

PD-AR-428

100-40530

THIRD EVALUATION

AND

FINAL REPORT

1975-1979

OF

NUTRITION PROJECT

CRS/JWB 75/2

GRANT NO. AID/NESA-G-1182

TABLE OF CONTENTS

	<u>Page</u>
I. Introduction	1
II. Pre-Project Planning	1
III. General Project Objectives	2
IV. Project Description	3
1. Recruitment and Training of Staff	3
2. Training and Supervision of Personnel from Charitable Societies:	4
(a) Cooperating Societies	4
(b) Training and Supervision	5
3. Training of Mothers	9
4. Weight Surveillance of Children of Pre-School Age	12
5. Distribution of PL 480 Commodities	14
6. Preparation of Visual Aids.	15
V. Review of Project Achievements:	16
(a) Assessment of Project Impact by Government Officials and Leading Members of the Charitable Societies.	16
(b) The Impact of the Nutrition Education Project as Assessed by the Project Staff.	19
(c) The Value and Impact of the Nutrition Project Activities as Assessed by the Former Trainees, now conducting Mothers' Classes.	22
VI. Additional Activities.	26
VII. Financial Support.	28
VIII. Summary and Conclusions.	29
IX. Acknowledgements.	33
X. Pictorial Supplement.	34
XI. Visual Aid Booklet.	45

APPENDICES:

1. Total Number of Classes Held and of Mothers and Children Reached.
2. Summary of Attendance in Mothers' Classes.
3. Lessons and Demonstrations Included in Classes for Mothers.
4. Summary of Changing Practices.
5. Summary of Weight Surveillance.
6. Number of Children Weighed and Main Reasons for Drop-out.
7. Financial Statement.
8. Map with Location of Centers.
9. Descriptive Summary of the Charitable Society-Centers.
10. Inventory of Non-Expendable Commodities, Purchased with Grant Funds.

4

THIRD EVALUATION AND FINAL REPORT OF CRS/JWB NUTRITION EDUCATION PROJECT 75/2
GRANT NO. AID/NESA-G-1182 (Regional)
1975 - 1979
=====

I. INTRODUCTION

Catholic Relief Services-USCC (CRS) on June 30, 1975 was granted by the United States Agency for International Development (AID), the sum of US\$ 281,450 (Two Hundred Eighty One Thousand and Four Hundred Fifty dollars) for the support of a three year Project of Nutrition Education in East Jerusalem and the West Bank.

The Project became operational in October 1975.

An extension of the Project was granted in May 1978 and the Project extended for a fourth year, until September 30, 1979. An additional grant of US\$ 94,370 (Ninety Four Thousand and Three Hundred Seventy dollars) brought the total amount of the grant to US\$ 375,820 (Three Hundred Seventy Five Thousand and Eight Hundred Twenty dollars).

In accordance with the Grant agreement the final report should include an evaluation of the effectiveness of the nutrition program operating in centers and sub-centers reached by the Nutrition Education Project.

This report is submitted in fulfillment of this requirement.

II. PRE-PROJECT PLANNING

During its activities CRS/Jerusalem had come in contact with the many Charitable Societies on the West Bank that were involved with a number of activities for the benefit of the women and their families and communities.

A visit to Jerusalem by CRS Regional Nutritionist provided an opportunity for discussions with leading members of some of the well established Societies to ascertain whether these Societies were in need of any assistance that CRS might be able to offer.

While the Charitable Societies on the West Bank and in the Old City of Jerusalem were sponsoring many useful activities, including MCH services, kindergartens, sewing and knitting classes, there was no program concerned with nutrition education and the instruction of mothers in child feeding and care.

It became evident that there was a need for the training of some members of the Charitable Societies or their staff in basic nutrition, to enable them in turn to instruct mothers.

With the expressed interest of a dozen Societies CRS/Jerusalem prepared a first draft project proposal for submission to AID in January 1974. A final draft was submitted to AID in May 1975.

