie	Bulk once a month	R2,000
<b>Mabel Zoza</b>	Trade Centre, Nigel Fruit shop with deliveries from Sunbake, Nigel Dairy and pick up from Nigel Meat	20 minutes	Own vehicle	Bulk once a month with perishables 3 times a week	R8,750



# ECD centres – Equipment in kitchen (1)

	Jack 'n Jill	Mama's baby day care	Nthabiseng Creche & Pre school	Kwathema Creche	Intuthuko Daycare centre and preschool	Ikhaya lothando care centre	Break-through	Mabel Zozo
Measuring spoons			✓					
Measuring cups								
Measuring jugs								
Scale								
Stirring spoons	✓	✓	✓	✓	✓	✓	✓	✓
Serving spoons	✓	✓	✓	✓	✓	✓	✓	✓
Mixing bowl	✓	✓	✓	✓	✓	✓	✓	✓
Chopping board	✓		✓	✓			✓	✓
Knives	✓	✓	✓	✓	✓	✓	✓	✓
Vegetable peeler	✓						✓	
Grater	✓	✓	✓	✓	✓	✓	✓	✓

# ECD centres – Equipment in kitchen (2)

	Jack 'n Jill	Mama's baby day care	Nthabiseng Creche & Pre school	Kwathema Creche	Intuthuko Daycare centre and preschool	Ikhaya lothando care centre	Break-through	Mabel Zozo
Pots	✓	✓	✓	✓	✓	✓	✓	✓
Potato masher		✓	✓		✓		✓	✓
Sieve	✓	✓					✓	✓
Electric blender		✓						
Serving bowls / plates	✓	✓	✓	✓	✓	✓	✓	✓
Eating cutlery (teaspoons/tablespoons)	✓	✓	✓	✓	✓	✓	✓	✓
Cooker		✓						
Refrigerator	✓	✓	✓	✓	✓	✓	✓	✓
Freezer		✓	✓	✓		✓	✓	✓
Food mincing machine								

# ECD centres – Food in kitchen

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The following food products were recorded in the kitchens of the ECD centres:

## FRUITS & VEGGIES

- ✓ Potatoes
- ✓ Bananas
- ✓ Pumpkin
- ✓ Red beans
- ✓ Brown beans
- ✓ Onion
- ✓ Butternut
- ✓ Cabbage
- ✓ Split peas
- ✓ Sugar beans
- ✓ Sweet potatoes
- ✓ Tomatoes
- ✓ Peppers
- ✓ Oranges
- ✓ Fresh beetroot
- ✓ Fresh carrots
- ✓ Frozen veggies

## Tins & Proteins

- ✓ Baked beans
- ✓ Lucky Star Pilchards
- ✓ Mince mix from DSD
- ✓ Soya mince
- ✓ Tin fish
- ✓ Chicken
- ✓ Beef
- ✓ Eggs
- ✓ Frozen fish
- ✓ Wors
- ✓ Koo baked beans

# ECD centres – Food in kitchen

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The following food products were recorded in the kitchens of the ECD centres:

## Grocery List

- ✓ Biscuits (Bakers)
- ✓ Brown bread
- ✓ Brown sugar
- ✓ Concentrated juice
- ✓ Cooking oil
- ✓ Corn flakes
- ✓ Custard powder
- ✓ Flour
- ✓ Fresh milk
- ✓ Holsum
- ✓ Instant porridge
- ✓ Jam
- ✓ Juice
- ✓ Jungle oats
- ✓ Mabele
- ✓ Macaroni / Spaghetti
- ✓ Maize
- ✓ Margarine

## Grocery List Cont'd

- ✓ Oats
- ✓ Oros
- ✓ Peanut butter
- ✓ Rice
- ✓ Salt & spices for chicken
- ✓ Samp
- ✓ Soup mix
- ✓ Powder milk
- ✓ Tea
- ✓ Tomato sauce
- ✓ Weetbix
- ✓ Yeast
- ✓ Melrose cheese spread
- ✓ Nespray
- ✓ Noodles

# ECD centres – Kitchen conditions

	Jack 'n Jill	Mama's baby day care	Nthabiseng Creche & Pre school	Kwathema Creche	Intuthuko Daycare centre and preschool	Ikhaya lothando care centre	Break-through	Mabel Zozo
Temperature in kitchen	Just right	Just right	Just right	Just right	Just right	Just right	Cold	Warm
Ventilation in kitchen	-	Not sufficient	Not sufficient	Not sufficient	Not sufficient	Not sufficient	Not sufficient	-



NB: During the visits and observations, the call was made that the observations of centres whilst preparing food was impractical because the appointments were either made after breakfast was served or before lunch was to be prepared and sometimes after both meal intervals thus this section of the research was skipped.

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# Evaluation of the Guide

# Evaluation of the Guide – Ease of understanding

- The managers describe the guide overall as **easy to read and understand**. However, it might be **complicated** for some when read the first time as mentioned by a ECD centre below:
  - *“It also corresponds with what we do in our workshops.”* (Mama’s)
  - *“It is easy to read, the language is simple making it easy to understand.”* (Kwathema)
  - *“We discussed some of the point and we are already using some of the recipes in the kitchen.”* (Nthabiseng)
  - *“Easy to read, most of the terms were easy to understand”* (Breakthrough)
  - *“The English was simple and words that were new to me were easily explained.”* (Mabel Zozo)
  - *“It is a bit complicated when you read it for the first time, I needed to read it a number of times because of some of the terms I needed context to understand.”* (Ikhaya lothando)
  - The **contents table** makes it very easy to find information in the guide with some of the centres reporting some issues:
    - *“It was not too easy. I would write a page number to refer to it later and I would struggle to find what I am looking for. The content page did little to help me.”* (Breakthrough)

