

However, Toro kingdom has denied land in Kamwenge.

land, Toro kingdom is planning to minister,

# Bugiri district secures sh500m for micronutrient foods

## BUGIRI

By Moses Bikal

Bugiri district has secured a sh500m grant from the World Bank to help provide micronutrient foods to over 200,000 pupils in 100 primary schools.

The district production officer, Paul Isiko, during the launch of Uganda multisectoral food and nutrition projects at Kikonko on Saturday, said the money would enable beneficiary schools set up demonstration gardens.

Isiko said the gardens would enable pupils learn how to plant micronutrient foods as a way of fighting malnutrition.

Isiko said many parents shun micronutrient foods and instead resort to eating meat



**Agriculture ministry and district officials look at a demonstration garden at Bugiri Primary School**

and junk foods such as chicken and chips.

"People have a misconception

that micronutrient foods are for the poor. It is not true," he said.

The assistant chief

administrative officer of Bugiri, Godfrey Wanyama, said schools that fail to perform well under the programme risk being thrown out.

"We want parents to be brought on board to ensure the programme becomes a success," he said

The LC5 chairperson of Bugiri, Marijani Azalwa, expressed concern over the poor feeding habits among pupils in the district, which he said had contributed to the high levels of malnutrition in children below five years.

The assistant commissioner in charge of nutrition in the agriculture ministry, Alex Bambona, urged the schools to utilise the funds to ensure malnutrition is wiped out.

Bambona said following success stories of the

## MICRONUTRIENT FOODS

- Vitamin A: Milk, cheese, eggs (yolk), orange, yellow fruits and vegetables.
- Vitamin B: Legumes, whole grain cereals, nuts, seeds, green leafy vegetables.
- Vitamin C: Citrus fruits, broccoli, strawberry, parsley, cabbage.
- Vitamin D: Citrus fruits, broccoli, strawberry, parsley, cabbage.
- Vitamin E: Olives and olive oil, avocado, whole

grain cereals.

- Iron: Lean meat, green leafy vegetables, legumes

- Calcium: Dairy products, almonds, tahini, green leafy vegetables

- Magnesium: Nuts, seeds, whole grains, legumes, green leafy vegetables.

- Zinc: Lean meat, chicken, fish, sunflower and pumpkin seeds

- Selenium: Brazil nuts, wheat germ, sunflower seeds, oats.

multisectoral food and nutrition project in Uganda, countries like Rwanda and

Malawi had also adopted the project to fight malnutrition among its pupils.