

**NATIONAL  
SCHOOL  
NUTRITION  
PROGRAMME**

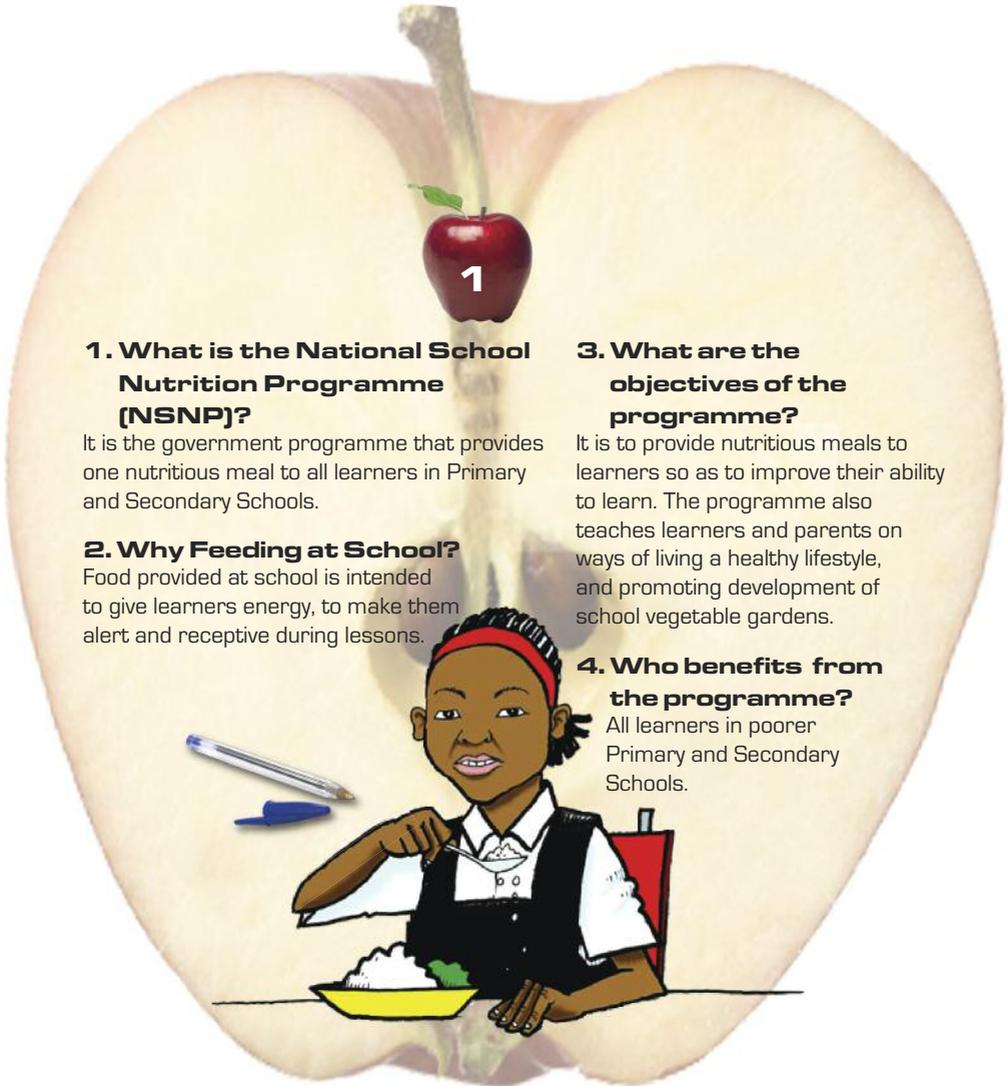
**QUESTIONS & ANSWERS**



basic education

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA





1

### **1. What is the National School Nutrition Programme (NSNP)?**

It is the government programme that provides one nutritious meal to all learners in Primary and Secondary Schools.