# Evaluation of the Guide – Clear, precise, practical

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- The guide is straight forward and the managers felt that it will be easy to use and even plan to have workshops with parents around the information in the guide:
  - *“It breaks down all important points when it comes to nutritional food.”*  
(Intuthuko)
  - *“I have already marked some and prepared to start using them soon.”*  
(Kwathema)
  - *“Some of the guidelines we have implemented.”* (Ikhaya lothando)
  - *“I am even meeting with the parents of the children and guiding them on healthy eating.”* (Ikhaya lothando)
  - *“It is clear, for example how different veggies are important.”*  
(Breakthrough)
  - *“I read it and found it simple and I think others will also understand it”*  
(Mabel Zozo)



# Evaluation of the Guide – Menus & meals

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- Menus and meal preparation are easy to follow in the guide, there are however some practical considerations:
  - *“We will be able to follow and understand - the different age groups don’t have the same eating times so that won’t be a problem.”* (Breakthrough)
  - *“Most items in the guide we do use them it is only a few items that we do not have but we will be able to buy them soon.”* (Mabel Zozo)
  - *“Menus are easy to follow - **provided I have the funds** – but most of the ingredient are already on my grocery list.”* (Nthabiseng)
  - *“We may have a **problem with measuring the food** for the different ages; keeping measurements of the children will not be easy.”* (Intuthuko)
  - *“**We won’t be able to follow it because some of our children arrive late and you find out that they have not had anything to eat so we must be flexible.**”*  
(Kwathema)
  - *“It was clear even though **some of the material were explained differently.**”*  
(Mabel Zozo)

# Evaluation of the Guide – Information to be included

- All information mentioned to the ECD centre managers are important to include. The list included:

	Comments (1)	Comments (2)	Comments (3)
<b>Meal preparation</b>	Very important to all	People working in the kitchen need to be included in knowing what the children like so they can present the food in a way that the children would like (Breakthrough)	Things like seasoning what to add what not to add and how much. They should be able to read in order to learn a new recipe and follow it correctly. (Mabel Zozo)
<b>Food selection</b>	An important skill to have but it would require knowledge in nutrition (Nthabiseng)	They need to be trained to understand nutrition and not prepare foods with same nutrients (Kwathema)	They need to know which food need to be added and how much of it is needed (Breakthrough)
<b>Food storage</b>	Having the food stored in a fridge be at the right temperature (Nthabiseng)	To know what temperature to store the different foods (Breakthrough)	
<b>Food safety</b>	The expiry date, you must check them so you know what not to feed children when the food has expired (Nthabiseng)		

# ECD centres – Information to be included

	Comments (1)	Comments (2)	Comments (3)
<b>Personal hygiene</b>	Washing your hands before you touch food and not having nail polish (Nthabiseng)	No jewellery, wear a hat, clean hands and uniform (Ikhaya lothando)	Include rules for the kitchen, aprons, gloves and covering food (Jack 'n Jill)
<b>Grocery shopping lists</b>	We are already doing it (Nthabiseng)	They should know in order to be able to choose replacement products if they can't find the regular products (Kwathema)	We need to keep track of what is finished (Breakthrough)
<b>Basic equipment needed</b>	Important to all		
<b>Recipes</b>	We have to change it at times to make food more appetising (Ikhaya lothando)	To be able to use different recipes and know how to substitute one item on the recipe for another (Breakthrough)	

# Evaluation of the Guide – Some issues

- The guide is seen as helpful and usable. The following issues were however raised:
  - *“Some menu items might not fit into our food budget.”* (Nthabiseng)
  - *“Following on allergies is a problem because doctors do not usually state specifically the cause of the allergic reaction.”* (Intuthuko)
  - *“Our solution to measuring of portions was to swap morning snacks with afternoon snacks because they do not finish their lunch. The time between the snack and lunch is not great.”* (Kwathema)
  - *“We cannot always follow the given menus because we sometimes run out of funds and we have children who are picky eaters.”* (Ikhaya lothando)
  - *“We might have a problem with some recipes / menu’s because we may have run out of the ingredients or we may not be familiar with some of the recipes.”* (Breakthrough)
  - *“In the kitchen there are utensils we do not have like mashers. When dishing up we can’t measure the food. Now I have a drive to buy a measuring scale to measure the food so that the children can eat the correct portion of food.”* (Mabel Zozo)
  - *“From afar some things seem impossible but once implemented it is when we see how possible they are. We have not been using scoops we will have to try them and see how things will turnout.”* (Mabel Zozo)

# Evaluation of the Guide – Some queries

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- The following queries were raised with regard to some information in the guide:
  - “The *cup measurements*, I thought they were for when you are cooking but not for when serving the food?” (Nthabiseng)
  - “ I did not fully understand the section on the *role of vitamins* ” (Mama’s)
  - “The preparation tips, where it said *do not leave vegetables soaked in water for longer than needed* so we would like clarity when they say longer than needed is how long exactly like if I peel potatoes and leave them overnight in soaked water is that too long?” (Jack ‘n Jill)
  - “Will not be easy to prepare *Biryani* and those with *mayonnaise* as we were told not to give mayo to children.” (Jack ‘n Jill)
  - “When we went for workshops we were advised not to add *curry or oil* but the recipes have these two items - have the dieticians changed their view?” (Ikhaya lothando)

# Evaluation of the Guide – Some queries (2)

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- The following queries were raised with regard to some information in the guide:
  - “Under glossary, INTRODUCTION AND BACKGROUND *responsive or active feeding I found some parts unclear*. “When feeding infants directly and assisting older children feed themselves be sensitive to their hunger” How do I do that?” (Breakthrough)
  - “Foods that must not be given to babies page 37 section 2, Menus and menu planning. The department of Social Development indicated that *juice should be given* to children but the guide suggests otherwise?” (Breakthrough)
  - “Fish it is difficult to get *fish without bones*. We get them with fine bones. For an adult a tiny bone left by chance will not be a problem but for a child it is a different matter.” (Mabel Zozo)
  - “Making *eggs* is a problem when you have 340 children. Eggs present a problem they take up too much space and are fragile.” (Mabel Zozo)