In the meantime work in preparation for the implementation of the Project continued.

CRS Regional Nutritionist in collaboration with the Social Worker attached to CRS/Jerusalem office continued to survey the conditions of the Societies and their members with respect to nutritional problems and feeding practises.

Based on the findings and her long experience in the field of nutrition education, CRS Regional Nutritionist, at that time, drew up plans for a syllabus and lessonplans for a training course for personnel from the Charitable Societies, as well as lessonplans for classes for mothers, and a schedule of work for these training programs.

The lessonplans for mothers' classes were translated by a local teacher. Not being a nutritionist he was not familiar with the specific terminology of the subject. The staff later revised these lessonplans.

The preparatory work, undertaken before there was an assurance of a grant, later facilitated the initiation of the project activities upon receipt of the grant.

III. GENERAL PROJECT OBJECTIVES

The Grant document outlined the objectives of the project as follows:

"To assist selected Arab Ladies Organisations (ALO) in the Arab villages of the East Jerusalem/West Bank area of the Jordan River to develop, sustain, and improve family nutrition, particularly of vulnerable pre-school family members and thereby improve the nutritional status of malnourished children and rural families".

While the objectives remained the same it was soon found that not all of the organisations with which the Project was cooperating were Ladies Organisations. The abbreviation ALO was misleading and not understood. Many of the organisations were directed by male Board members, some had mostly male members, with only a few women members. Even Societies with mostly a male membership displayed an eagerness to initiate projects for the benefit of the women and their families and communities.

Three of the Societies with which the Nutrition Education Project cooperated were Red Crescent Charitable Societies. Most of the others were also called Charitable or Benevolent Societies, one an Infant Welfare Center and another a Children's Center.

For the sake of simplicity all the participating organisations, societies and centers are designated as "Societies" in this report.

IV. PROJECT DESCRIPTION

The Grant document outlined the activities that CRS should accomplish "so that 'the Societies' will continue to provide family nutrition education activities in centers and village out-reach programs upon the completion of the Project".

The Nutrition Project covered four main activities to achieve this goal:

1. Recruitment and training of staff; that was scheduled to include one nutrition educator, two teachers and two assistant teachers of food and nutrition, and supportive staff.
2. Training of personnel from the Charitable Societies.
3. Training of mothers.
4. Weight surveillance of children of pre-school age.

1. Recruitment and Training of Staff

While the original plan was for CRS to recruit staff locally, it was not possible to find a local nutrition educator to head the Project. A non-Arabic speaking nutritionist had to be assigned as Project Chief, which had its disadvantages as Arabic was the language of communication both with trainees^{and} in classes for mothers.

The problem was further aggravated by the need for change of personnel to head the Project. The post was temporarily filled by the CRS Regional Nutritionist from October 1975 to March 15, 1976, when a nutritionist from the United States took charge of the Project until her departure in November 1976, due to a death in her family. The CRS Regional Nutritionist again took charge of the Project as from December 22, 1976 to June 30, 1977. The new Project Chief, who took charge of the Project as from July 1, 1977 remained to the termination of the Project.

In the beginning of the Project there were difficulties in finding suitable candidates to fill the four posts of teachers and assistant teachers. Only three persons were recruited in 1975 to fill the four posts.

In-service training was provided to the first three members of the Nutrition Project staff. The attendance records and grades for these staff members in training were included in the second semi-annual report of the Project.

One of those staff members left for AUB in Lebanon to register for her thesis. She did not return to the Project. A new staff member was recruited in January 1976 as her replacement.

An assistant teacher, who joined the Project in September 1976 was given in-service training along with the participants in the second nutrition training course for personnel from the cooperating Societies.