### **2. Why Feeding at School?**

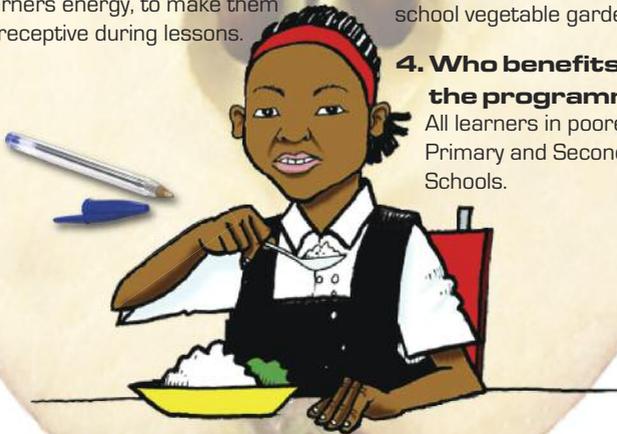
Food provided at school is intended to give learners energy, to make them alert and receptive during lessons.

### **3. What are the objectives of the programme?**

It is to provide nutritious meals to learners so as to improve their ability to learn. The programme also teaches learners and parents on ways of living a healthy lifestyle, and promoting development of school vegetable gardens.

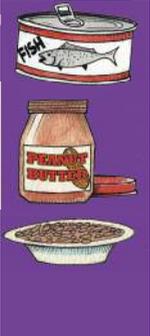
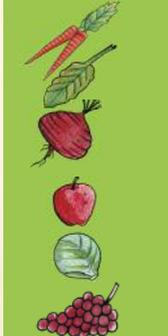
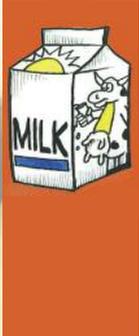
### **4. Who benefits from the programme?**

All learners in poorer Primary and Secondary Schools.