# Evaluation of the Guide – Suggested changes

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- The guide is easy to use and understand in general, however, not all staff members at the ECD centres will be able to read and understand the guide:
- *“Should have **workshops** based on the guide.” (Nthabiseng)*
- *“If you can **add pictures**, so that it doesn’t look so plain.” (Mama’s)*
- *“Some of the matrons here **can’t read** so perhaps if you could make an audio cd version of the guide book” (Jack ‘n Jill)*
- *“Have the guide in **all languages**.” (Jack ‘n Jill)*
- *“I have a cook who **did not go to school** so reading measurements or any writing will be a problem for schedules” (Ikhaya lothando)*
- *“The **page numbering** needs to be worked on.” (Breakthrough)*
- *“Provide word **explanation at the bottom** of the page for words that may be difficult.” (Breakthrough)*
- *“Someone who does not **know English** would have a problem with the guide **diagrams / illustrations** for the steps would help a lot.” (Breakthrough)*
- *“The menu should address the different provinces/cultural diversity .” (Mabel Zozo)*

# Evaluation of the Guide – Who will it benefit?

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- **Managers believe the guide will have a positive impact on the ECD managers and ultimately on the children:**
  - *“All creche’s should be more informed and are better able to educate the parents, we can even have workshops for the parents. In the end it will benefit the child because we will be better informed of how to take better care of the child.”* (Nthabiseng)
  - *“It will help those people who don’t have any formal training.”* (Mama’s)
  - *“It will make a lot of change **for those who want change.**”* (Kwathema)
  - *“It will ultimately help the children.”* (Jack ‘n Jill)
  - *“It will have a good impact”* (Ikhaya lothando)
  - *“I personally have gained a lot and now look differently at things that I thought I knew. We have never had something like this it will surely be well received. I could even use it in my life personally.”* (Intuthuko)
  - *“It would be greatly accepted we want children to be healthy but we sometimes need guidance.”* (Breakthrough)



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# The ECD centre's role in the RtHB



# RtHB – awareness and involvement

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- **All ECD managers are aware of the Road to Health Booklet (RtHB) and understand what it is about.** A few centres mentioned that they have copies of these booklets for all the children.
  - *“Every child when they register to my crèche their parents must bring a copy and I also check to see what is missing in the child in terms of the child’s health.”* (Nthabiseng)
- **Not all managers agree that they should be involved in the screening of illnesses:**
  - *“Some parents don’t like to disclose their child’s illness to the teachers. Our policy at this centre say’s if your child is sick she doesn’t come or can come but with the right medication.”* (Mama’s)
  - *“Because they spend most of the time with the children they should point out what they suspect is troubling the child to the parent and not get more involved than that.”* (Kwathema)
  - *“That role should be the role for the DOH unless we have been trained to do so - some illnesses are not easy to detect.”* (Intuthuko)
  - *“We rather refer to a clinic or doctor.”* (Ikhaya lothando)
  - *“ Yes but we need training to avoid instances of contagious diseases infecting others or over cautious behaviour by sending away children that may not be a threat to others.”* (Breakthrough)
  - *“No unless they have been trained to do so.”* (Mabel Zozo)

# RtHB – detailed list from Mabel Zozo

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- **One of the ECD centres gave a comprehensive list of what they think are expected of them:**
  - *The environment must be clean at all times.*
  - *The floor surfaces must not be slippery and easy to clean.*
  - *We must do proper pest control on our premise.*
  - *The grounds must be grassed with no splinters and painted regularly to prevent the splintering of any wooden play structures.*
  - *Tables and chairs must be washed regularly and carpets disinfected.*
  - *The sand pit should be disinfected regularly with coarse salt.*
  - *There should be enough light entering the classroom to discourage bacteria growth.*
  - *There should be proper ventilation.*
  - *The cook must not prepare food when they are sick and they should cover their hair.*
  - *They must not touch food if they have sores or are coughing.*
  - *The food preparation area must be clean.*
  - *They must buy fresh veggies and prepare them fresh and keep them refrigerated when not used.*

# Role of ECD practitioners in monitoring and promotion

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- **ECD managers agree that they need to be involved in the physical, emotional, social and intellectual development of the children:**
- *“We must provide emotional, physical and social development care, so that the child is healthy and happy.” (Jack ‘n Jill)*
- *“I get training outside and make sure we apply the teachings we have learned. Also my job is to make sure that the baby clinic card is up to date. The clinic has campaigns that get nurses to come check on the children they check things like their weight.” (Mama’s)*
- *“We must make sure that children are healthy and happy, be it physical, emotional and socially. At the centre we have our own progress report that we use to monitor the child’s development and we cover physical, emotional and educational.” (Nthabiseng)*
- *“Children must be observed, supported and loved. I think children should have their growth monitored monthly by ECD practitioners to see if the child is responding to the diet given.” (Kwathema)*
- *“To make sure that the weight of the child is kept in check with diet and activity and try and follow the progress of the child.” (Intuthuko)*
- *“Our role is to maintain development of the child and tend to the child’s needs emotional, physical and intellectual. We have a measuring tape and a scale we take measurements every three months and recommend action when we have to.” (Ikhaya lothando)*
- *“We advise parents on healthy food for example some food contain tartrazine and parents need to pay attention to the ingredients list of the food they give the child and we remind parents to take children for regular check-ups.” (Breakthrough)*

