

# **Appendices**

## **Appendix A. Workshop Agenda**

### **Enhancing the Nutritional Quality of Relief Diets Workshop**

**April 28-30, 1999**

**American Red Cross Board of Governors Hall  
17<sup>th</sup> and D Streets NW, Washington, DC**

This workshop is designed to exchange information on how the nutritional quality of relief diets can be enhanced at regional and local levels. The focus will be on improving micronutrient content, although other factors will be considered. There are many options for improving nutritional quality of diets, and this workshop will weigh some of these. Where applicable, workshop presenters will draw on progress made in the “development” context and make linkages to the ‘relief’ context. The target audience is field implementers.

#### **Workshop Goals:**

- 1) Exchange information on current practices, and compare operational approaches, in enhancing nutritional quality of relief foods, especially micronutrients.
- 2) Explore opportunities to implement small-scale/medium-scale fortification at local and regional levels, as well as issues of administration, quality control, costs, and longer-term sustainability.

#### **Workshop Outputs:**

- 1) Recommendations for follow up discussions and field testing of different options for fortification field activities, based on the examples and experiences of the workshop
- 2) Strengthening of a network of agencies to exchange information on an ongoing basis
- 3) Compilation of key resources for enhancing relief diets
- 4) Presentation of recommendations for action that may have policy and/or research implications
- 5) Publication of well-documented workshop proceedings that provides information to field staff on current practices and experiences, along with summaries of discussions from the workshop, background papers, and an annotated bibliography

#### **Day 1: Wednesday, April 28, 1999**

- 8:30            Opening Welcome  
                  *American Red Cross*
- Workshop objectives  
                  Dan Shaughnessy/Council for Responsible Nutrition

Introduction of participants
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- PART I: HISTORY OF EFFORTS TO ENHANCE THE NUTRITIONAL QUALITY OF RELIEF FOODS
- 9:30 *Summary of malnutrition in emergencies*  
Dr. John Mason/Tulane University
- 10:00 *Alleviating micronutrient malnutrition in relief settings and overview of nutrition standards*  
Rita Bhatia/UNHCR
- 10:30 Break
- 10:45 *Analysis of major programmatic options to address nutritional deficiencies in emergency operations*  
Dr. George Beaton/University of Toronto
- 11:00 *Practical approaches and methods to meet nutritional adequacy*  
Overview: Dr. Michael Golden/University of Aberdeen, Scotland, UK
- 11:15 Plenary discussion  
Moderators: Drs. George Beaton and Michael Golden
- 11:45 *P.L. 480 Title II Food Aid: An overview of issues and progress in enhancing program foods*  
Dr. Tom Marchione/USAID/BHR/PPE
- 12:15 Lunch
- PART II: METHODS TO IMPROVE NUTRITIONAL CONTENT OF RELIEF DIETS
- 1:15 Group panel: *Options for food fortification in relief settings: practice, potential and challenges*  
Moderator: Jenny Cervinkas/The Micronutrient Initiative
- A) *General introduction to food fortification in relief, drought, and transition situations*  
Dr. George Beaton/University of Toronto
- B) *Comparing options for getting micronutrients to relief populations: Royal Tropical Institute (KIT) Experience in Africa*  
Willem Wurdemann/KIT, Netherlands
- 2:00 Discussion
- 2:15 C) *The full range of fortifying cereal commodities*  
  
*Fortifying the staple: brief case study of the Zimbabwe drought 1992-1994: exploration of options to improve micronutrients*  
Judith Mutumba/ Ministry of Health, Zimbabwe

*INCAP/OPS's response—Hurricane Mitch*

Dr. Florence Tartanac/Instituto de Nutrición de Centro América y Panamá (INCAP/OPS)

1) *Fortifying staples*

*Going into the issues: industry, establishing networks, developing the technology, quality assurance, costs*

Quentin Johnson/Consultant to The Micronutrient Initiative

*The case of fortifying flour: differences of scale—at port, regional, local, at the camp*

Quentin Johnson/Consultant to The Micronutrient Initiative

*Old and new technologies for small scale fortification (e.g. barrel batch mixers, hand held mills, dosing equipment)*