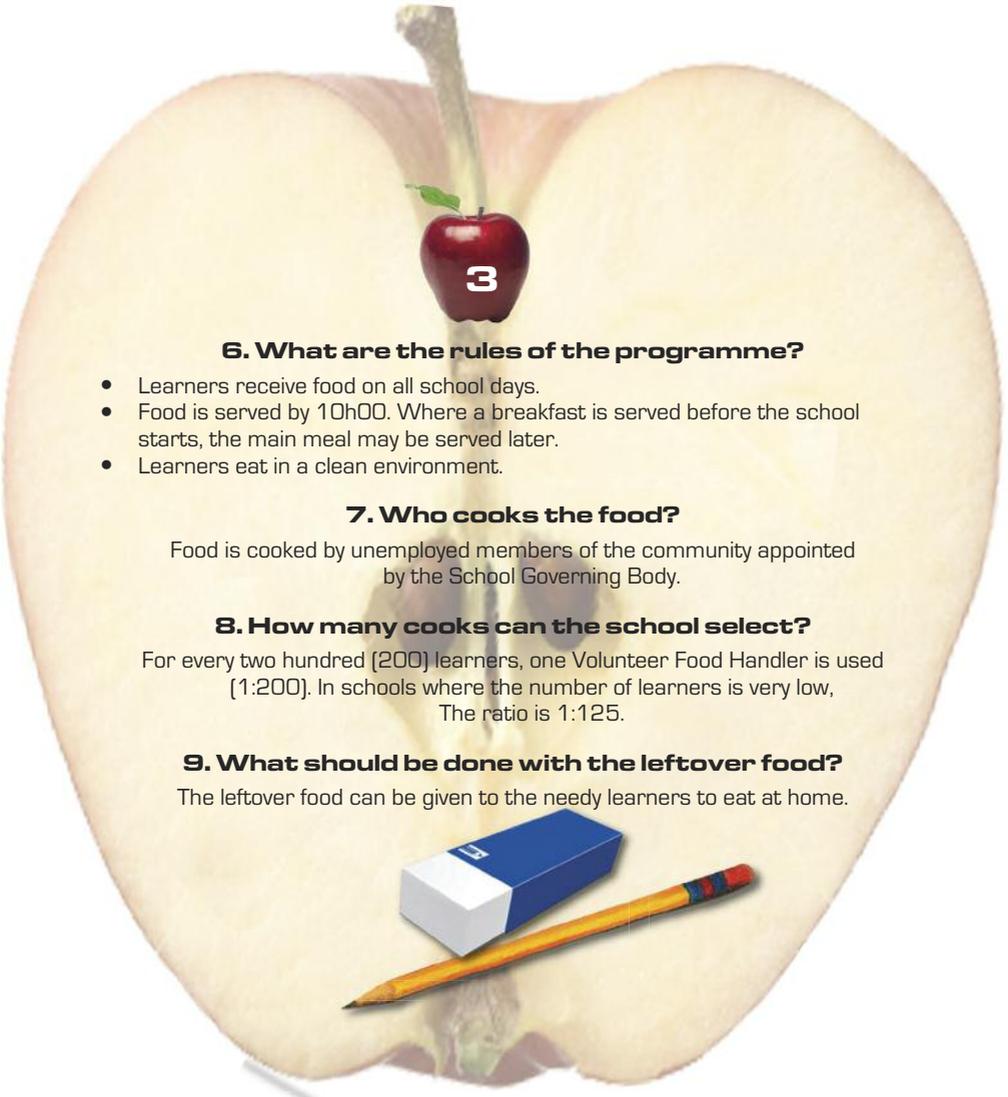


## 5. What does a school meal consist of?

MEAT GROUP	FRUIT & VEGETABLE GROUP	MILK GROUP	GRAIN GROUP	FATS & OIL GROUP
				

- Protein (Soya, Fish, Eggs, Milk, Sour milk, Beans and Lentils)
- Fresh Fruit and Vegetable
- Carbohydrate/starch

A variety of protein is served per week. Soya should not be served more than twice a week. Fats/oil, salt and flavourants are added to make the meals tasty. Fresh vegetable or Fruit should be served daily.



3

### **6. What are the rules of the programme?**

- Learners receive food on all school days.
- Food is served by 10h00. Where a breakfast is served before the school starts, the main meal may be served later.
- Learners eat in a clean environment.

### **7. Who cooks the food?**

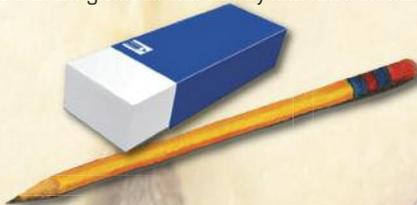
Food is cooked by unemployed members of the community appointed by the School Governing Body.

