

# **Om-Habibeh Foundation**

## **Terms of reference (TOR)**

### **Nutrition Training and Awareness Program**

#### **1. Background:**

Om Habibeh Foundation (OHF), through its Agriculture and Food Security program, is currently implementing the She Farms project funded by Drossos in Aswan Governorate. The project aims to empower women to engage in economic activities, increase household savings, provide supplementary income, improve household nutrition, and enhance the skills of young women in diversified agricultural, environmentally sound practices, and techniques.

The project achieves these objectives through the implementation of various activities, including a nutrition training and awareness program. This program is designed to educate and empower mothers and children on proper nutrition practices, with a particular emphasis on cultivating and utilizing home-grown vegetables for healthier meals.

#### **2. GOAL & OBJECTIVES**

Enhance the knowledge and practices of mothers and caregivers in providing healthy nutrition to children, with a focus on the importance of home-grown vegetables and promoting the provision of nutritious meals using locally available resources in the surrounding environment.

##### **The objectives are to:**

- Enhance Nutrition Knowledge:
  1. Conduct comprehensive awareness sessions for 215 females in 15 communities for mothers on proper nutrition for children.
- Create Educational Materials:
  2. Develop visually appealing posters and informative booklets with images and guidelines on healthy nutrition for mothers and children.
- Encourage Healthy Meal Preparation:
  3. Conduct practical cooking demonstrations for females, teaching them how to prepare nutritious meals from locally available ingredients.
- Establish Community Kitchens:
  4. Identify the needed tools, measures and facilities to establish fifteen community kitchen lab within different associations to set up educational kitchens dedicated to preparing healthy meals for children.

### **3. SCOPE /Training methodology**

**The consultant will be responsible for delivering comprehensive sessions covering the following topics:**

1. Nutrition Basics:
  - Importance of balanced nutrition for children.
  - Nutritional requirements for different age groups.
2. Home-Grown Vegetables Utilization:
  - Using the cultivated vegetables at home/ kindergarten garden in producing healthy meals especially for children.
  - Significance of home-grown vegetables for overall health.
3. Healthy Meal Preparation Using Local Resources:
  - Cooking demonstrations showcasing simple and nutritious recipes using locally available ingredients.
  - Substituting fast food with healthier alternatives using items found in the community's surroundings.
4. Community Kitchen labs Establishment:
  - Assessing the measures, requirements and needed tools of community kitchens.
  - Providing guidance on setting up and managing community kitchens

### **4. OVERALL TASKS AND FUNCTIONS:**

1. Conduct a pre- and post-assessment of participants.
2. Develop the content of posters and booklet with images and guidelines on healthy nutrition for mothers and children.
3. Provide the needed measures, tools and equipment to establish 15 kitchen labs in 15 CSOs.

### **5. Targeted audience:**

1. 200 Mothers and caregivers.
2. 15 Agriculture Facilitators.

### **6. Deliverables:**

1. Designs for educational materials (posters, booklet that includes nutrition information and practicing in addition to nutrition recipes).
2. Conduct awareness sessions to 215 people at 15 communities and provide report.
4. Comprehensive guide document for the needed measures, tools and equipment to establish 15 kitchen labs in 15 CSOs.

Note: reports should be submitted as hard copy and soft copy (in Word doc. /excel)

**7. Time Frame:**

The contractor is required to work for a maximum of 30 working days, including preparations, designing training materials, conducting training sessions, visiting associations to assess kitchen needs for setup, and writing reports.

**8. Required qualifications:**

**Education:**

Advanced University Degree in Nutrition or related field

**Experience:**

- Proven experience in delivering nutrition training.
- Knowledge of local dietary practices.
- Ability to engage and effectively communicate with diverse audiences.
- Experience in identifying kitchen equipment needs during preparation.
- Demonstrated execution of similar activities in the past

**Consultant Evaluation criteria**

#	Criteria	Rating %	score
1	Presenting a curriculum vitae detailing academic certificates and practical experiences in the field of nutrition	15%	15
2	Providing examples of previous training sessions conducted in the same field	10%	10
3	Presenting the training material that will be used for participants and ensuring its clarity.	10%	10
4	Presenting Samples of Some Brochures and Posters Previously Designed	15%	15
5	The training methodology that is followed	10%	10
6	The ability to identify the needs of the kitchens to be established and the necessary tools for their setup	10%	10
6	Financial evaluating	30%	30
	Total	100%	100