

LOCAL FOOD TRENDS

Pohnpei Teachers Learn About Yellow Varieties and Nutrition in IFCP Workshop

An exciting workshop on the Yellow Varieties of Pohnpei local foods and other nutrition topics was held on January 19, 2006, at Condon Hall, sponsored by the Island Food Community of Pohnpei (IFCP) and Pohnpei Department of Education, with 26 elementary school teachers taking part.

The main goal of the workshop was to explain and spread the "Yellow Varieties" Message: Grow and eat yellow varieties to help protect against vitamin A deficiency, diabetes, heart disease, cancers and anemia (weak blood). This message was communicated to the teachers through brief lectures given by guest speakers, including Adelino Lorens of Pohnpei Agriculture, Yumiko Paul from Public Health and Welsy Hagilmai from the College of Micronesia-FSM Land Grant.

Educational materials, developed by IFCP, on the yellow varieties message including the Vitamin A Cards, the Pohnpei Bananas Book and the Pohnpei Banana Poster were distributed to the teachers. The video "Going Yellow" was shown and a study guide for the video was developed and distributed to reinforce the relationship between eating yellow local foods and health benefits. This video is the result of collabo-



IFCP Training of Teacher's Nutrition Workshop held on January 19, 2006 at Condon Hall, Catholic Mission emphasized the "Yellow Varieties" Message.

ration between IFCP, Micronesia Seminar, and the humanitarian agency Sight and Life, based in Switzerland and is now being shown regularly on Channel 6 of the local television.

Through the distribution of these educational materials, teachers will be able to relay the message on yellow varieties back to their students. Then it is hoped that from the students, this message will reach the parents. During the workshop teachers were also given a pre-test to take individually. The pre-test questions were on nutrition-related topics including vitamin A deficiency, anemia, diabetes, diet, hygiene, and basic good nutrition. In the afternoon, participants were split into groups to discuss and present the answers of the pre-test. The pre-test was developed as a tool for teachers to take back to the classroom.

A local food lunch of different dishes of giant swamp taro, breadfruit, banana, and fish was served, with coconuts and water for the refreshments.

(article continued page 2)

GO LOCAL Signs Promote Healthy Island Food

Three new striking billboard signs are adorning the roads of Pohnpei as an innovative project by the Island Food Community of Pohnpei to promote local island foods and their many benefits: improved health, food security, culture, economic savings, and the environment.

Two signs are set up in Kolonia, one on the main road by Pohnpei

State Hospital and one on the causeway near the airport, and one in Mand Village in Madolenihmw as a part of IFCP's project in that village focusing on increasing local food production and consumption and overall awareness of the relationship between diet, lifestyle, and health.

Some of the foods illustrated are particularly striking, as the panda-

nus, which is in the upper right hand corner, shining out in full glory like the sun! The Karat banana in the upper left hand corner with its erect bunch and red-skinned fruit is very noticeable. Breadfruit, coconut, taro and other foods are depicted symbolically to give an overall idea of island foods.

(article continued on page 2)

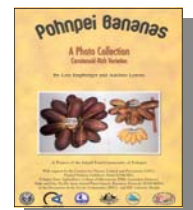
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Pohnpei Teachers Learn About Yellow Varieties	2
GO LOCAL Signs Promote Healthy Island Food	2
Survey Indicates High Consumption of Imported Food	2
Mand Drama Club Performs	3
Food Processing Committee Formed	3
Mand Gears Up to Plant	4
Nutrition Quiz	4

Learn more about Bananas - buy the



Come check out the new "GO LOCAL" billboards displayed on the cause way going to the airport, at the Pohnpei State Hospital, and in the village of Mand, Madolenihmw.

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Secretary/Treasurer

“The term GO LOCAL was coined some years ago by Bermin Weilbacher and was selected to be the written message on the sign”

Teachers Workshop (article continued)

The workshop was concluded with a brainstorming session on nutrition problems in the schools and recommendations on how to solve those problems. Teachers expressed concern about the poor diets of students, eating unbalanced meals at school, and the amount of junk food such as ramen, kool-aid, chips, candy, doughnuts, and soft drinks that students consume on a daily basis. The teachers recommended that more health training be provided for families, communities, and church leaders. The teachers also pointed out that local food production should be increased.

IFCP thanks Kun Isaac from the Department of Education for assisting in organizing and facilitating the workshop. We also extend our thanks to the guest speakers, all participants and to the New Zealand Embassy for funding support.

