

St. Kitts and Nevis Food and Nutrition Security Policy

Is the policy document adopted?:

No / No information

Country(ies):

Saint Kitts and Nevis

Type of policy:

Comprehensive national nutrition policy, strategy or plan

St. Kitts and Nevis Food and Nutrition Security Policy

Goals

Goals, objectives or targets related to nutrition:

the Policy will seek to:

- ? Ensure that a sufficient quantity of nutritious food of appropriate quality is available to all people in twin island Federation of SKN, through increased domestic production and a **sustainable** level of imports, with special emphasis on a structured food import replacement programme (**Food Availability**).
- ? Ensure that all individuals in SKN have access to adequate resources to acquire appropriate foods for a nutritious diet (**Food Access**).
- ? Ensure that all individuals in SKN reach a state of nutritional well-being through food choices and consumption that reflect Recommended Dietary Allowances (RDAs) (**Food Utilization**).
- ? Ensure that all people in SKN have access to adequate, safe and nutritious food at all times, are not at risk of losing access to it due to shocks, and consume/utilize foods that reflect physiological needs (**Stability of Food Supply**).

This will entail the formulation of policy instruments and the establishment of institutional mechanisms to impact under six (6) broad areas:

- ? Economic expansion and diversification of the agricultural sector, particularly given the large import bill and scope to increase domestic agricultural production.
- ? Improved nutrition and health status of the population.
- ? Improved management operations of the social protection systems.
- ? Expansion of pro-poor employment and income generating opportunities.
- ? Enhanced resilience against threats from natural disasters and economic shocks.

Good governance and management of food and nutrition security ? by institutionalizing the rules of good governance evident in greater transparency and accountability in the delivery of public services.

M&E Indicators


M&E Indicators related to nutrition:

The The St. Kitts and Nevis Food and Nutrition Co-ordinating and Advisory Committee *FNCAC* will be responsible for:

- ? Accessing all necessary data and information regarding the planning and implementation of projects relevant to food and nutrition.
- ? Collating, analyzing and disseminating information for effective decision making in food and nutrition planning.
- Co-opting resource personnel and mobilizing resources for the improvement of food and nutrition situation in St. Kitts and Nevis.

- ? Developing national food and nutrition policies and plans and act as the national advisory body on food and nutrition matters.
 - ? Facilitating and strengthening the coordination of policy development, the implementation of projects and programmes of the various agencies and Government department influencing food and nutrition in the state.
 - ? Promoting acceptable food and nutrition status of the population and the maintenance of adequate food and nutrition surveillance.
 - ? Advocating for the development of research and training programmes and implementation of corrective measures to improve national food security in the nutrition and health status of vulnerable groups.
 - ? Performing functions related to food and nutrition that the government may from time to time deem necessary.
 - ? Monitoring the implementation of projects and programmes and redefining policies and strategies.
 - ? Identifying research and training needs and making recommendations for satisfying such needs.
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Policy topics:

- Breastfeeding
- Complementary feeding
- Sodium/salt intake
- Sugar intake
- Fruit and vegetable intake
- Growth monitoring and promotion
- Breastfeeding promotion/counselling
- Baby-friendly Hospital Initiative (BFHI)
- International Code of Marketing of Breast-milk Substitutes
- Maternity protection
- Complementary feeding promotion/counselling
- School-based health and nutrition programmes
- Nutrition in the school curriculum
- Provision of school meals / School feeding programme
- School meal standard
- Monitoring of children's growth in school
- School gardens
- Food-based dietary guidelines (FBDG)
- Food labelling
- Fats
- Trans fat

- Salt/sodium
 - Sugars
 - Regulating marketing of unhealthy foods and beverages to children
 - Media campaigns on healthy diets and nutrition
 - Nutrition counselling on healthy diets
 - Physical activity and healthy lifestyle
 - Sugar reduction
 - Fat reduction (total, saturated, trans)
 - Salt reduction
 - Iron and folic acid
 - Zinc
 - Micronutrient supplementation
 - Food fortification
 - HIV/AIDS and nutrition
 - Food safety
 - Food security and agriculture
 - Household food security
 - Home, school or community gardens
 - Vaccination
 - Water and sanitation
 - Vulnerable groups
 - School nutrition regulations
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Links

[1] https://extranet.who.int/nutrition/gina/sites/default/files/st%20kitt%20and%20nevis%20nutrition%20policy_0.pdf