# Role of ECD practitioners in immunisation

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- **In the matter of immunisation, the ECD centre managers do not play a direct role but either remind parents or organise the immunisation with clinics:**
- *“Nurses from the clinic come twice a year to inform and administer immunisation shots.” (Jack ‘n Jill)*
- *“It depends sometimes we take them to the clinic with parent’s consent so they can get immunisation injections and a check-up.” (Nthabiseng)*
- *“To check and encourage immunisation of children. To keep an eye out for information on drives by the department of health and inform the parents.” (Intuthuko)*
- *“We must check that the child was immunised.” (Breakthrough)*

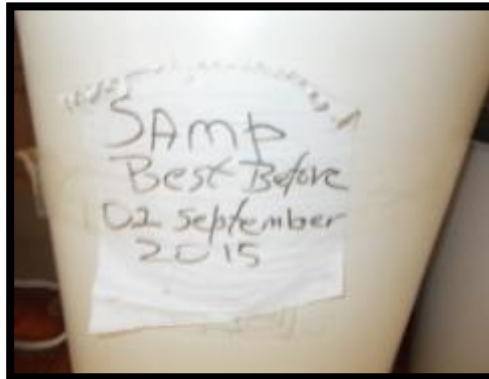
# Role of ECD practitioners in monitoring the child's vitamin levels /De-worming

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- **ECD centre managers feel they need to be involved in monitoring the child's vitamin levels, but are not as involved in doing so at the moment. They feel that providing healthy food at the centre will help in this regard:**
  - *"We make sure they get it from their diet." (Ikhaya Lothando)*
  - *"As a teacher you are the temporary parent of the child so you need to make sure that the child get the vitamins he requires. Use go-alert at the centre." (Nthabiseng)*
  - *"We don't, but we should try and follow up with the parents." (Mama's)*
- **The ECD centres are not very involved in de-worming medication for the children:**
  - *"The nurse when we go for immunisation she also check for worms and gives us pamphlet on what causes worming in the stomach." (Nthabiseng)*
  - *"Remind parents with letters to take their children for de-worming." (Kwathema)*
  - *"Give us training for us to de-worm them at once in our centres." (Breakthrough)*

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# ECD centres – Photos



# ECD centres – Jack ‘n Jill

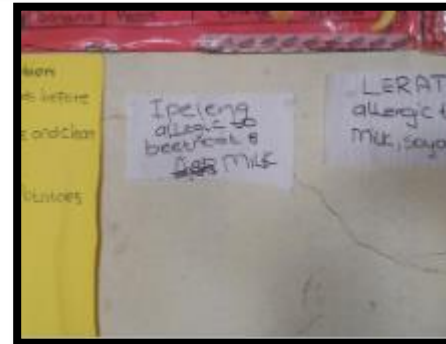




# ECD centres – Jack ‘n Jill

Monday	Tuesday	Wednesday	Thursday	Friday
½ Cup Mabele ½ Cup milk 1 Tsp sugar	½ Cup ½ Cup milk 1 Tspn Sugar	½ Cup maize ½ Cup milk 1 Tspn Sugar	½ Cup Mabele ½ Cup milk 1 Tspn sugar	½ Cup maize ½ Cup milk 1 Tsp sugar
<b>Snack</b> 1 slice brown bread 1 Tspn Margarine ½ Cup milk	<b>Snack</b> 1 slice brown bread 1 Tspn peanut butter ½ Cup milk	<b>Snack</b> 1 slice brown bread 1 Teaspoon Jam ½ Cup milk	<b>Snack</b> 1 slice brown bread 1 Tspn Jam ½ Cup milk	<b>Snack</b> 1 slice brown bread 1 Tspn peanut butter ½ Cup milk
<b>Lunch</b> ½ Potatoes ½ Cup ½ Milk	½ ½ ½	½ bread ½ beans Carrots	<b>Lunch</b> ½ Cup porridge ½ Cup fish ½ Boiled eggs	<b>Lunch</b> ½ Cup Rice ½ Cup mince Meat ½ Boiled egg ½ Potatoes
<b>Snack</b> Banana	<b>Snack</b> Apple	<b>Snack</b> Pears	<b>Snack</b> Banana	<b>Snack</b> Orange

# ECD centres – Jack ‘n Jill



# ECD centres – Mama's



# ECD centres – Mama's



# ECD centres – Mama's



# ECD centres – Nthabiseng



# ECD centres – Nthabiseng

NTHABISENG CRECHE & PRESCHOOL					
WEEK 1 - MENU					
	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
<b>BREAKFAST</b>	MABELE, WITH SUGAR & PEANUT BUTTER	WEET BIX WITH MILK & SUGAR	JUNGLE OATS WITH MILK	WHITE PORRIDGE WITH MILK & SUGAR	CORN FLAKES WITH MILK
<b>MORNING SNACK</b>	FRUIT IN SEASON, BANANA	FRUIT IN SEASON, PEAR	FRUIT IN SEASON, ORANGE	FRUIT IN SEASON, APPLE	FRUIT IN SEASON, PEACH
<b>LUNCH</b>	PORRIDGE, CABBAGE & FISH	SAMP, PEAS, ONION, TOMATO/CARROTS	PASTA, MINCE, CARROTS, CUSTARD & JELLY	MAIZE RICE, BEEF, SOYA, BOILED EGG/POTATO	RICE BEEF PUMPKIN, CUSTARD & JELLY
<b>AFTERNOON SNACK</b>	BREAD WITH PEANUT BUTTER & TEA	BISCUITS & JUICE	BREAD & TEA	BISCUITS & JUICE	SCONES & JUICE
OTHER INSTRUCTIONS					