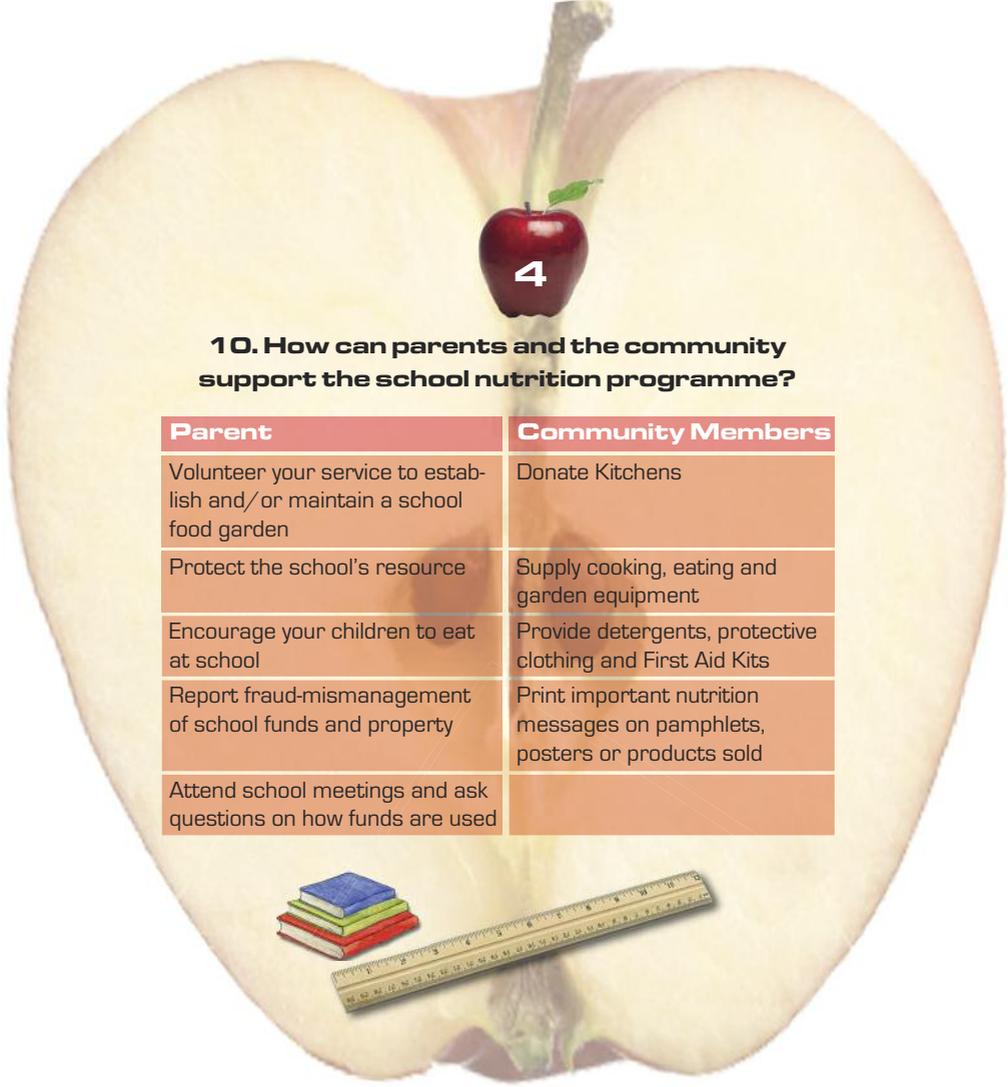
### **8. How many cooks can the school select?**

For every two hundred (200) learners, one Volunteer Food Handler is used (1:200). In schools where the number of learners is very low, The ratio is 1:125.

### **9. What should be done with the leftover food?**

The leftover food can be given to the needy learners to eat at home.