An additional assistant teacher was recruited in November 1976 from among the graduates of the first nutrition training course for personnel from the Charitable Societies. One of the assistant teachers was up-graded to teacher. With the expansion of the program to areas in the Northern Region of the West Bank the need for additional personnel became evident. A graduate from AUB, resident in the Nablus area, was engaged on a part-time basis to assist with the training course held in Nablus in 1977.

Two graduates of the training courses held in Nablus and Jenin in 1977 were engaged on a part-time basis as from October 1978 to assist with the supervision of the program in the Nablus and Jenin areas. They also participated in the second training course held in Nablus and contributed to this course out of their experience in the field.

The supporting staff who joined the Project from its inception remained throughout the duration of the Project. Additional drivers were engaged as necessitated by the expansion of the Project.

All the Project staff showed great interest in their work for the improvement of nutrition education on the West Bank and Jerusalem.

2. Training and Supervision of Personnel from Charitable Societies

(a) Cooperating Societies

The original Project proposal visualized collaboration with 12 Societies on the West Bank and in Gaza, and possibly two additional Societies in the Northern District of the West Bank.

Only nine Societies became involved from the beginning of the Project. Other Societies soon became aware of the activities and no less than 26 Societies were collaborating with the Nutrition Education Project by 1977, and 44 Societies by 1979. Three additional Societies cooperated with the Project for some time, but discontinued their activities in the field of nutrition education, though two of them continued to weigh those children who had been enrolled in the program.

Four Societies were able to establish sub-centers in addition to their main center activities. A list of the 47 Societies and the location of their centers on the map is found in appendix 8.

It should be noted that more village Societies expressed an interest in joining the CRS sponsored nutrition program, but the need for guidance and consolidation of the on-going program prevented further expansion to additional village centers.

The size and nature of the communities served by the Societies varied considerably. Some of them were urban communities with well established Societies operating different types of activities; some of them had a sophisticated MCH-service. Most of the Societies were located in rural communities, some in large rural communities as Abu-Dis and Yatta with 15-20,000 inhabitants, but most of the smaller communities in the Hebron, Nablus and Jenin areas.

The sub-centers were established in small rural communities. One in El-Uja included many nomads among its inhabitants. Two sub-centers served bedouines living in their tents in Al-Jahaleem and Arab El-Dahouk, located between Jerusalem and Jericho.

These smaller communities were the ones in greatest need of assistance. Many of the women who participated in the program from these areas were illiterate. In other places also some well educated women were participating in the program.

As the degree of sophistication among the participating groups varied, so did the facilities of the Society-centers, which ranged from primitive to good. Some of the Societies were able to expand their facilities either by adding to or remodelling their buildings or transferring to new quarters. A couple of Societies were able to build new centers with the aid of the CRS sponsored Rural Development Project.

While none of the Societies included nutrition education among their activities at the beginning of the Nutrition Project, 44 Societies that collaborated with the CRS sponsored Nutrition Project came to include courses in nutrition for mothers.

Thus over the four year Project period a number of changes and improvements took place in the centers of the Charitable Societies. Additional activities were added to their program. The Nutrition Education Project in some measure contributed to these developments.

(b) Training and Supervision of Personnel

The original three-year Project was scheduled to train 60 persons from altogether 14 Charitable Societies, to act as teachers of Nutrition in classes for mothers to be held at the Society centers.

The expansion of the activities to 44 Societies made it necessary to train a greater number of people. There was also need to train replacements for those who for some reason or other could not continue to serve the Societies that had nominated them to a training course.

During the four-year Project period eight training courses of 160 hours each were held, with a total enrolment of 149 trainees. Five additional persons took the course, three of them CRS staff members and two of them attached to the office of the Union of Charitable Societies.

The first two training courses, as also the seventh course, were held at the Nutrition Center in Jerusalem.

As the Project spread to the Northern Region and to villages to which there were limited means of public transportation it became difficult for candidates from these areas to attend training courses at the Nutrition Center in Jerusalem. There was also some reluctance among the parents to let their young daughters travel away from home, sharing public transport with men.

