



410e: Hunger alleviation

Food Collection and Distribution: *nutrition notes*

Many clubs in our district undertake projects to collect and distribute food to individuals or organisations. I have prepared this note to provide a list of food products that are most suitable for this purpose.

The criteria I used to compile this list are:

Nutritional Value

Cost

Ease of use

Shelf life

STARCHY FOOD
These foods are the main part of most meals, and typically provide most of the energy in the diet.



Maize meal and bread are fortified by law, so they also provide essential micronutrients. Mabella (Ting) provides variety. Rice is easy to cook, popular and filling. Commercial breakfast cereals are expensive. Instant porridge is not as good as traditional, because it is quickly absorbed, but useful when cooking facilities are limited.

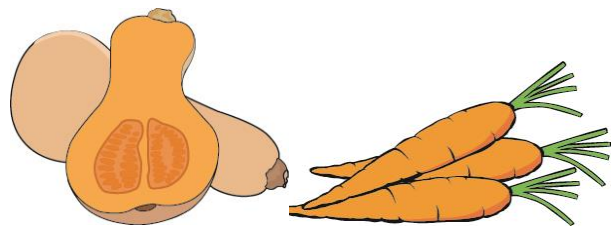


DRY BEANS, SPLIT PEAS, LENTILS, SOYA
Best value and best nutrition, and many health benefits. All kinds of tinned and dry beans are great.

Dry beans can be cooked in a hay box to save cooking fuel / electricity.

FRESH VEGETABLES AND FRUIT

Logistically these foods are not commonly collected, but if clubs use money to buy food for immediate distribution they are important.



Full cream milk, either as long life or powdered is a good choice, especially if there are children. Do not get milk blends or coffee /tea creamers.

Chicken liver is excellent for pregnant women and children. If you can purchase fresh food this is a very good choice.

Peanut butter
Oil
Sugar
Tea
Baby cereal (the kinds in packets are cheaper than those in boxes)

Tinned foods such as:
Jam
Tinned tomato
Tinned fish (although it is very expensive)