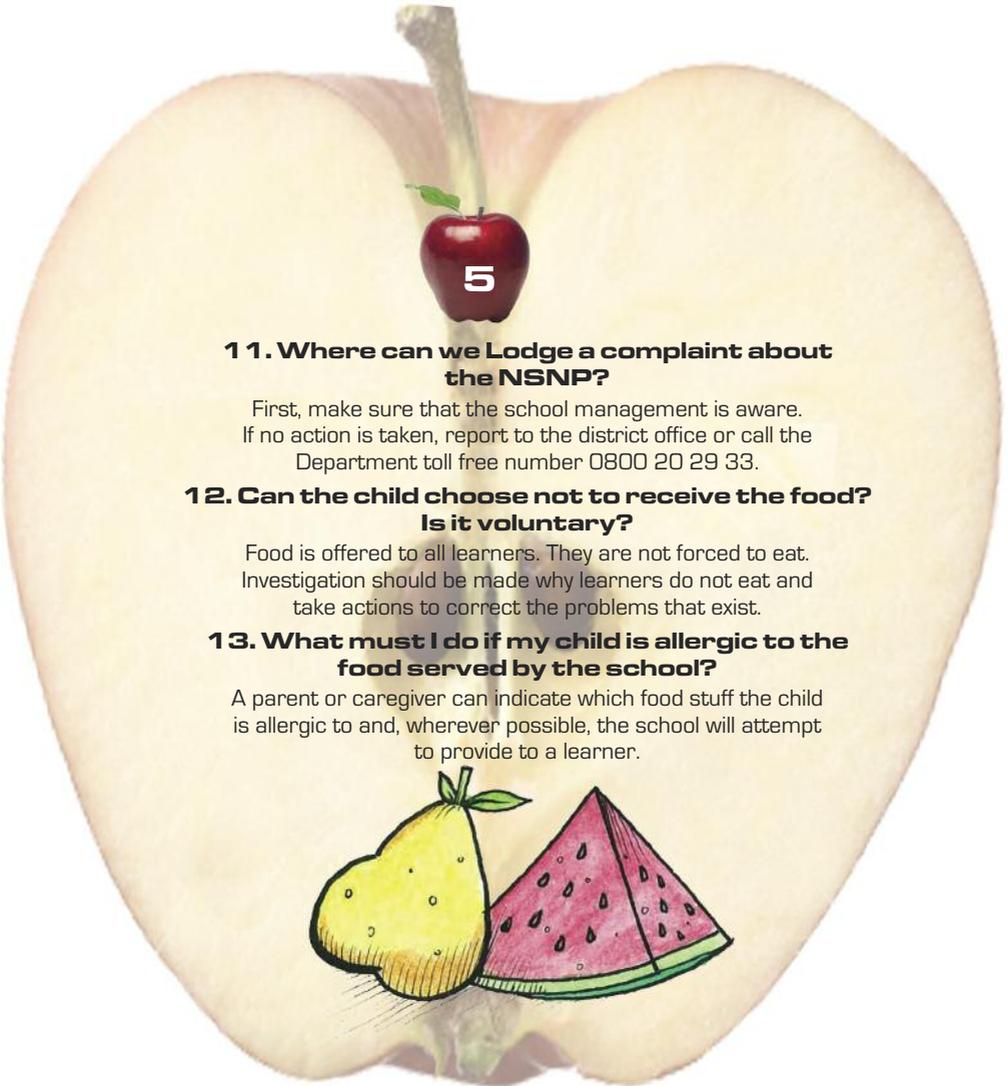


4

### 10. How can parents and the community support the school nutrition programme?

Parent	Community Members
Volunteer your service to establish and/or maintain a school food garden	Donate Kitchens
Protect the school's resource	Supply cooking, eating and garden equipment
Encourage your children to eat at school	Provide detergents, protective clothing and First Aid Kits
Report fraud-mismanagement of school funds and property	Print important nutrition messages on pamphlets, posters or products sold
Attend school meetings and ask questions on how funds are used	





5

**11. Where can we Lodge a complaint about the NSNP?**

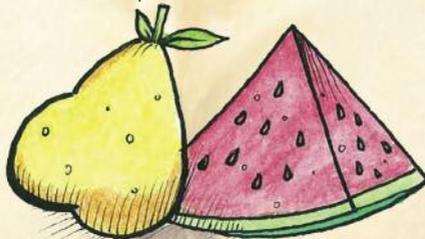
First, make sure that the school management is aware. If no action is taken, report to the district office or call the Department toll free number 0800 20 29 33.

