



**ACKNOWLEDGEMENTS**

*CFNI wishes to thank the following sponsors:*

**Gold**

- Sagicor

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- Caribbean Flavours & Fragrances Ltd.
- Denn Dock & Co. Ltd.
- ADM - Jamaica Flour Mills
- Barbados Dairy Industries Ltd.
- Manpower and Maintenance Services Ltd.

**Bronze**

- Caribbean Association of Home Economists
- Trinidad & Tobago Electricity Commission
- Specialized Offset Services.



## High quality entries in regional nutrition competitions

The 2004 staging of the Caribbean Schools' Food and Nutrition Quiz and Nutrition Promotion competitions culminated in the annual awards ceremony in Antigua on November 17, 2004.

The ceremony formed part of a regional nutrition conference, hosted by the Caribbean Food and Nutrition Institute (CFNI) from November 15 – 19, 2004. Senior nutrition and health officials from around the Caribbean, as well as government ministers and a wide representation of persons in nutrition, education and agriculture in the region, attended the ceremony.

Taking home the coveted Sagicor Trophy for the overall winning school team, were the delighted members of the Aabuthnott Gallimore High School in Jamaica. The winner of the Individual Champion category of the Schools' Food & Nutrition Quiz competition was Tina Mathurian of St. Lucia, while the winner of the Caribbean Nutrition Promotion competition was Aruba's Department of Public Health.

According to director of the CFNI, Dr. Fitzroy Henry, the 2004 competition has been "the best to date."



The Caribbean Food and Nutrition Institute (CFNI) was established in 1967 as a means of forging a regional approach to the solution of the nutrition problems of the Caribbean. The Institute is a specialized Centre of the Pan American Health Organization/World Health Organization (PAHO/WHO).

The 18 member countries of CARICOM are served by the CFNI.

The Institute's headquarters is on the Mona Campus of the University of the West Indies (UWI), Jamaica, with a sub-centre on the St. Augustine Campus, UWI, in Trinidad & Tobago.

The *Cajanus Cajan* (pigeon peas) that forms a part of the logo of the Caribbean Food and Nutrition Institute is the official symbol of the CFNI.

"Pigeon peas" (called "gungo peas" in Jamaica) is a common, home-grown food in the region. It is readily cultivated, highly prized and popular among all Caribbean people.

Some of the most common uses for pigeon pea are as human food, fodder, browse plants, green manure, and a grain cash crop. The flavourful seeds are eaten both as fresh shell beans and as dry beans.

## PARTICIPATION IN THE CARIBBEAN SCHOOLS' FOOD & NUTRITION QUIZ COMPETITION 1997 - 2004

Member Countries	1997	1998	1999	2000	2001	2002	2003	2004
Anguilla	●	●	●		●	●		
Antigua			●	●	●	●	●	●
Bahamas			●	●	●	●	●	●
Barbados	●		●	●	●		●	
Belize					●	●		●
British Virgin Islands		●	●	●	●			●
Cayman Islands							●	
Dominica			●	●	●			●
Grenada			●	●	●	●	●	●
Guyana						●		●
Jamaica	●	●	●	●	●	●	●	●
Montserrat								
St. Kitts-nevis	●	●	●	●	●	●		
St. Lucia	●	●	●	●	●	●	●	●
St. Vincent & The Grenadines		●	●	●	●	●	●	●
Suriname								
Trinidad & Tobago	●	●	●	●	●	●	●	●
Turks & Caicos Islands								●
<b>TOTAL</b>	<b>6</b>	<b>7</b>	<b>11</b>	<b>10</b>	<b>13</b>	<b>11</b>	<b>10</b>	<b>12</b>

# Messages



**Mrs. Melba Smith**  
**Vice President,**  
**Sagicor**  
**Financial Corporation**

## “The start of a new partnership”

Sagicor’s sponsorship of this event marks the beginning of a new partnership with the Caribbean Food and Nutrition Institute (CFNI) in its efforts to improve health and nutrition in the Caribbean through innovative competition.

Like the Caribbean Food and Nutrition Institute, Sagicor is a Caribbean company very much in the business of helping individuals make informed choices so that the quality of their life and health will be exceptional.

Sagicor, the CFNI and its parent bodies, the Pan American Health Organisation (PAHO) / World Health Organisation (WHO), share the same perspective that the motivation of healthy minds and healthy bodies is vitally important.

What fuels our vision is that we believe our responsibility is to be more than just that of a good corporate citizen. Our vision is to improve the lives of the people in the communities in which we operate.

To that end, we recognize the importance of social investment in the development of our local communities and this is why Sagicor is delighted to be associated with the CFNI and this Competition.

## Nutritional challenges too great to ignore

For the last eight years the Caribbean Food and Nutrition Institute (CFNI) has used the spirit of competition to promote nutrition in schools and communities across the Caribbean. The reason is twofold.