Recipe

Daiwang or Karat Banana Bread



3 1/2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
2 cups ripe *Daiwang* or *Karat* banana
2 tablespoons lemon or lime or *karertik* juice
1/4 cup butter, margarine, or shortening
1/2 cup sugar
3 whole eggs OR substitute with 1/3 cup oil
3/4 cup milk OR substitute with water or coconut cream

1. Mix flour, baking powder, and salt.
2. Mash bananas with a fork. Add lemon or lime or karertik juice.
3. Beat the butter with the sugar until well mixed. Add eggs or oil. Beat thoroughly until light.
4. Add the dry ingredients to the egg mixture in small amounts, adding a little bit of milk each time. Beat well after each addition.
5. Fold in the banana mixture. Mix well.
6. Pour mixture into two greased loaf baking pans. Bake at 350 degrees Fahrenheit for 1 hour.

Note: Less sugar should be used with *Daiwang* as it is rich in natural sugar.

Go Local Signs Promote Island Food (article continued)

The artwork design shows a father working on the land and kneeling to plant a small seedling, with his young child at his side, showing the idea of teaching the new generation and passing on traditional knowledge and care of local foods, with the mother nearby involved in preparing food for eating.

The term GO LOCAL was coined some years ago by Bermin Weilbacher and was selected to be the written message on the sign as it refers both to local foods and local knowledge and culture, and is

a well-known term in Pohnpei.

IFCP would like to thank all the people who have assisted in this project, firstly Nena Nena, FSM Secretary of Health, Education and Social Affairs, who provided the idea; Bermin Weilbacher for the GO LOCAL term; Wehns Billen for the concept and art design; and Pohnpei Arts and Craft for the painting, construction, and installment. Captain Benido of the Department of Public Safety is thanked for his time in approving the sites and ensuring of their road

safety. A final thanks goes to the German Embassy based in Manila, Philippines, for funding this project.

We hope that the signs provide a reminder of the values of local foods, including the important messages related to healthy diet of local foods, healthy foods, and improved health!

Survey Indicates High Consumption of Imported Foods

A dietary assessment carried out in August 2005, in Mand, Madolenihmw, revealed that only 27% of the energy consumed by the adult female participants was from local food, the rest provided by imports. Among children an even smaller proportion of the energy consumed was from local foods (16%).

These results are from a random sample survey, conducted as part of the project entitled “Documentation of the Traditional Food System of Pohnpei” spon-

sored by the Island Food Community of Pohnpei. Yumiko Paul, of Pohnpei Department of Health, Welsey Hagilmai, of COM/FSM Land Grant, and Pelihna Moses of Mand Community served as the interviewers, assisted by Douglas Nelber, Department of Land and Natural Resources.

In collecting the data, a 24-hour recall method was used (asking adult participants to recall each food/drink item consumed in the past 24 hours and the amount, and to provide this information as

proxies for their children). Data from 44 adult women and 27 children (aged 1-10 years) were obtained for two non-consecutive days.

The survey revealed that rice and fish were the two food items most frequently consumed by the women, followed by flour products (donuts, pancakes, bread and ramen), chicken and other meats, and banana and breadfruit (this was in the heart of the breadfruit season). Vegetables and fruits were not commonly consumed.

The survey also revealed that 62% of the protein consumed by the women was from imported sources. The levels of protein were sufficient but were far over the estimated requirements. The mean intake of protein for non-lactating (not breast-feeding) females was 109 grams per day, but the estimated requirement is only 45 grams.

On the other hand, vitamin intakes were very low. This puts the women and children at risk to infection and other health problems.

(article continued page 4)



Mand Drama Club Performs

An exciting premiere drama performance by 20 children of Mand Community, Madolenihmw, took place on Sunday, November 13, 2005, at a large community meeting in the Community Hall in Mand. Mr. Rohaizad Suaidi, instructor at the College of Micronesia-FSM, National Campus, led this activity, supported by the Island Food Community of Pohnpei.

Something is very special about the Mand Drama Club...it focuses on learning about the values of local island food, and making this into a fun activity!

At this event two groups performed. Twelve younger children, around 10 to 12 years old, did a song and dance skit. They took on roles of different island foods and said which they are. For example, one said "I am taro (mweiang)... and I am full of vitamins!!" In their bright yellow Mand Drama Club t-shirts, with a GO LOCAL theme, the children made a very cute appearance.

The eight other children performed "conflict scenarios" that they themselves helped to write.

Each of these involved a scene between a "parent" and a "child" and reflected some common situations with a problem relating to local foods versus imported foods.

For example...the first story unfolds with the mother/parent motioning that she is putting out the food to eat on the plate, but this is local food, and there is a bit of an outcry from the child...with the following lines:

Child: Where is the rice?

Parent: Today we are having taro.

Child: But I want rice.

Parent: You had rice yesterday.

Child: I like rice, I want to eat rice everyday!!!



Mand Drama Club led by Mr. Rohaizad Suaidi performs for the first time on Sunday, November 13, 2005 at the Community Hall in Mand.