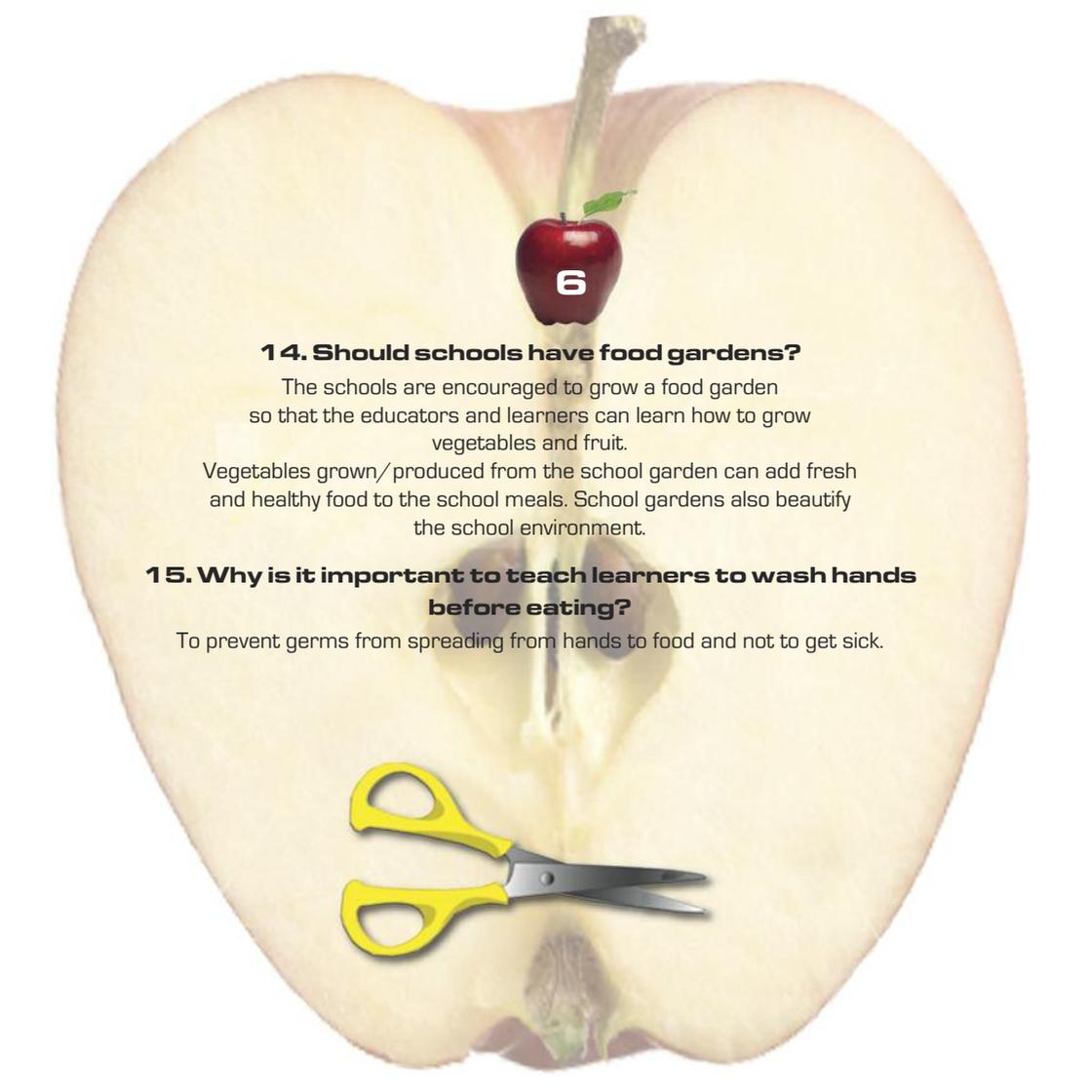
**12. Can the child choose not to receive the food? Is it voluntary?**

Food is offered to all learners. They are not forced to eat. Investigation should be made why learners do not eat and take actions to correct the problems that exist.

**13. What must I do if my child is allergic to the food served by the school?**

A parent or caregiver can indicate which food stuff the child is allergic to and, wherever possible, the school will attempt to provide to a learner.



A large, sliced apple core is the central focus, showing the white flesh and brown seeds. At the top of the core, a small red apple with a green leaf is attached. At the bottom of the core, a pair of yellow-handled scissors is positioned. The number '6' is printed in white on the red apple.

