

## Food Service Program at a Glance

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## As a Program Manager, I'm in charge of:

- Overseeing the school lunch program for all public schools:
  - Lunch program feeds about 2,259 public school students on a yearly basis
    - In the Public School System, there are 17 public schools: 16 elementary schools and 1 high school (Palau High School), and in the cafeterias are:
      - Approximately 30 cooks attending to the school kitchens and cafeterias every lunch hour
- Major role as a Program Manager:
  - Plans, organizes, and manages the Food Service Program and its operations
  - Supervises 4 staff, and works with 2 nutritionists (JICA volunteer and ICDF volunteer) who are assisting with the menu development and nutrition management pertaining to the student lunch menu
  - Establishes and implements guidelines and requirements for all activities
  - Monitors and evaluates program services to ensure productivity, safety, performance, and efficiency goals are met
  - Prepares and maintains records and reports on operation and progress of the program toward its objectives

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## I am passionate about providing healthy student meals and improving the Food Service Program:

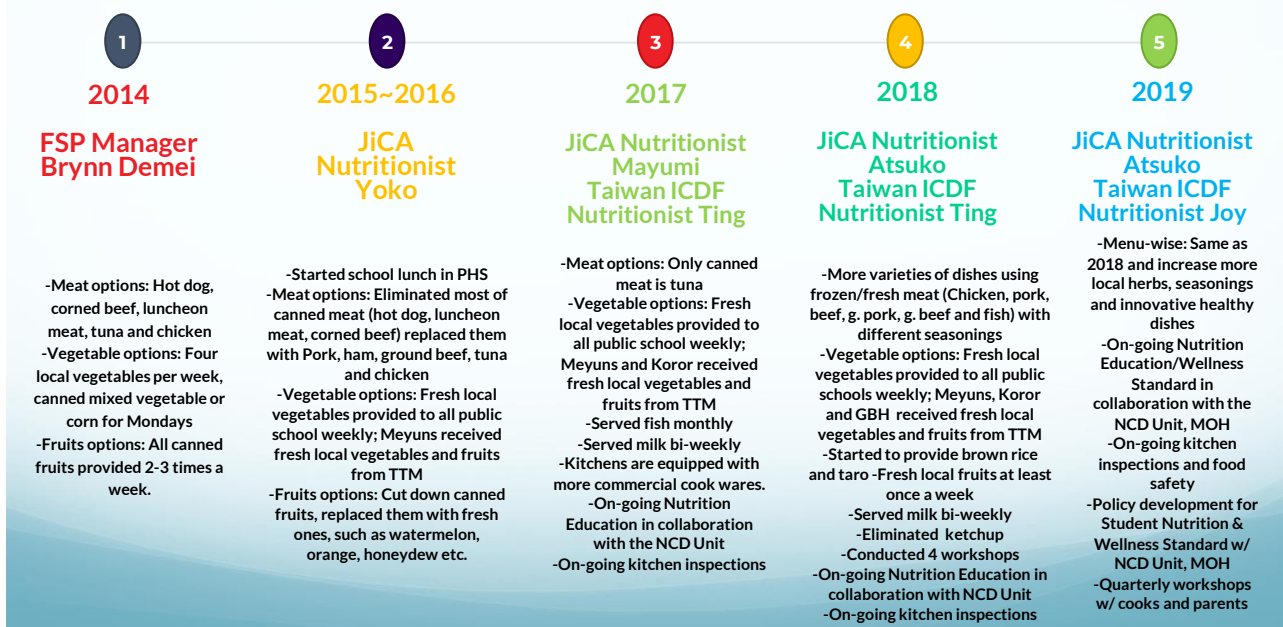
- Why? Because of the inactive lifestyle that have led to the NCD crisis in Palau
- According to a Hybrid Survey conducted in 2017 regarding NCD prevalence in Palau:
  - 9 out of 10 adults consume less than recommended amount of fruits & vegetables.
  - 2 out of 10 consume < 1 serving of fruits & vegetables daily.
  - Almost half (45.5%) of adults in Palau consume processed meat at least once per day.
  - More than 3 out 4 adults (77.4%) in Palau consume at least one sugar-sweetened beverage (SSB) each day.
  - 1 out of 2 adults in Palau are classified as having a low-level of physical activity.

Therefore, one of the priority areas for health improvement in Palau includes:

- Reducing overweight and obesity by improving diet/nutrition and increasing physical activity using evidence-based programs (ongoing projects)

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## FSP Timeline - What we've achieved for the past 5 years:



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## FSP Highlights at a glance



- 2014 - 2015: Eliminated corned beef, spam, and hotdog in the menu while acquiring cafeteria supplies
- 2015 - 2016: Increased budget by \$100K, switched from food vendors to cafeteria for Palau High School; started serving more fresh fruits & vegetables
- 2016 - 2017: Added staple meat options and increased fish, taro, plus fruit and vegetable amounts utilizing local vendors; revitalized work process and added mandated activities such as yearly inventories, etc.
- 2017 - 2018: Replaced outdated school kitchen appliances, added quarterly kitchen inspections and cook workshops; additional vehicle for errands and deliveries while utilizing resources from partner agencies
- 2019 - 2020: Continued to replace outdated kitchen items/appliances, conducted quarterly cook workshops and kitchen inspections, worked with NCD Unit to draft policies (Student Nutrition & Wellness Standard), improved school lunch menu, added new ICDF Nutritionist volunteer Joy Lin alongside JICA volunteer nutritionist
- 2020 - 2021: Nutritionist Joy Lin ended her term, and now have Dietitian Shiang Huang to help FSP; added \$100K to the budget in order to serve breakfast for all public schools come November; continued quarterly cook workshops and necessary trainings to revamp cooking skills for the cooks in order to uphold the idea of healthy student eating, both breakfast and lunch while awaiting budget increase

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## NCD prevention within the Ministry and collaborating agencies

- **Why?** To promote a healthy lifestyle for students to achieve in order to be healthier citizens today and years to come and also decrease the rise of NCDs in Palau
- **How?** Through ongoing activities that we do such as food/nutrition education throughout all the schools, improving student lunch menu, and creating health & nutrition policies mandated by the leaders of Palau (through policies we can implement and affect change)
- **When?** All the FSP activities are done monthly and quarterly basis throughout the school year as well as conducted cook workshops on a quarterly basis to help improve cooking skills as we implement healthier student lunch menus
- Lastly, collaborate with partner agencies such as the NCD Unit (MOH), other Ministries, nonprofit organizations, JICA, Taiwan Technical Mission, US Embassy, Japan Embassy, Taiwan Embassy, community partners, schools and parents as well, in order to help the fight against NCDs in Palau
- Until we have a perfect system, we have to continue to **CARE, COMMUNICATE, and COLLABORATE**

**BY TRYING TO BE CREATIVE AND INNOVATIVE, IN THE END: HEALTHY MEALS = HEALTHY KIDS**

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