

Accelerating investments into SDG objectives leveraging schools as platforms.

SAVING LIVES CHANGING LIVES

12 October 2023





КЫРГЫЗ РЕСПУБЛИКАСЫНДАГЫ МЕКТЕП ТАМАК-АШ ПРОГРАММАСЫ



ПРОГРАММА
ШКОЛЬНОГО ПИТАНИЯ
В КЫРГЫЗСКОЙ РЕСПУБЛИКЕ



More diverse and sustainable school meals



More than 200,000 primary schoolchildren receive hot school meals up to five days a week



More than 4,000 tones of fortified wheat flour distributed to



More than 100 recipes in the school meal Cook Book for healthy school meals + a book of healthy recipes for the whole family has been developed



School meals fully comply with the standards of the Ministry of Health for energy value (>550 kcal), iron and protein, etc



Schools mainly provide compote instead of black tea



98% of parents are satisfied with optimized school meals (26% - before the launch of the optimization program)



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Strengthening national capacity to manage the programme:



More than 1,500 school cooks have been trained in school meals preparation, nutrition standards, sanitary regulations, quality control, safety and efficiency of the process.



More than 9,000 stakeholders have been trained in various aspects of school meal preparation, sanitation and control.



Each school received new modern kitchen equipment



The Republican Competence Center for the Training of School Cooks has been created.



Methodological recommendations for procurement specialists for the effective organization of procurement of high-quality food products have been developed



The School Menu Calculator has been designed to quickly and efficiently design school menus to meet nutritional standards.









ШКОЛЬНОГО ПИТАНИЯ В КЫРГЫЗСКОЙ РЕСПУБЛИКЕ



Improving knowledge about healthy eating:



Improving knowledge about healthy eating: (information materials, web portal, and events avideos, brochures, games, fairy tales, webinars, educational materials) on healthy eating for schools have been developed



An information web portal on school meals has been developed to increase awareness and participation of parents in the programme.



Every year, schoolchildren and their parents take part in various events and activities that promote healthy lifestyle.







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Global evidence highlights that school health and nutrition programmes yield high returns in four important areas, necessary to build up their communities and their economy: human capital – the sum of a population's health, skills, knowledge and experience; safety nets for poor children and their families; local economies, especially the earning power of women; and in the area of peacebuilding, community resilience and preventing future conflict.



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SMP contributes directly to the Sustainable Development Goals (SDGs) by

- providing access to safe, adequate, and nutritious food all year around for school children including the most vulnerable (SDG2)
- · with equal access for girls and boys (SDG5);
- · increasing their dietary diversity, nutritional and energy intake (SDG3);
- · contributing to the creation of conducive learning environment (SDG4)
- improving water and sanitation services (SDG6).

As well as, SMP indirect contribution to the wider issues such as

- · reduction of poverty (SDG1),
- · reducing inequalities (SDG10),
- and promoting sustainable economic growth and decent work for all (SDG 8).

















Fill the Nutrient Gap

Goal: to identify opportunities within the food system to improve access to, and affordability of, nutritious diets.

The FNG analysis estimated the cost of energy-only and nutrientadequate (or nutritious) diets, and the percentage of households that, given current food expenditure, would be unable to afford these diets

Diet costs and non-affordability were estimated for a five-person modelled household

Covers 7 regions, 2 cities, and 4 seasons

The estimations used retail prices collected by the National Statistical Committee (NSC) of the Kyrgyz Republic and expenditure data from the Kyrgyz Republic Integrated Household Survey (KIHS)



The Nutritious and Energy-only Diet

Energy-Only Diet

Combination of foods that for the lowest possible cost meets the <u>energy requirements</u>
of the model household



Made up of energy dense foods, with 1 or 2 food groups:

- · Rice
- · Oil
- · Wheat flour

Nutritious Diet

Combination of nutritious foods that for the lowest possible cost meets the macro and micronutrient requirements of the model household, adjusted to include two daily portions of staple foods

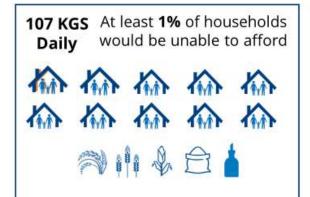


Made up of nutrient-dense and staple foods, with 5 or more food groups:

- Fruits
- Vegetables
 Eggs
 - Fish
- Meat
- Dairy

Grains • Da

Almost all households could afford to meet energy needs but a nutritious diet would be unaffordable for roughly 2 in 5 households



Energy-only Diet

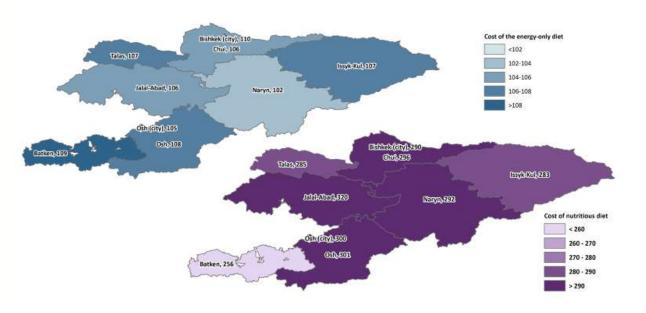
Nutrient-adequate diets cost three times more than diets that meet only energy needs



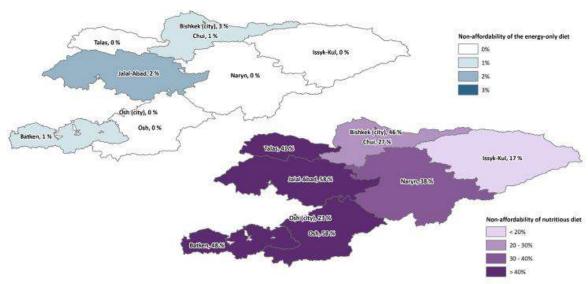
Nutritious Diet



Cost of the diet, by province



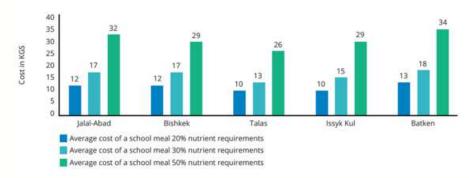
The non-affordability of the Energy Only and Nutritious Diets vary widely across the Kyrgyz Republic





School feeding offers an opportunity to prevent malnutrition in children. Micronutrient intake is improved by school meals that include fortified food items and foods from a diversity of food groups (such as cereals, animal source foods, pulses and vegetables).