Training courses were therefore organised also in Nablus, Jenin and Hebron areas. This facilitated the Societies in those areas and their candidates, but it necessitated travelling for long distances by the teaching staff and drivers, in addition to their supervisory visits to the cooperating Society centers.

The holding of the training courses in Hebron, Nablus and Jenin to some extent diminished the role of the Nutrition Center in Jerusalem as a center for Nutrition Education for the West Bank, and adversely affected the prospects of institutionalization of the Project. Only with boarding facilities would it be possible to achieve that aim.

The following training courses were held:

1. In Jerusalem - 17 trainees from nine Charitable Societies. One of the trainees did not graduate.
2. In Jerusalem - 29 trainees from 17 Societies.
3. In Nablus - 8 trainees from 6 Charitable Societies.
4. In Hebron - 23 trainees from 16 Societies. Two of the candidates failed to graduate.
5. In Jenin - 12 trainees from 10 Societies. One of the trainees failed to graduate.
6. In Nablus - 21 trainees from 11 Societies in the Nablus and Jenin areas.
7. In Jerusalem - 19 trainees from 8 Societies.
8. In Hebron - 20 trainees from 13 Societies.

Course outline, records of attendance and grades were included in the appropriate semi-annual reports of the Nutrition Education Project.

A review at the end of the Project of the position of the 145 graduates is found in Table I.

TABLE I

Status of Former Trainees in the Eight Nutrition Training Courses as of September 1979

Trainees Enrolled	Enrolled	Graduated	Conducting Mothers' Classes	Active Related Fields	Died	Sick	Moved	Enrolled Higher Education	Society Inactive or Unable to Employ Grad.	Married and/or not Working	Other Work	TOTAL
Course 1-Jerusalem	17	16	8	1			2			4	1	16
Course 2-Jerusalem	29	29	8	4	1		4	3	1	6	2	29
Course 3-Nablus	8	8	7	1								8
Course 4-Hebron	23	21	13			1	1			4	2	21
Course 5-Jenin	12	11	9	1					1			11
Course 6-Nablus	21	21	19						2			21
Course 7-Jerusalem	19	19	16	1					2			19
Course 8-Hebron	20	20	20									20
TOTAL:	149	145	100	8	1	1	7	3	6	14	5	145

The Nutrition Project staff supervised the graduates at the cooperating centers. Each staff member was responsible for a number of centers, with an average in 1979 of eight to ten centers per person. One staff member with the assistance of two former trainees employed as part-time teachers for the Nablus and Jenin areas had responsibility for no less than 13-15 centers. In the final year of the Project the five teachers and two part-time teachers were supervising classes for mothers in altogether 44 centers and five sub-centers spread over the West Bank and the Old City of Jerusalem.

The Nutrition Education Project thus exceeded the requirements both for the training of Project staff and for the training of personnel from the Charitable Societies.

During their supervisory work the Nutrition Project staff made an assessment of the performance in the field of the former trainees. Table II.

TABLE II

Rating of Graduates in Service in September 1979

Training Course	Graduates	In Service 1979	R a t i n g			
			Excellent	Very Good	Good	Fair
Course 1-Jerusalem	16	8	6	2		
Course 2-Jerusalem	29	8	2	2	3	1
Course 3-Nablus	8	7	6	1		
Course 4-Hebron	21	13	1	8	4	
Course 5-Jenin	11	9	3	3	3	
Course 6-Nablus	21	19	5	10	4	
Course 7-Jerusalem	19	16	6	6	4	
Course 8-Hebron	20	20	2	4	12	2
TOTAL:	145	100	31	36	30	3

Of the 145 graduates from the eight courses 100 continued in service by September 1979; of these 31 were rated as excellent, 36 as very good, 30 as good and only three as fair in their work performance.

The best rating applied to the graduates of the first training course, who were of an exceptionally high standard, as also to the graduates of the first training course held in Nablus. Though small in number this course generated a high degree of activities.