.....then the story goes on, with the children deciding how the drama should go forward and end...So you will need to ask for a performance from the children, then you will find out what happened in the end!!

Thanks go to the New Zealand AID for their support in this project, as well as the Centre for Indigenous Peoples' Nutrition and Environment. Special thanks go to Rohaizad who worked with the children on Sunday afternoons to develop the performance. Thanks to Kiped Albert, Douglas Nelber, and Yumiko Paul who assisted Rohaizad and thanks to the children for their enthusiastic involvement. Also, thanks to Jim Currie, who put forth the idea for IFCP to have a village theater type activity for promoting island foods.

Food Processing Steering Committee Formed

Participants from the food processing workshop sponsored by the Island Food Community of Pohnpei (IFCP) held at Condon Hall on October 10th, 2005, met at the conference room at the Office of Agriculture the following week to discuss the potential of processing, marketing, and selling local food products in Pohnpei. Members of the group included Pelihda Waltu, Elnohra Suldán, Samuel Washington, Joseph Donre, Heliver Syne, Yulihse Lanzo, Asipa Albert, and Emy

Musrasrik. Adelino Lorens of the Office of Agriculture and Amy Levendusky of the IFCP facilitated the meeting.

The group decided to form a steering committee and elected Mr. Samuel Washington as the Chairman. This committee will work to develop, market, and sell processed local food products in Pohnpei. The group will also be responsible for finding funding sources to potentially start a small-scale cooperative local food processing business. They will also

work to identify a location from where their processed goods can be sold.

Members of the group agreed to first work on developing their own local food products on an individual basis. Each member will share his/her progress at the next meeting. Meetings will be held on the third Wednesday of each month at the SPC office inside of the Botanical Gardens.

The Island Food Community of Pohnpei will work closely with the

steering committee to provide any needed assistance especially in the form of lending out food processing equipment. Dr. Richard Beyer, food scientist based in Fiji, who led the food processing workshops, will also be available to assist the steering committee through email on an as needed basis. Any one interested in learning more about local food processing is encouraged to call the IFCP office at 320-3259 or 320-8639.



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This is an official publication of the Island Food Community of Pohnpei.



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Mand Community Gears Up to Plant

On December 8, 2005, members of the Mand Community Working Group received planting tools as awards in the first round of the Mand Planting and Weight Loss Competition, initiated in September 2005, in a project coordinated by the Island Food Community of Pohnpei.

The first round of awards focused on the planting part of the competition and involved careful recording and monitoring of plants planted and cared for. The top eight prizes (shovels) were awarded to: Asipa Albert, Nelihsr James, Eshed Pedrus, Lohla James, Elene Edward, Ihser George, Rosiana Semes, and Meshihner Jose. Others participating received machetes, sharpening stones and files.

The Mand Community Working Group aims to increase their production and consumption of local foods. So far efforts have focused on planting taro, banana including the yellow-fleshed banana varieties as *Karat* and *Utin lap*, citrus (*Karertik*), soursop,

and a variety of vegetables.

The German Embassy, based in Manila, Philippines, is kindly thanked for the funds which provided these awards, as a part of their Small Grants Program for development initiatives.

High Consumption of Imported Foods (article continued)

The mean intake for the non-lactating female adults was 225 Retinol Equivalents (RE) (vitamin A is expressed by the combination of retinol from animal sources and provitamin A carotenoid from plant sources), but the estimated requirement for that group is 500 RE! Almost none of the children met the estimated requirements. Also very few of the children met estimated requirements for vitamin C.

Only 63% of the non-lactating females met the estimated vitamin C requirements, the lactating adults doing better, 83% of them meeting the estimated requirements.

IFCP would like to thank the Mand community for making this project possible. We would also like to thank our collaborating partners including the Pohnpei Office of Economic Affairs, COM/FSM Land Grant, Department of Health, and the Department of Land and Natural Resources. Thanks are also extended to the Office of Economic Affairs and the Secretary of the Pacific Community (SPC) Pacific German Regional Forestry Project (PGRFP) for providing transport to the village and to the Centre of Indigenous Peoples' Nutrition and Environment (CINE), PGRFP, and Sight and Life for support funds and materials.

Nutrition Quiz

Questions:

1. What substance is in yellow-fleshed plant foods and is converted in the body to vitamin A?
2. Vitamin A protects us against which two health problems?
3. Which Pohnpei banana variety contains the most beta-carotene of all?
4. What common staple food contains no beta-carotene at all?
5. Which breadfruit variety of Pohnpei has the most beta-carotene?

Answers:

1. beta-carotene
2. night blindness and infection
3. Utin lap
4. rice
5. Mei Kole