# ECD centres – Nthabiseng

NTHABISENG CRECH & PRE SCHOOL					
WEEK 2 - MENU					
	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
<b>BREAKFAST</b>	MABELE WITH MILK 	WHITE PORRIDGE WITH MILK PEANUT BUTTER 	JUNGLE OATS WITH MILK 	KELLOGS OR WEETBIKS WITH MILK 	MABELE WITH MILK 
<b>MID-MORNING SNACK</b>	BROWN BREAD MARGARINE MILK 	BROWN BREAD PEANUT BUTTER MILK 	BROWN BREAD JAM MILK 	BROWN BREAD MARGARINE MILK 	BROWN BREAD PEANUT BUTTER MILK 
<b>LUNCH</b>	RICE MEAT AND VEGETABLES FRUIT (APPLE) 	FISH WITH MACARONI STEW CABBAGE & BANANA CARROT	SAMP, WITH SUGAR BEANS AND PUMPKIN FRUIT (ORANGE) 	SOUP VEGETABLES, BREAD & FRUIT PEAR 	DUBLING WITH BEEF STEW FRUIT (APPLE) 
<b>AFTERNOON SNACK</b>	<b>FRUIT IN SEASON</b> 				







































# ECD centres – Nthabiseng

<b>NTHABISENG CRECH &amp; PRE SCHOOL (3months-2 years)</b>					
<b>MENU WEEK 1<sup>ST</sup> &amp; 2<sup>ND</sup></b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WED</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	MABELE & MILK 	JUNGLE OATS 	MABELE SOUP 	MORVITE 	CERELAC 
<b>MORNING SNACK</b>	<b>FRUIT IN SEASON</b>				
<b>LUNCH</b>	MASHED POTATOES & MINCE MEAT 	PORRIDGE & VEGETABLES SOUP 	NOODLES & SOYA 	BUTTERNUT & SOUP 	MASHED POTATOES & MINCE MEAT 
<b>AFTERNOON SNACK</b>	YOUGHURT 	CUSTARD 	PURITY 	MASHED BANANA 	YOUGHURT 

# ECD centres – Nthabiseng

NTHABISENG CRECHE AND PRE SCHOOL					
MENU - 3 <sup>RD</sup> & 4 <sup>TH</sup> WEEK					
	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
<b>BREAKFAST</b>	JUNGLE OATS WITH MILK & SUGAR	MABELE & SUGAR	CORNFLAKS WITH MILK & SUGAR	MORVITE	JUNGLE OATS WITH MILK & SUGAR
<b>MORNING SNACK</b>	<b>FRUIT IN SEASON</b>				
<b>LUNCH</b>	MACARONI, SOYA MINCE, GREEN PEACE/ CABBAGE	RICE, MINCE, MIXED VEG	MILIE-RICE, GIZZAR, CARROTS	PORRIDGE & SPINACH	SAMP, STEWING BEEF / SOYA, GREEN BEANS
<b>AFTERNOON SNACK</b>	CURSTARD & JELLY	BREAD, PEANUT BUTTER & JUICE	BOILED EGGS	BREAD & BUTTER & JUICE	CURSTARD & JELLY

# ECD centres – Nthabiseng

<b>NTHABISENG CRECHE AND PRE-SCHOOL</b>				
Main menu	6 Months	7- 8 Months	9-12 Months	12- 24 Months
<b>WEEK ONE</b>				
<b>WEDNESDAY</b>				
Jam Water 			Jam Water 	
Chicken liver in sauce Pap Green beans water 	Baby's milk drink from allowance 		Mashed chicken liver with gravy Pap Finely sliced / chopped green beans Water 	Chicken liver in sauce Pap Green beans water 
Milk fruit 	Baby's milk drink from allowance	Milk soft fruit 		Milk fruit 
Milk fruit 	Baby's milk drink from daily allowance 		Milk Soft fruit 	Milk Fruit 
<b>THURSDAY</b>				
Maltabella porridge Milk sugar 	meltabella porridge Milk from baby's allowance 		Meltabella porridge Milk 	
Brown bread Margarine Scrambled egg , Water 	Baby's milk drink from daily allowance 		Brown bread Margarine Scrambled egg , Water 	
Beef, bean and vegetable curry Rice Sliced tomato Water 	Baby's milk drink from daily allowance 	Minced beef, bean and vegetable stew Rice Cooked / raw tomato Water 		Beef, bean and vegetable curry Rice Sliced tomato Water 
Milk Fruit 	Baby's milk drink from daily allowance	Milk Soft fruit 		Milk Fruit 
<b>FRIDAY</b>				
Oats porridge Milk sugar 	Oats porridge Milk from baby's allowance 		Oats porridge Milk 	
Brown bread Peanut butter Jam water 	Baby's milk drink from daily allowance		Brown bread Peanut butter Jam Water 	
Chicken and vegetable stew with split peas Pap Butternut Water 	Baby's milk drink from daily allowance	Minced chicken, vegetable and pea stew Pap Butternut Water 		Chicken and vegetable stew with split peas Pap Butternut Water 
Milk fruit 	Baby's milk drink from daily allowance	Milk Soft fruit 		Milk Fruit 

# ECD centres – Kwathema



# ECD centres – Kwathema

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MABELE PORRIDGE MILK	ADTS MILK	WHITE PORRIDGE MILK	MABELE PORRIDGE MILK	WHEAT BIX MILK
MORNING SNACK	FRUIT IN SEASON OR BISCUITS	FRUIT IN SEASON OR BISCUITS	FRUIT IN SEASON OR BISCUITS	FRUIT IN SEASON OR BISCUITS	FRUIT IN SEASON OR BISCUITS
LUNCH	PAP STEW BEEF MIXED VEGETABLES AND CABBAGE	MILIE RICE CHICKEN PUMPKIN	PAP WORS MASHED CARROT POTATO	RICE FISH/YENNAS POTATO SALAD BEETROOT	SAMP & SUGAR BEANS OR PEAN SAMP MINCE MEAT
AFTERNOON SNACK	BROWN BREAD JAM OR PEANUT BUTTER OR BUTTER WITH JUICE	BROWN BREAD JAM OR PEANUT BUTTER OR BUTTER WITH JUICE	BROWN BREAD JAM OR PEANUT BUTTER OR BUTTER WITH JUICE	BROWN BREAD JAM OR PEANUT BUTTER OR BUTTER WITH JUICE	BROWN BREAD JAM OR PAENUT BUTTER OR BUTTER WITH JUICE

