



## CONCEPT NOTE

### **Planning for, Implementing, and Production-Level Monitoring of National Flour Fortification Programs: *A Training of Trainers (TOT) Event***

24-28 July 2017  
Nairobi, Kenya

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## **Background and Rationale:**

Micronutrients are vitamins and minerals, such as folic acid and iron, which are needed in small amounts for the human body to function optimally. Most micronutrients are not produced by the body and so must be consumed via food or as supplements. In Sub-Saharan Africa, micronutrient malnutrition is prevalent due to a variety of factors, such as poverty, droughts, and disease. Micronutrient deficiencies are not often apparent until the deficit of a particular vitamin or mineral is significant. For this reason, micronutrient malnutrition is sometimes called “hidden hunger”.

The social and economic costs of micronutrient malnutrition can be extensive, including devastating birth outcomes for pregnant women and babies, impaired neurological development in young children, and reduced work capacity among adults. To decrease the risk of future cases of micronutrient malnutrition and to address existing deficiencies among populations, many countries have introduced flour fortification as part of a multi-faceted nutrition approach. Flour fortification is the addition of critical micronutrients to flour during the milling process. This initiative increases the nutrient density of flour and flour-based products for consumers.

It is recommended for national governments to mandate flour fortification through legislation. A national flour fortification program is more easily monitored than a voluntary or targeted initiative and, at-scale, it is designed to create a true population-wide health impact.

Around the world, 86 countries have legislation requiring at least one type of wheat flour to be fortified. Sixteen of those countries, mostly clustered in Eastern and Southern Africa, also have national programs for maize flour fortification.

This Training of Trainers (TOT) event will enhance the knowledge of individuals who are committed to fortification in Eastern and Southern Africa and who want to further their capacity to train others about how to execute fortification activities appropriately. It is expected that the participants of this TOT will return to their respective countries with the motivation, resources, connections, and skills to improve and expand existing fortification programs or advance fortification efforts where a national program has not been implemented.

## **Goal:**

The overarching goal of this event is to increase the capacity of flour fortification stakeholders across Africa to plan for, implement, and monitor well-developed, feasible, and efficient flour fortification programs. We intend to support this goal by training



individuals who are passionate about flour fortification on how to effectively communicate and share their knowledge and skills on the topic with others. To maximize this experience for participants and thereby increase the impact of fortification programs, we will:

1. Offer an online course as pre-work for trainees; this ensures that all participants arrive to the TOT event with a basic understanding of fortification and monitoring.
2. Engage participants using multiple teaching methods to make the TOT material accessible and retainable by people with various leaning style preferences and backgrounds.
3. Train participants on the following topics: fortification and monitoring basics, multi-sector alliances, legislation and standards, premix, monitoring plans, equipping a mill for fortification, internal monitoring, and external monitoring.
4. Encourage communication and teamwork among participants through knowledge sharing, group work, and practical experiences; a strong rapport among group members will facilitate future collaboration as well.
5. Provide each participant with a training manual to guide his or her future training efforts.

The participants will provide feedback at the end of the TOT event to help us further improve the online course, the training manual, and the content of the TOT event.

#### **Participants:**

This TOT event is open to a maximum of 25 participants from a range of career backgrounds, including academia, the milling industry, government, community organizations, and international aid organizations, to give some examples. Participants should fulfill all or most of the following criteria.

Participants should:

1. Reside in Eastern or Southern Africa<sup>1</sup>
2. Be proficient in English (there will be no interpreters at the event)
3. Have experience teaching, facilitating, and/or training groups
4. Have in-depth knowledge of one or more of the following: food fortification, flour milling, food technology, food inspection, and food standards
5. Be comfortable speaking in front of a group

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<sup>1</sup> Ethiopia, Kenya, Uganda, Tanzania, Malawi, Zimbabwe, Mozambique, Zambia, Burundi, Rwanda, Namibia, Botswana, South Africa, Swaziland and Lesotho



6. Be highly motivated; a self-starter
7. Appreciate learning
8. Be available for all five days of the event

Individuals nominated to participate will be asked to complete an expression of interest questionnaire and submit a curriculum vitae for review by the facilitators. Please note: fulfillment of these requests does not automatically guarantee acceptance as a participant.

**Expenses:**

Expenses related to attending the event (air and/or ground transportation to/from the venue in Nairobi, accommodations, and meals) will be covered for 15 participants. An additional 10 participants who are self-funded or sponsored by other entities may also be registered for the TOT. Fees associated with enrollment in the online course (pre-work) will be covered for up to the maximum 25 participants.

**Event Contributors:**

This event is organized by the Food Fortification Initiative (FFI) with financial support from the United States Agency for International Development (USAID).