Dr. Louis Laleye/The Micronutrient Initiative

*Case study, Malawi: maize flour—village hammer mill*

Neal Hammond/SUSTAIN Volunteer

3:45 Break

4:00 2) *Fortification via blended foods*

*Fortification of maize and complementary food: a case study from Malawi*

Alison Tweeddale and Theresa Banda/World Vision/Canada

D) *Options for nutritional improvement of non-grain relief commodities*

1) *Fortified condiments: salt*

Dr. John Dunn/University of Virginia

Plenary discussion

Open exchange on relevant fortification field experiences

Moderator: Jenny Cervinkas/The Micronutrient Initiative

5:00 Summary  
Dr. John Mason/Tulane University

5:30 Wine and cheese reception (sponsored by International Life Sciences Institute and Breedlove Dehydrated Foods) at the American Red Cross Museum

**Day 2: Thursday, April 29, 1999**

- 8:30 Welcome and objectives for the day  
Dan Shaughnessy/Council for Responsible Nutrition
- PART II: METHODS TO IMPROVE NUTRITIONAL CONTENT OF RELIEF DIETS  
(continued)
- 8:45 D) *Options for nutritional improvement of non-grain relief commodities*
- 2) *Fortified condiments: Sugar*  
Dr. Florence Tartanac/INCAP/OPS
- Micronutrient Sprinkles: Research results and the potential  
for relief settings*  
Dr. Stanley Zlotkin/University of Toronto
- 3) *Fortified oil: opportunities for vitamin A-fortified vegetable oil*  
Peter Ranum/SUSTAIN Volunteer
- 9:45 Plenary discussion  
Jose Mora/The MOST Project
- 10:15 Break
- 10:30 *Overall quality assurance in food fortification*  
Dr. Fritz van de Haar/PAMM-Emory University
- The potential of amylase-fortified cereals in relief settings*  
Dr. Noel Vietmeyer/formerly with the National Academy of Sciences
- 11:00 *Role of specialty foods*  
Steve Hansch/Congressional Hunger Center
- 11:30 Plenary discussion  
Moderator: Dr. George Beaton/GHB Consulting
- 12:00 Lunch  
Informational displays (ARC/BOG Hall)
- 2:00 Break-out groups

**Group A: Regional Fortification**

*Objective: Examine how techniques that improve the nutritional content of foods can be introduced or reinforced at regional levels. Can the introduction of fortification or enrichment technologies in emergency-affected countries help promote good nutritional practices in the long term? Do they have the potential to address micronutrient needs of larger numbers of people?*

**Group B: Agricultural Approaches**

*Objective: Determine the extent to which food-based programs can improve the nutritional quality of diets. When can household gardens and seed distribution be effective in improving the consumption of vitamins and*

minerals? What is the effective coverage of the population? What are the timelines or delays involved? What are the long-term benefits, for example, in terms of demonstration and education? What has been the experience with using Amylase-fortified foods and other technical inputs in extreme settings, and how readily can these options and other innovations be provided to emergency-affected populations?

**Group C: Food Aid from Donor Countries**

Objective: Explore ways donor-country-level fortification of foods can better mitigate deficiencies that have until now recurred in emergencies. What are the technical and cost implications? How can the Commodity Reference Guide specifications clarify the options for implementing agencies?

**Group D: Supplements and Problem Nutrients**

Objective: Contrast approaches to addressing the specific problems of vitamin C, iron, and zinc, which are among the most difficult nutrients to provide in emergencies. Is it worthwhile to add vitamin C to relief foods and, if so, to which foods and how? What are the advantages and disadvantages of nutritional supplements, including multivitamin capsules, in extreme circumstances? How does the distribution of vitamin A capsules, an established priority, relate to the emphasis on vitamin A as a food fortificant on an ongoing basis? For iron and zinc, what can be achieved through the three levels of programming: fortificants, food-based, or supplements?

**Group E: Development of Field Activity**

Objective: Elaborate pilot programs for development, comparing the latest approaches proposed at this conference in terms of applicability, effectiveness, and replicability. What local or regional measures might add a broad spectrum of micronutrients to bulk rations? In particular, what set of field interventions feasible/effective in an area like Southern Sudan can NGOs work together to implement in the short term? What common methods need to be standardized to ensure comparability of results across projects?

**Group F: Recipient Dietary Needs/Ration Planning**

Objective: Review the fit among factors that need to be taken into account when planning an overall food plan for an emergency-affected population. Given uncertainties in food delivery and the historical pattern of deficiency diseases in crises, what measures are appropriate to schedule ration foods, provide balance with fortified foods, and introduce fresh foods in affordable quantities?