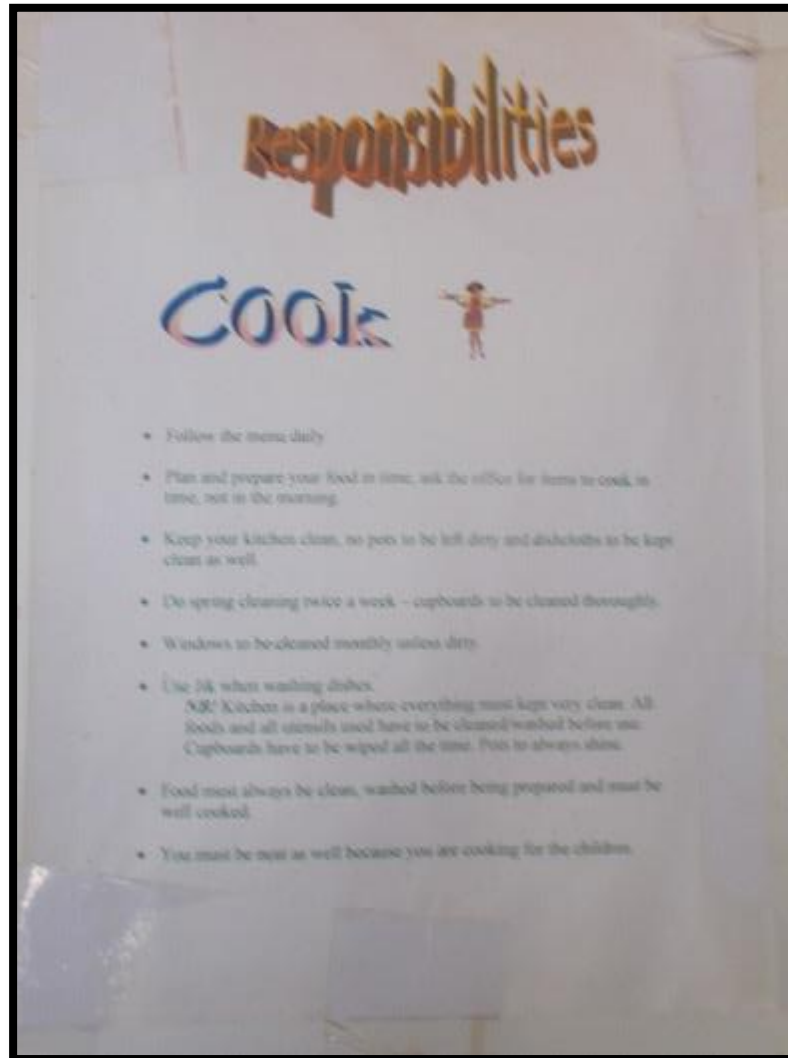
# ECD centres – Kwathema



# ECD centres – Kwathema



# ECD centres – Intuthuko





# ECD centres – Intuthuko

(MENO2)

Meal Plan	Raw Portion	Cooked Portion	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>							
Selection of cereals	60g	1 cup	White porridge	Mabelle	JAM Porridge	White porridge	Oats
Sugar	10g	1 tsp	Sugar	Sugar	Sugar	Sugar	Sugar
Nespray Milk	3tsp	25 ml	Milk	Milk	Milk	Milk	Milk
<b>10h00 Snack</b>							
Various Fruits			Various fruits	Various Fruits	Various fruits	Various Fruits	Various fruits
<b>Lunch</b>							
Protein: Meat/ Chicken no bone Dry Beans/canned beans/peas Canned fish			Canned fish <i>L</i>	Minced Meat	Beef stew	Beans <i>P3</i>	Chicken stew
Starch	30g	Half cup	Noodles	Macaroni	Rice	Samp	Pap
Vegetable	120g	Half cup		Carrots	Cabbage	Peas/ green	Spinach /green
<b>15h00 Snack</b>							
Brown bread	30g x1	1 slice	Brown bread with peanut butter and juice	Marie biscuits and juice	Brown bread with Margarine	Marie biscuits and juice	Marie biscuits and juice
Margarine	5g	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.	
Rooibos tea	300ml		Tea 1 cup		Tea		

# ECD centres – Intuthuko

**HOPE**  
worldwide

**ECDs CENTRE'S FEEDBACK REPORT:** (Please fill in & leave this page at the ECD centre)

**1. ECD Centre Details**

Name of Centre: Intuthuko Day Care  
 Date: 20-03-2015  
 Time in: 11:30  
 Time out: 16:30  
 Centre Reg. No: \_\_\_\_\_  
 Fieldworker: \_\_\_\_\_  
 Respondent's Name: Lorraine Moko  
 Centre Tel: \_\_\_\_\_  
 No. of children sitting: \_\_\_\_\_

**ECD CENTRE'S KEY PERFORMANCE SCORE**

Overall ECD Scoring:  Red  Yellow  Green

ECD AREAS OF COMPLIANCE	0-49%	50-79%	80-100%
1. Storage	25/25		
2. Menu	25/25		
<b>GRAND TOTAL</b>	<b>50/50</b>		<b>100%</b>
<b>TOTAL PERCENTAGE</b>	<b>100/100</b>		
<b>Key non-compliance areas</b>	Corrective action to be taken?		Date
1.			
2.			
3.			
4.			

