

GOMOA WEST DISTRICT HEALTH DIRECTORATE  
REPORT ON KOKOPLUS SPONSORED FOOD  
DEMONSTRATION



FROM 5<sup>TH</sup> AUGUST TO 11<sup>TH</sup> SEPTEMBER 2025

## **INTRODUCTION**

The Gomoa west district health directorate organized food demonstration sponsored by kokoplus Ghana among ten (10) facilities in the district namely; St. lukes hospital, Boatyard chps, Mumford health center, Onyadze health center, Ngyeresi chps, Tarkwa chps, Osedze health center, Dago health center, Eshiem chps and Dawuramong polyclinic respectively.

The Kokoplus food demonstration aim is to promote good and optimum nutrition among children under five (5) in the district and also sensitize and educate caregivers on how to prepare a nutritious meal using locally available foods from the four (4) star diet and also add kokoplus micronutrients to enrich their childrens meals.

Kokoplus is a protein micronutrient fortified supplement designed to be added to traditional complementary foods to improve their nutritional content for children aged 6 to 24 months.

## **OBJECTIVES**

1. To display variety of foodstuffs from the various food groups to mothers
2. To demonstrate how to prepare nutritious meals from the various foods displaced
3. To demonstrate how to add kokoplus micronutrient powder to meals for children.
4. To actively involve caregivers in the food preparation for practical learning purpose

## **ACTIVITIES CARRIED-OUT**

1. Meal preparation (Food demonstration)
2. Hands on cooking for mothers using locally available foods
3. Demonstration of feeding session for children under-five attending CWC
4. Early initiation of breastmilk within an hour of birth
5. Health education on the importance of exclusive breastfeeding
6. Timely initiation of complementary feeding
7. Education on the importance of adding kokoplus to a child's meal
8. Gifts donations to care-givers who attends CWC regularly and come on time
9. Demonstration on correct breast positioning and attachment

## **MEALS PREPARED**

Caregivers in all the ten (10) facilities participated in the preparation of the following foods which were served to children

- Boiled rice with kontomire stew plus one boiled egg each
- Banku with okro stew
- Potatoe smoothie
- Ampesi with garden egg stew
- Mashed plantain with palmtree soup
- Fruits such as oranges, pineapples, banana, Tangerine, watermelon were sliced and given to children to eat after taking their meals
- Kokoplus micronutrient powder was added to meals as a nutritional supplement.

## **OUTCOMES OF THE KOKOPLUS SPONSERED FOOD DEMEONSTRATIO**

1. Care-givers gained practical skills to replicate nutritious meals at home
2. Kokoplus supplementation enriched the meals of children contributing to improved child nutrition and optimum growth
3. Children with their caregivers benefitted from the meals provided

## **BEST PRACTICES**

1. Active participation of caregivers in the food preparation
2. Proper positioning and attachment to the breast by caregivers was demonstrated.
3. Awarding of gifts to deserving mothers who attends cwc regularly
4. A total Five(5) male involvement in the food demonstrations at some of the facilities

## **CHALLENGES AND RECOMMENDATIONS**

Inadequate funds to purchase large quantities of foodstuffs affected the variety and number of meals prepared and served to children. Next time more funds should be allocated to districts to help reach out to large group of caregivers and also increase the variety of foods served to care-givers and their children to improve good and optimal nutrition of children in the district.

## **CONCLUSION**

The whole program came to a successful end on 11<sup>th</sup> September 2025 reaching out to a total of four hundred and three (403) caregivers and five (5) male involvement with Onyadze health center leading with total caregivers participation of ninety-eight (98), Tarkwa-50, mumford- 48, St. Lukes -45, osedze-34, ngyeresi-32, Eshiem-31, Boatyard-30, Dawurampong polyclinic 20 and Dago health center recording the least of fifteen (15) participants

Based on the challenge during entire program we recommend that, adequate funds should be allocated to the district to enable us reach out to large number of caregivers and prepare adequate food and nutritious meals to serve all children.

**ATTACHED ARE PICTURES OF ACTIVITIES CARRIED OUT DURING THE KOKOPLUS SPONSERED FOOD DEMONSTRATION**

**PIC 1: FOOD DEMONSTRATION AT ONYADZE HEALTH**



**PIC 2: FOOD DEMONSTRATION AT BOATYARD CHPS**



**PIC: 3 FOOD DEMONSTRATION AT MUMFORD**



**PIC 4 BIRTH REGISTRATION AT MUMFORD DURING THE FOOD DEMONSTRATION.**

