

## **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 200 females in 15 communities for mothers on proper nutrition for children. .
- Encourage Healthy Meal Preparation:
  2. Conduct practical cooking demonstrations for females, teaching them how to prepare nutritious meals from locally available ingredients.

### 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. OVERALL TASKS AND FUNCTIONS:

1. Conduct a pre- and post-assessment of participants.

### 5. Targeted audience:

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

### 6. Deliverables:

1. Conduct awareness sessions to 200 people at 15 communities and provide report.

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 16 working days, including preparations, designing training materials, conducting training sessions, , 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.
- 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	25%	25
2	Providing examples of previous training sessions conducted in the same field	15%	15
3	Presenting the training material that will be used for participants and ensuring its clarity.	15%	15
4	The training methodology that is followed	15%	15
5	Financial evaluating	30%	30
	Total	100%	100