Minimum cost of a school meal that meets three levels of minimum nutrient requirements in selected oblasts











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Energy and Dietary Standards

According to the national standards energy value of school meals must be **550** kcal for children (7-10 y)

Average energy value of school meal a day (kcal)

800
600
400
200
0

505
539
652
656
593
535

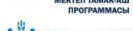
506
593
535







ШКОЛЬНОГО ПИТАНИЯ В КЫРГЫЗСКОЙ РЕСПУБЛИКЕ



Energy and Dietary Standards

Average energy value of school meal a day (kcal), per province

Province	2014	2015	2016	2017	2018-2019	2022-2023
Talas	537	579	694	704	659	594
Naryn	556	590	693	708	623	541
Yssyk Kol	504	566	649	642	607	514
Chui	507	563	629	642	598	571
Osh	447	493	604	568	583	560
Jalalabad	485	501	654	680	556	490
Batken	488	501	634	636	555	450
Total	505	539	652	656	593	535



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школьного питания В КЫРГЫЗСКОЙ РЕСПУБЛИКЕ



Cost of the diet:

Current daily cost allotment - 7-10 KGS

Actual cost around 36 KGS - school breakfast (20-25 % of the daily food ration)



Egg -11 KGS









Annual end-academic year stakeholder assessment for School Meals Programme

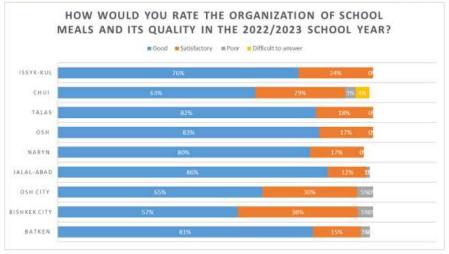
Sample size 200 schools 600 parents of primary school children



Year Month



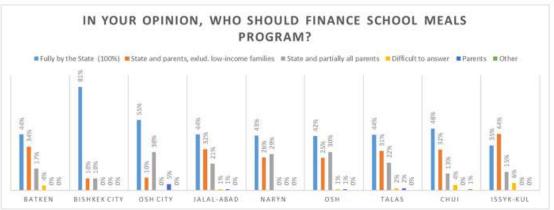














КЫРГЫЗ РЕСПУБЛИКАСЫНДАГЫ МЕКТЕП ТАМАК-АШ ПРОГРАММАСЫ

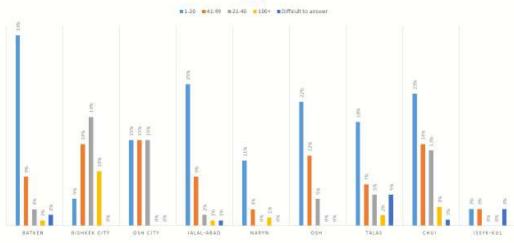


ПРОГРАММА ШКОЛЬНОГО ПИТАНИЯ В КЫРГЫЗСКОЙ РЕСПУБЛИКЕ

How were you involved in organizing the scl Controlled and monitored the feeding 35% process Donated money for school meals 34% Conducted extracuricullar activities on 34% healthy diet Participated in the commission on 32% public oversight Collected and controlled collection 29% and disbursement of means Didn't participate 26% Participated in the meetings 1% I provided food products 2% Other 1% 1% Difficult to answer



HOW MUCH DO YOU GIVE YOUR CHILD PER DAY TO BUY FOOD AT SCHOOL? (IN KGS)









	How do you think the hot meals provided at school affected your child/family?										
	Batken	Bishkek city	Osh city	Jalal- Abad	Naryn	Osh	Talas	Chui	Issyk- Kul		
Positively affected academic performance	88%	71%	90%	92%	84%	89%	91%	70%	82%		
Positively affected health status	83%	57%	80%	87%	84%	91%	89%	71%	85%		
We give less money to children to buy food	73%	38%	60%	63%	30%	51%	56%	49%	35%		
My son/daughter is less likely to skip school	47%	14%	35%	46%	34%	33%	40%	29%	35%		
No effect	4%	29%	5%	196	3%	3%	2%	18%	3%		
Eating habits have changed	0%	0%	0%	2%	3%	2%	0%	0%	3%		
Other	1%	5%	5%	1%	196	1%	096	196	0%		



- Review the existing regulations for school meals to propose options for making school meals more nutritious, including the use of fortified foods.
- Advocate for increased government financing for school meals and explore opportunities for funding from development partners and the private sector
- Expand the coverage of school meal programmes to additional age groups, including pre-school children and adolescents.
- Develop regulations for parental contributions to school meals, but ensure provision for exemption for households unable to afford this additional expense. For in-kind contributions from parents, develop guidelines to ensure the food meets quality standards
- Build an information system under the Ministry of Education and Science of the Kyrgyz Republic that brings together data on school meals for improved monitoring and evaluation and learning







Thank you!!!

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