

The School Meals Planner

An easy-to-use tool to design nutritionally balanced and fully-costed school meals using locally available food.

Developed by the Partnership for Child Development, the School Meals Planner is the first tool of its kind to show the macro and micronutrient content of meals cooked with locally procured ingredients.

This innovative planner, available both online and offline, calculates the amount to which meals meet the recommended daily intake of key nutrients as identified by FAO/WHO.

Three in One

As well as a menu design tool, the School Meals Planner acts as an information access point for smallholder farmers looking to supply school feeding programmes and as a nutrition educational resource for schools.

A budgeting tool

By linking local market prices for the raw ingredients, the School Meals Planner shows users the actual cost of each meal.

With this information, programme managers are able to create accurate and realistic school meal budgets. As well as individual meals the tool enables users to plan daily, weekly and school-term menus. These menus can be saved, adapted and shared with those engaged in the production of healthy nutritious meals for schoolchildren.

Nutritionally balanced diets

To ensure schoolchildren have nutritionally balanced diets the School Meals Planner is designed to work in conjunction with community nutrition and hygiene education programmes, and with 'handy measures' – every day measuring utensils which caterers can use to accurately recreate balanced meals.

Adaptable to the local context

The planner is currently being used in Ghana and can be easily adapted to any country for which there is data.

To find out more visit
www.hgsf-global.org

Let's plan our meal together!



Planning your meal is as easy as 1-2-3

1. Log On

Open

www.hgsf-global.org/en/bank/menu-planner

Click "Guest Login" > Select "Create a Meal"

2. Create a Meal

Under "Edit Meal" amend the targets and age groups according to your preference.

To add different foods to the meal, for example 100g rice click  > type "rice" in the "Search for a food" box > add 100g in the "Weight per child (g)" box > click "Search" > click  on "Rice Polished".

The bar charts in the top right display Recommended Daily Allowances for energy, protein and fat alongside the nutritional content of rice.

To add rice to the meal select  .

Continue this process for other food items until you have completed the dish.

The nutritional value of the meal is shown by the Gingerbread Men and a Nutritional Overview Table summarising the meal's content.



3. Customize Nutritional Values

The planner can also highlight foods according to their nutritional value.

For example to find iron-rich foods click on the "Add New Food" and in the "By Highest Nutrient Value" dropdown box select "Iron". The Food Composition Table will now outline foods that have high iron content. Click  next to a desired food on the list to see what difference it makes to the meal's iron content.

For those without permanent internet an offline excel-based School Meals Planner can be downloaded.

To find out more and design your own meal visit

www.hgsf-global.org