The second training course held in Jerusalem had the least impressive results. Many of the trainees were weak, and the fall-out rate was high, with only eight of the 29 graduates still in service by September 1979.

The less favourable results of that course clearly indicated a need for more careful screening of the applicants. The work with mothers required more experience and maturity than some of those young trainees possessed. Those were the only available candidates at that time.

Though at the end of the Project about 30% of those trained were no longer in active service in their respective Society centers, some of them were still utilizing their training in related fields, others had moved on to other activities where their former training was likely to be of benefit to them.

Bearing in mind that their training was relatively short and that many of the graduates had limited background education, there was a need for refresher courses to up-grade their knowledge and to enable them to discuss problems encountered in their work. A three-day refresher course for the graduates of the first training course was held in July 1977. One-day refresher courses were held in July 1979 in the four localities, where training courses had been conducted, for altogether 72 graduates from the Jerusalem, Nablus, Jenin and Hebron areas.

During these refresher courses emphasis was given to points considered of particular importance for the successful conduct of the work. There continues to be a need for such refresher courses to keep up the interest of the former trainees, to stimulate further studies and their advancement as instructors of mothers' classes and promoters of community development activities.

3. Training of Mothers

Training courses for mothers were started in 1976. It was decided that criteria for acceptance in the courses should not be related to economic status. Pregnant women and mothers with children of pre-school age would be eligible to participate in the program. This rule was not always adhered to, as also a few grandmothers and future mothers found their way into the program. The influential role, and the common responsibility of the grandmother for her grandchildren, while the mother was at work in the field, away from home, well justified the participation of the grandmother in a nutrition education program.

Each course for mothers consisted of 20 lessons, usually spread over a period of 20 weeks. In some places it was possible to conduct two or more lessons per week. The frequency of lessons had to depend upon the ability of the mothers to leave their homes and work for participation in a course, upon the availability of the teacher of the course, who often was engaged in other activities, and also upon the facilities of the centers, that had to accommodate a wide range of activities.

With greater understanding and appreciation of the importance of the nutrition education program it became easier in some of the centers to hold classes twice rather than only once per week.

While lessonplans had been prepared during the pre-project planning stage, these lessonplans during the four year project period were adjusted and expanded to meet the needs of the mothers. Lessons on breast feeding, the feeding of the sick child, the importance of the treatment of diarrhea and dehydration were added. A demonstration of the preparation of a drink to prevent dehydration was given in all classes for mothers.

All lessons for mothers were translated into Arabic by the local staff, a task that required much time and effort.

To make the lessons more interesting and the teaching more effective, each lesson was accompanied by a practical demonstration. The preparation of foods for children and mothers provided an opportunity for them to sample the dish. This helped to convince the mothers of the acceptability of the foods also by their children.

As PL 480 commodities were made available for distribution to the beneficiaries the proper use of these foods was stressed in the training program.

Due emphasis was given to the use and preparation of locally available foods of nutritional value in the feeding of children.

Educational aids prepared by the participants in the training courses were effectively used in the training of mothers.

The number of mothers' classes held increased from 25 in 1976 to a total of 323 classes completed by September 1979. Appendix 1.

The records showed a high rate of attendance in many mothers' classes. Between 70-71% of the participants attended 18 or more of the 20 lessons in a course. About 29% attended all the 20 lessons.

As many mothers were engaged in agricultural work away from home, there was a slackness in attendance during periods of harvests and other activities in the fields. Some of the Societies chose to curtail their activities during these periods.

The fact that many of the mothers were engaged in agricultural work in addition to the care of their homes and families, and had to walk for quite a distance to the center carrying their infants and often responsible for one or two toddlers, the high rate of attendance in the nutrition courses was admirable.

Appendix 2 gives a summary of the attendance in the 323 classes that were brought to completion during the project period.