I have read and understood the report. I will ensure that all corrective actions are taken.

Principal's signature: [Signature] Date: 20-03-2015  
 Fieldworker's signature: [Signature] Date: 20-03-2015

917-224

## MENU

DAY	BREAKFAST	LUNCH	SNACK
MONDAY	BROWN SOFT PORRIDGE & MILK 	PORRIDGE & MILK OR PEAS 	JUICE BREAD FRUIT 
TUESDAY	WHITE SOFT PORRIDGE & MARGARINE 	MAIZE RICE SOYA & VEGETABLES 	
WEDNESDAY	BROWN SOFT PORRIDGE & MILK 	RICE CHICKEN STEW & VEGETABLES 	
THURSDAY	WHITE SOFT PORRIDGE & MARGARINE 	SAMP and BEANS 	
FRIDAY	BROWN SOFT PORRIDGE & MILK 	PORRIDGE SOUP & VEGETABLES 	  

COHERENT FOOD (AVERAGE)

# ECD centres – Intuthuko

CONSENT FOOD (ALLERGIES)

NAME OF CHILD	CLASS	FOOD
1. Asemahle Ndobeni	4yrs	Fish Allergy
2. Musa Pitseng	4yrs	Samp + Bean + Cabbage Allergy
3. Thato Selana	4yrs	Samp. - Operation in the mouth.
4. Kyotato Shokeane	6yrs	Juice - Allergy.

Small Portions

1. Enhle	4yrs	11. Idonwabo
2. Prince	4yrs	12. Swanda
3. Enahle	4yrs	13. Ebanezer
4. Lesejo	4yrs	14. Thuli
5. Thato	4yrs	15. Mballi R.
6. Hombi fusi	4yrs	
7. Elogo		
8. Njabulo		
9. Lesejo		

Introduction of solid and other foods

The amount of solid food and other foods to be introduced to the infant is a guide to help the parent decide on the amount of food to be given to the infant.

Food	Age	Preparation	Notes
Apple	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Banana	12 months	Wash, peel, slice, and mash.	Do not add sugar or salt.
Carrot	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Coconut	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Corn	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Custard	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Egg	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Fruit	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Grain	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Meat	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Milk	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Oil	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.
Yeast	12 months	Wash, peel, slice, and cook.	Do not add sugar or salt.



**INTUTHUKO**  
**DAY CARE CENTRE & PRE-SCHOOL**

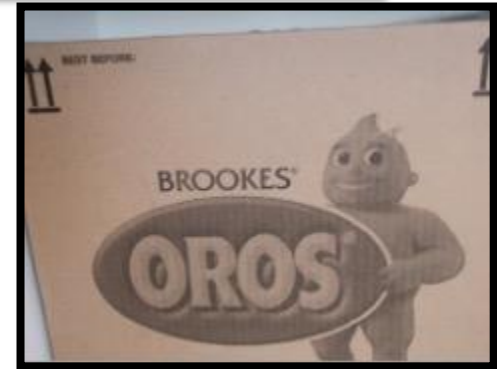
OPENING: 6 AM - 4 PM  
 BRF: 25139  
 TYWATWA EXT 31 D/TON  
 TEL: 083 621 8892  
 083 370 5883

ADM. 0-5 YRS

# ECD centres – Intuthuko



# ECD centres – Intuthuko



# ECD centres – Ikhaya Lothando

MENU FOR WEEK1&WEEK2						
DAY-CARE						
TIME	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:30 09:00	BREAKFAST	SOFT PORRIDGE WITH MILK&SUGAR	MABELE WITH MILK&SUGAR	OATS WITH MILK&SUGAR	AMABELE WITH MILK&SUGAR	SOFT PORRIDGE WITH MILK&SUGAR
09:15 10:00	MORNING SNACK	250ml OF MILK WITH BROWN BREAD & PEANUT BUTTER	250ml OF MILK WITH BROWN BREAD & BUTTER&JAM	250ml OF MILK WITH BROWN BREAD WITH BUTTER&BOILED EGG	250ml OF MILK WITH BROWN BREAD & BUTTER&JAM	250ml OF MILK WITH BROWN BREAD & CHEESE SPREAD
11:00 11:15	LUNCH	PAP WITH SOYAMINCE& SPINACH	MEAL-RICE WITH TINNED FISH AND PUMPKIN	SAMP WITH BEANS AND POTATOES	SPAGHETTI WITH MINCE MEAT& CARROTS AND GREEN PEANS	RICE WITH CHICKEN LIVERS & CABBAGE AND BEETROOT
02:30	AFTERNOON SNACK	PURE WATER & FRUIT	PURE WATER & FRUIT	PURE WATER & FRUIT	PURE WATER & FRUIT	PURE WATER & FRUIT

# ECD centres – Ikhaya Lothando

MENU FOR WEEK3&WEEK4						
DAY-CARE						
TIME	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800 - 0850	BREAKFAST	MABELE WITH MILK&SUGAR	OATS WITH MILK&SUGAR	SOFT PORRIDGE WITH MILK&SUGAR	INSTANT PORRIDGE/MAL TABELA PORRIDGE	AMABELE WITH MILK&SUGAR
0915 - 1030	MORNING SNACK	250ml OF MILK WITH BROWN BREAD & BUTTER WITH BOILED OR SCRAMBLE EGGS	250ml OF MILK WITH BROWN BREAD & BUTTER&JAM	250ml OF MILK WITH BROWN BREAD & PEANUT BUTTER	250ml OF MILK WITH BROWN BREAD & CHEESE SPREAD	250ml OF MILK WITH BROWN BREAD & PEANUT BUTTER
1200 - 12H15	LUNCH	PAP WITH CHICKEN LIVERS WITH CARROT	MACARONI & MINCE MEAT WITH SPINACH	SAMP WITH BEANS AND POTATOES	MEAL-RICE & SOYA MINCE WITH BEETROOT	RICE WITH CHICKEN STEW & CABBAGE AND MASH POTATOES
14H30	AFTERNOON SNACK	PURE WATER & FRUIT	PURE WATER & FRUIT	PURE WATER & FRUIT	PURE WATER & FRUIT	PURE WATER & FRUIT