Firstly, there is compelling evidence which shows the enormous importance of nutrition to both wellness and illness in our daily lives. Secondly, there is need for more innovative ways to create demand for this type of information which is so vital to improving health in this region.

The Caribbean Nutrition School Quiz competition and the Caribbean Nutrition Promotion

Awards provide two opportunities for all groups in the region, particularly the young, to showcase their intellect, creativity and passion for the subject of nutrition.

The year 2004 has been the best to date. The competitions have attracted over 100 schools in 12 countries – a record; there were more than 25 submissions of exemplary nutrition projects – also a record; and we now have the largest number of corporate sponsors from across the region.

But even more impressive than these numbers is the high quality of the competitions and the keen rivalry among the participants. Hurricane Ivan

failed to deter the participation of two countries that were badly hit.

The nutritional challenges in the Caribbean are too great to ignore. The chief causes of death in the region are heart disease, stroke, cancer, diabetes and hypertension with obesity as the forerunner. Nutrition is critical to the prevention and management of these diseases. Even for AIDS, it is now clear that proper nutritional care can delay the progression of HIV into full blown AIDS.

The message is clear - the risk of these diseases, which affects our most productive age group, can be prevented or drastically reduced with simple nutritional approaches.

The competitions highlight these facts and emphasize that we can achieve significant economic benefits by postponing the vast majority of premature deaths in the region.

This supplement captures only the end results of year-long efforts by our Ministries of Health and Education, Nutritionists, Home Economists, Natural Science Teachers and many other professionals. With further sponsorship in 2005 we hope to televise the latter stages of the schools competition and use the video as an educational and motivational tool to thousands of others across the region.



**Dr. Fitzroy J. Henry**  
**Director,**  
**CFNI (PAHO/WHO)**

Central to the continued growth and success of this initiative is the consistent support from our various sponsors. With the commitment of our newest and largest corporate partner – SAGICOR, we will be closer to achieving the full objectives of these competitions.



**2004 Champions:** Caribbean Schools' Nutrition Quiz Competition  
2004 Top Team - Jamaica



**Individual Champ:** Tina Mathurin of St. Lucia, addresses the ceremony after being declared the 2004 Individual Champion in the Schools' Quiz competition.



**Trinidad & Tobago** placed third place in the Nutrition Promotion Competition. Dr. Fitzroy Henry, Director of the CFNI, presents the ADM Jamaica Flour Mills trophy to the T&T representative.



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**Special Award:** Mr. David Lavine of Pinehill Dairy Industries of Barbados, presents his company's "Special Award" plaque to Aruba's Department of Public Health. Carol Kock receives on behalf of the Department.





# Winners' Circle

**Team Leader:**  
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*Antigua's Minister of Health, Hon. John Maginley, presents the Winner's Trophy to representative Carol Kock of the Department of Public Health, Aruba.*

*The island of Nevis placed second in the Nutrition Promotion Competition. Dr. Fitzroy Henry, Director of the CFNI, presents the winner's cheque to the Nevis representative.*



**Opening Address:** Antiguan Minister of Health, Hon. John Maginley, addresses the ceremony. Seated from left are: chairperson Christine Bocage; Dr. Fitzroy Henry, Director, CFNI; Mrs. Maginley; guest speaker, Mrs. Judith Martin; Antiguan Minister of Agriculture, Hon. Charlesworth Samuels; Antiguan Minister of Education, Hon. Bertrand Joseph; Mrs. Ward and Mr. Darren Ward, Sagicor Representative.

# The Caribbean Schools' Food and Nutrition Quiz Competition

Twelve of the 18 member countries served by the Caribbean Food & Nutrition Institute (CFNI) participated in the 2004

were flown to Antigua for the annual Awards ceremony where they were presented with the Sagicor

of Home Economists (CAHE).

Tina and her coach were also flown to Antigua to receive her prizes.



**First Place Winners:** Team leader of the winning team in the 2004 Caribbean Schools' Food & Nutrition Quiz competition, Andrene Barrett of the Aabuthnott Gallimore High School of Jamaica, accepts an award from Mr. Darren Matthew Ward, Sagicor representative. Looking on are teachers Elain Brown (l) and Hermese Meredith.

Caribbean Schools' Food & Nutrition Quiz competition. The competition was held over the period October 25-26, using the audio conference facilities of the University of the West Indies Distance Education Center (UWIDEC).

## Champions

At the end of the keenly contested competition, the Aabuthnott Gallimore High School from Jamaica, emerged as the winners.

It was the first time in its eight-year history that a Jamaican team won the Caribbean Schools' Food and Nutrition Quiz Competition

Proud team members included Andrene Barret, Nastassia Henry, Yesaan Cummings and Dacoda Cummings. As part of their prize, the team and coach

Trophy, as well as cash and book prizes.

Taking Second Place in the competition was the team from Micoud Secondary school of St. Lucia.