Appendix 3 lists the topics included in these courses.

Of particular concern to the Project staff was the extent to which changes in practices occurred among those who had participated in the nutrition education program.

This was a rather difficult task. There had been no possibility with the situation existing in 1975/1976 to gather factual baseline information about actual practices and food habits, nutritional deficiencies, child morbidity and child mortality, that later could have served as a basis for comparisons. This unavoidable omission has made assessment of progress less factual. Any questioning of mothers and other family members by Project staff at the beginning of the Project would have been met with suspicion. Only when the staff became well known, trusted and accepted in the various communities could they attempt interviewing mothers and making homevisits. It has also to be remembered that in many areas it has not been acceptable for a young woman alone to visit other people's homes. This fact and the need for a cautious approach restricted the possibility for home visiting.

In discussions with the mothers and in observing their behaviour some common practices in need of change were identified at an early stage. An attempt was made to determine the extent to which these practices were changed or improved.

A summary of some common practices and the extent to which changes occurred are found in Appendix 4.

As this was a learning exercise for the staff the same problems were considered throughout the Project period. In comparing the results of the interviews in the first, second and third years, there was a lower percentage of changing practices in the third year. This must not be interpreted as less success in effecting change. It rather mirrored the staff's greater ability to obtain factual information and to make a more realistic assessment of achievements.

In the early stages of the Project the findings from the interviews held at the beginning and again at the end of the courses given to mothers could hardly be considered accurate. With more experience both by staff and their trainees, the results of the interviews appeared to become more factual.

As there could be no written questions and the evaluator lacked knowledge in Arabic, the responsibility for this exercise had to rest entirely on the local Arabic-speaking staff and their trainees.

It was of interest to note that information rapidly spread in the community. Even newly enrolled participants in a course had become aware of facts taught to mothers in previous courses. This to some extent was reflected in the declining percentage of mothers in need of changing their practices. The mothers themselves had become communicators of nutrition information.

The education mindedness of the women on the West Bank, their eagerness to learn and to show that they had acquired new knowledge was quite impressive. Observing their responses to questions asked revealed a grasp of the subjects taught. Many mothers were eager to ask clarifications about commonly held beliefs and advice on the care and feeding of children in special need.

Thus the overall impression was that the nutrition education program was successful in communicating to the participants basic facts about nutrition and related subjects (such as hygiene and sanitation).

Other factors outside the scope of the Nutrition Education Project influenced the rate of progress, e.g. the high increase in the cost of living, the high transportation costs and the relatively high rate of movements among the population in some of the communities reached by the Project.

4. Weight Surveillance of Children of Pre-school Age

Weight charts similar to those used by CRS in its pre-school programs in many parts of the world were introduced by the Nutrition Project for recording the weight of the children and as important tools in the education of the mothers.

Though members of the Charitable Societies at the beginning doubted the wisdom of letting the mothers keep the weight charts at home, the Nutrition Project staff insisted that this be done in order to take full advantage of the educational value of the chart.

Experience during the four years showed that relatively few charts were lost by the mothers. Instead, they carefully kept the charts and brought them back to the centers at the monthly weighings of their children.

The written instructions of the more recently obtained weight charts were in Arabic, of benefit to the instructors and to those mothers who were literate.

As the usefulness of the charts was dependent upon the accuracy in plotting the weight on the charts, much emphasis was placed on practising this before letting the trainees take responsibility for recording children's weight on the charts.

The collection and screening of all the charts brought to the attention of the staff cases of unsatisfactory weight increases and the need for home visits and follow-up to discuss with the mothers the special needs of those children. In some cases mothers and fathers were urged to take them to a hospital or health center for medical attention.

The practice of home visits to all children whose weight fell below 70% of Harvard Standard of weight for age became an integral part of the nutrition education program.