6

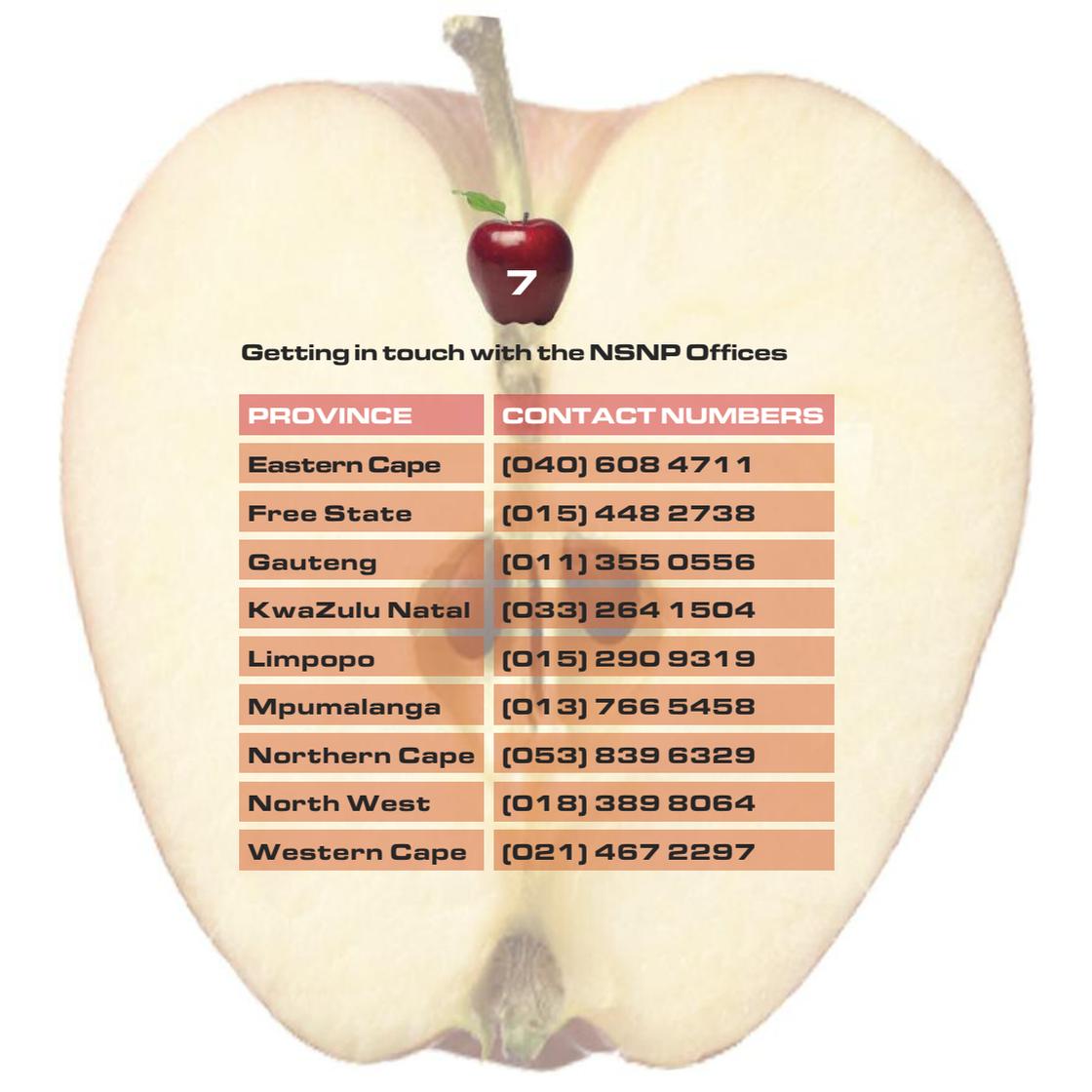
**14. Should schools have food gardens?**

The schools are encouraged to grow a food garden so that the educators and learners can learn how to grow vegetables and fruit.

Vegetables grown/produced from the school garden can add fresh and healthy food to the school meals. School gardens also beautify the school environment.

**15. Why is it important to teach learners to wash hands before eating?**

To prevent germs from spreading from hands to food and not to get sick.



7

### Getting in touch with the NSNP Offices

PROVINCE	CONTACT NUMBERS
Eastern Cape	(040) 608 4711
Free State	(015) 448 2738
Gauteng	(011) 355 0556
KwaZulu Natal	(033) 264 1504
Limpopo	(015) 290 9319
Mpumalanga	(013) 766 5458
Northern Cape	(053) 839 6329
North West	(018) 389 8064
Western Cape	(021) 467 2297



**How to contact us**

If you would like to provide technical and/or material support to a school(s) or the National School Nutrition Programme in general, or if you require additional information, please contact:

**The Director**

National School Nutrition Programme

Private Bag X895

Pretoria

0001

Tel: (012) 357 3591/3419

Fax: (012) 324 0260

Email: [Rakwena.n@dbe.gov.za](mailto:Rakwena.n@dbe.gov.za)

Website: [www.education.gov.za](http://www.education.gov.za)

Street address:

Sol Plaatje House

222 Struben Street

Pretoria