Third place winner was the team from the British Virgin Islands, comprising students from Bregado Flax Educational Centre in Virgin Gorda and the BVI High School in Tortola.

Denn Dock & Company Ltd and Guardian Life Ltd., two Jamaican companies sponsored the trophy and cash prizes for the winners.

A member of the St. Lucian team, Tina Mathurin, emerged the Individual Champion of the Competition, surpassing her team mates and members of other competing teams to take the trophy awarded by the Caribbean Association



**Tina Mathurin** of St. Lucia is presented with her award for being the Individual Champion in the 2004 Caribbean Schools' Food & Nutrition Quiz competition. Making the presentation is Sagicor's Darren Matthew Ward of Antigua. Looking on is Tina's coach, Mrs. Lucilla James.

improve the image of food and nutrition within the region.

The quiz is intended to help students with their examinations in Food and Nutrition.

The competition is usually held over a two-day period in October or November each year, using the audioconference facilities of UWIDEC in each country.

The winners are given the opportunity to accept their prizes at a specially convened function in one of the member countries of CFNI.

This function is attended by senior nutrition officers representing CFNI's member countries.

CFNI also encourages celebrations for the teams in their home countries where local officials recognize the outstanding achievements

by the students, school and country.

The Caribbean Schools' Food & Nutrition Quiz competition is sponsored by Sagicor. Other major sponsors included: Denn Dock & Co. Ltd.; Guardian Life Ltd; and the Caribbean Association of Home Economics.

The Caribbean Food and Nutrition Institute (CFNI), a specialized centre of the Pan American Health Organization (PAHO), sponsors the quiz competition annually.

The objectives are to promote nutrition and healthy lifestyle among students and highlighting nutrition as a career option.

Preparing for the quiz also helps students in their preparation for their CXC examination in food and nutrition.



**Second Place Winners:** Team St. Lucia poses with their trophy in the 2004 Caribbean Schools' Food & Nutrition Quiz competition.

# Caribbean Nutrition Promotion Competition

## 1st. Place:

### Aruba - Department of Public Health

SPAS pilot project for Public Health Dept.:

*Evaluate if employee fitness programme contributed to healthier diet & activity habits.*



## 2nd. Place:

### St. Kitts & Nevis - Department of Agriculture

Agriculture Open Day 2004 – 10<sup>th</sup> Anniversary: Agriculture & nutrition objectives.



**3rd. Place: Trinidad & Tobago - TTANDI Nutrition Camp 2004:** *To increase knowledge; encourage positive eating & activity practices; foster family/school responsibility and participation.*

The year 2004 marked the eighth year of the regional Caribbean Nutrition Promotion competition. This annual competition continues to be an important promotion tool by the Caribbean Food & Nutrition Institute (CFNI) to provide visibility for exemplary projects or

importance of those initiatives, the competition has also become a channel for the sharing and exchange of information on intervention strategies and approaches for tackling key food and nutrition problems.

While each entry represents a unique

experience in a particular setting, the insights and lessons learned can help in strengthening intervention programs in countries throughout the region.

The range of entries received each year reflect the diversity and multisectoral nature of food and nutrition. The 2004 competition was no exception. Some 24 entries were received from 14 countries. These came from persons/agencies working in the fields of nutrition, education, agriculture and community development.

The competition is open to individuals/groups/agencies involved in activities/projects that will contribute to improvement of nutrition and food security. The project can be ongoing or completed with the last five years.

Entries were judged on relevance of objectives, creativity, impact indicators, use of appropriate communication strategies and channels.

Winners of the competition were presented with their awards at the annual awards ceremony in Antigua on November 17, 2004.

The ceremony formed part of a regional nutrition

conference, hosted by the Caribbean Food and Nutrition Institute (CFNI) from November 15 – 19, 2004.

Senior nutrition and health officials from around the Caribbean, as well as government ministers and a wide representation of persons in nutrition, education and agriculture in the region, attended the ceremony.

The Caribbean Nutrition Promotion competition is sponsored by Sagikor.

Other major sponsors included: Caribbean Flavors & Fragrances; Manpower & Maintenance Services Ltd.; ADM Jamaica Flour Mills; Barbados Dairy Industries Ltd.; Trinidad & Tobago Electricity Commission.



## Special Award:

### Aruba - Department of Public Health.

*Let's Join Hands to Feed Our Children Foundation.*

programs aimed at improving food and nutrition in the region.

The competition is regarded as a showpiece of efforts undertaken by individuals and agencies to improve the nutritional status of persons living in the Caribbean, as well as to strengthen food and nutrition security.

In addition to acknowledging the



## Special Award:

### Bahamas - Jack Hayward High School

*The Herb Garden Project.*



## Special Award: Barbados - National Nutrition Centre

*Promoting Food Security at the household level.*



# Caribbean Schools' Food & Nutrition Quiz 2004 Team Entries