As already mentioned, it used to be unacceptable for young ladies to pay visits to other people's homes. The value of home visits to follow up and improve the health of malnourished children gradually became realized and accepted. In some of the more conservative areas it did not become a totally accepted procedure, yet. Only if a Nutrition Project staff member accompanied the local instructor could home visits be made.

Because of the various medical problems observed on the home visits, arrangements were made with medical facilities for treatment. Children with health problems, not connected with malnutrition, were referred to Spafford Children's Center in the Old City of Jerusalem, which had good medical facilities. Only a nominal fee was charged, or none at all, if the parents were unable to pay.

Malnourished and dehydrated children were taken to CARITAS Hospital in Bethlehem. Because some families could not pay for the required treatment CRS managed to obtain special funds through the CRS/Geneva office to help with, or pay the required fees.

The Nutrition Project staff followed up the children, who had been treated and released from the hospital, to assure continued progress. Home visits were made and weekly weighings done, outpatient checks urged, and advice given as needed.

In evaluating progress in the weights of children the Harvard Standard of weight for age was followed.

Of the 7,464 children who were registered for weighing, 4,107 children participated in the program for at least one year, and some of them for up to three years.

Of those 4,107 children, 2,135 remained in the 90/100% weight range. This amounted to 52% of the total number of children weighed for one year or more. This was a marked improvement from the previous year when only 29% of the children remained in that weight range.

While the weight of 176 children decreased from 90/100 to 80/90, and 19 children to below 80% of Harvard Standard of weight for age, the weight of 564 children increased from 80/90 to 90/100% or above, and an additional 156 children increased their weight from below 80 to 90/100% or above. Thus a total of 2,855 children, or 69.5% of the total number of children, weighed for at least one year were at the time of this evaluation (August 1979) in the 90/100% weight range.

414 children or 10% remained in the 80/90% weight range and 66 children regressed to below 80% of Harvard Standard. 312 of the 577 remaining children improved their weight from below to above 80%. 235 of the remaining 265 children remained in, or increased to the 70/80% weight range.

Among the children in the 70/80% weight range, a small number, or a total of 46 children, showed an unsatisfactory weight increase. Those and the 30 children whose weight fell below 70% of Harvard Standard of weight for age needed special attention and continues to be of great concern to the Nutrition Project staff.

Appendix 5 gives the summary in percentage of Harvard Standard of weight for age of the 4,107 children weighed for at least one year.

Appendix 6 lists the number of children enrolled for weighing since the beginning of the Project, and the number of children who dropped out of the program. Of the 7,464 children enrolled since 1976, 250 reached the age of five years (or in the case of one center two years). 4,885 children were weighed for one year or more. 778 of those children left the program of various reasons.

Since the beginning of the Project 46 children died, due to measles, respiratory diseases, diarrhea and dehydration, accidents (road accidents, drowning, snake and scorpionbites, burns) and other ailments.

A small number of children (13) dropped out, due to their own or their mothers' illness, and inability to bring their children for regular weighing.

The movement of families from one place to another was reflected in the number of children, who dropped out because of this reason (226).

There were different reasons for the drop-out of the remaining number of children (493). The increased cost of transportation made some of the mothers, living at a distance from the center, reluctant to continue to bring their children for monthly weighing. Some of the mothers with newborn children, preferred to enroll the new child in the program and discontinue the weighing of the older child.

Taking all factors into consideration, the total number of children who dropped out since the beginning of this project activity, could be considered quite satisfactory.

Over the four-year Project period great improvements were achieved in the filling out of the weight charts, and recording of deviations of a normal growth rate and their causes.

With new trainees entering the program effective supervision by the Nutrition Project staff continued to be essential.

5. Distribution of Commodities

PL 480 commodities were distributed to the participating mothers as an incentive to them to participate in a training program and continue to bring their children for regular monthly weighing.

The following commodities were included in the food package: CSM and WSB, rice and bulghur, wheat flour, oil and non-fat dry milk.

