

Session 11: Food by Prescription in the CCC

Purpose: During Session 11 participants will learn about the concept of Food by Prescription (FBP), the purpose of FBP, and key aspects in implementing food interventions in a CCC.

Objectives: By the end of the session, participants should be able to:

6. Describe FBP and its purpose.
7. Know the current entry and exit criteria for the FBP program in Kenya.
8. Identify the key support needed for clients on the FBP intervention.

Advance preparations:

4. Be familiar with the *Food by Prescription Guidelines* in the Tool Kit pp. 62–64.
5. Have the session objective(s) written on a flip chart or PowerPoint.

Proposed Session Time: 110 minutes

Topic 11.1: Review the objectives of Session 11 (Listed above; use PowerPoint or flip chart.) *(5 minutes)*

Topic 11.2: Definitions and purpose of FBP *(35 minutes)*

Brainstorm: What is FBP? How is it different from conventional food supplementation programs, e.g. by WFP or by community groups?

Brainstorm:

- What do the Kenya National Guidelines recommend for food for PLHIV
- Types of foods distributed to PLHIV in Kenya, the challenges of distributing each food, and how the challenges could be addressed.

Types of foods include fortified UNIMIX, infant formula, special corn-soy blend (CSB), (e.g. Foundation+), F100 and F75, Plumpy'nut.

Brainstorm: What is the purpose of FBP interventions in the CCC? Use the PowerPoint to fill in the responses given.

Topic 11.3: Entry and exit criteria of FBP interventions (60 minutes)

Distribute a handout of sample criteria used by a program in Kenya and the *Guidelines for Food by Prescription* provided in the Tool Kit.

Group Work:

- Ask participants to break into groups.
- Ask the groups to discuss the entry and exit criteria used for the PEPFAR Food by Prescription Program in Kenya for the different target groups seen in the CCC and in PMTCT clinics.
- Ask each group to identify possible challenges to using the criteria and ways to address these challenges.
- Ask each group to present in the plenary; allow time for discussion.

Topic 11.4: Integrating food/FBP with other services in a CCC (10 minutes)

Plenary Discussion: What challenges may be experienced in implementing food-by-prescription in your workplaces? Consider the following:

- Staff time (workload)
- Logistics management (e.g. ordering the food, keeping the paper work)
- Food security and other needs not addressed by the program
- Support from other staff in the CCC

Topic 11.5: Other support needed for FBP interventions (10 minutes)

Brainstorm: What other support do PLHIV on FBP interventions require? For example, nutritional education on the importance of balanced diets, increased energy intake, hygiene and sanitation, demonstration of preparation of foods, drug-food plans, guidance on incorporating the food into daily consumption as a snack or a component of the main meals.

Summarise the session to make sure that participants understand the criteria for providing food by prescription.