# ECD centres – Ikhaya Lothando

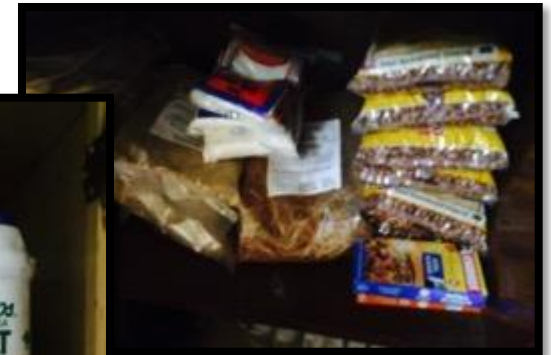




# ECD centres – Ikhaya Lothando



# ECD centres – Breakthrough



# ECD centres – Breakthrough

**BREAK THROUGH CENTRE ECD MENU**  
0 – 18 months

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bring own breakfast	Bring own breakfast	Bring own breakfast	Bring own breakfast	Bring own breakfast
10 AM Snack	Baby Formula	Baby Formula	Baby Formula 	Baby Formula	Baby Formula
Lunch	Steamed Vegetable 	Steamed Vegetable	Steamed Vegetable	Steamed vegetable	Steamed Vegetable
3 PM Snack	Fruit 	Fruit 	Fruit	Fruit 	Yogurt 

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bring own breakfast	Bring own breakfast	Bring own breakfast	Bring own breakfast	Bring own breakfast
10 AM Snack	Baby Formula	Baby Formula 	Baby Formula	Baby Formula	Baby Formula
Lunch	Steamed vegetable	Steamed Vegetable	Steamed Vegetable	Steamed vegetable	Steamed Vegetable
3 PM Snack	Fruit 	Fruit	Fruit 	Fruit 	Yogurt 

# ECD centres – Breakthrough

**BREAK THROUGH CENTRE ECD MENU**  
19 months – 6 years

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Soft porridge 	Soft porridge 	Bread & Tea 	Cornflakes 	Soft Porridge 
10 AM Snack	Garlic Rolls 	Garlic Rolls 	Garlic Rolls 	Garlic Rolls 	Pizza 
Lunch	Chicken 2 x Veg & Bap 	Samp & Vegetables 	Pie 	Mielie Rice & Ssew 	Rice, Salad, Chicken 2 X Veg, Deserts 
3 PM Snack	Fruit Salad 	Fruit 	Fruit Salad & Yogurt 	Fruit 	Fruit 

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Soft porridge 	Soft porridge 	Garlic Rolls & Tea 	Cornflakes 	Soft Porridge 
10 AM Snack	Garlic Rolls 	Garlic Rolls 	Fruit 	Garlic Rolls 	Pizza 
Lunch	Chicken, 2 x Veg & Bap 	Samp & Beans with Vegetables 	Pie 	Mielie Rice & Mince meat 	Rice, Salad, Chicken 2 X Veg, Deserts 
3 PM Snack	Fruit Salad 	Fruit 	Fruit Salad & moose 	Fruit 	Fruit 

# ECD centres – Mabel Zozo



# ECD centres – Mabel Zozo

## NURSERY DAILY PROGRAMME

6H45 - 7H00	>	ARRIVAL OF COOKS
7H00 - 7H30	>	ARRIVAL OF TEACHERS
7H35 - 8H00	>	CHECKING CHILDREN'S HEALTH
8H05 - 8H30	>	INDIVIDUAL ATTENTION
8H35 - 9H35	>	FEEDING - BREAKFAST AND NAPPY CHANGING
9H40 - 10H00	>	LANGUAGE DEVELOPMENT
10H05 - 10H30	>	PHYSICAL DEVELOPMENT
10H35 - 11H00	>	MANIPULATIVE SKILLS
11H05 - 11H45	>	LUNCH
12H05 - 13H00	>	SLEEPING
13H05 - 13H30	>	NAPPY CHANGING AND DRESSING UP
13H35 - 14H00	>	SNACK TIME
14H05 - 15H30	>	DEPARTURE



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# Conclusions



# Conclusion

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- All centre managers agree that the children will ultimately benefit from the guide and feel that it can be successfully implemented with the following changes:
  - Having workshops about the guide
  - Adding more pictures and diagrams
  - Making the guide available in all official languages
  - Have audio cds available of the most important sections for people who are illiterate
  - Supplying notes explaining new / difficult words and concepts
  - Supplying the ECD centres with some of the equipment required such as measuring cups, jugs and a scale with the guide



# Conclusion (2)

- Some issues that came to the fore that might influence successful implementation:
  - In practical terms it is not easy to follow all guideline for **large centres**
  - Children with **allergies** or basically those that are “**picky eaters**” will also complicate the implementation
  - Centres might not have the **basic equipment** and tools such as measuring spoons, cups or scales
  - The ingredients required might not fit into their **grocery budget**
  - Not all ingredients are **available in all areas** / provinces
  - **Appropriate storage facilities** might not be available everywhere for all types of food products / Kitchen lacks space
  - The staff in the kitchen that will have to follow recipes, might not be able to read and understand the guidelines. **Cooks are not trained.**
  - Not all staff members might be **familiar with new ingredients** recommended
  - **Parents** do not follow these type of guidelines at home
  - **Food provided by the DSD** not as healthy and **contradictory information** given by various people on what is healthy and what is not

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# Thank you

# Contact Details

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