If purchased on the local market the monthly food allocation represented an approximate value of \$ 4.30. As nursing and pregnant mothers and two pre-school children per family were eligible for a food ration, mostly three rations were being distributed to the mothers who participated in the program, thus providing the family with a monthly food package at an estimated value of \$ 13.- for similar foods on the local market.

The nutritional value of the food package amounted to 650 calories and 24 grams of protein per person per day, if consumed by three persons only. As the families often had more than two children of pre-schoolage the food package most likely was divided among more than three family members. But even so the donated food package provided a substantial aid to the family, both economically and as a nutritional supplement to the family food intake.

During the training courses recipes were prepared for the best use of those commodities, of which the recipients were not familiar. The practical demonstrations in all the classes for mothers, of the preparation of PL 480 commodities, often together with locally available foods, and the sampling of the dishes helped to increase their acceptability by the mothers and also by their children.

Though the responsibility for the distribution of the commodities at the various centers rested with the respective Charitable Society, it often became the task for the instructor of the mothers' classes.

The Charitable Societies were responsible for paying for the transport of the commodities from the regional warehouse to the respective centers. The Societies were also responsible for the storage within their centers of the food commodities and their repackaging. Some of the Societies provided plastic bags for each commodity to be given to the beneficiaries.

As the Societies had only limited resources at their disposal, the mothers were obliged to contribute the necessary funds toward covering the cost. However, indigent mothers, unable to contribute, were not required to pay.

The cost of transportation of commodities became more of a burden for the smaller remote, villages far away from the warehouse. Those same villages were often the ones most in need.

6. Visual Aids

At the beginning of the Project the staff made an assessment of the Charitable Societies' facilities. During visits to the various centers the staff observed the type of equipment and educational aids that were available for use in a program for mothers and children.

It was found that there were hardly any educational aids for use in a nutrition education program, and only a limited usefulness of those that were available.

This discovery prompted the then Project chief to embark on the making of some educational aids for use in training programs for staff and Society personnel and in classes for mothers. This proposal was first met by the Project staff with an emphatic: "we cannot do that". But we decided to try. It was soon discovered that there were some hidden talents among the staff. A set of eight posters were soon drawn to illustrate some of the important topics included in the training program.

During the first nutrition training course for Society personnel all the trainees under the guidance of the Project chief and staff prepared a set of eight posters, a flannelboard and some material for use with this.

In subsequent courses additional posters were prepared. Talents among the trainees were discovered, resulting in further improvements in attractiveness and design.

From the modest beginning of eight posters, many centers towards the end of the Project period, had up to 18-20 posters that were effectively used in the classes for mothers. Some of the Societies took great pains to amount and frame these posters for use in all their classes for mothers.

The interest in educational aids stimulated the staff to work on the production of a pictorial booklet for use in nutrition education programs and for distribution to illiterate or semi-literate mothers. A total of 36 picture sheets with a brief accompanying text for each sheet, were prepared for printing in English and Arabic. While much more work was involved than had been anticipated by the originator, the result will hopefully prove that the effort was worthwhile. It should be remembered that the visual aids, whether posters or a pictorial booklet were the products of amateurs, not of professional artists. The main purpose of the material was to provide effective aids in communicating facts about nutrition and related subjects. The aids serve as useful guides for instructors with limited experience in the teaching of nutrition and also for the mothers.

V. REVIEW OF PROJECT ACHIEVEMENTS

During the evaluation exercise an attempt was made to obtain from Government officials, leading members of the Charitable Societies, from the former trainees and from the local staff their assessment of the impact of the Nutrition Education Project on the participating mothers and children, their families and communities and also on the Societies that collaborated with the Project.

There is a considerable amount of overlap in the statements received from the different categories of people interviewed. As it may be of interest for the reader to see the reaction of each one of them, the main points are included.

(a) An Assessment of the Impact of the Nutrition Education Project, as seen by Government Officials and leading members of the Charitable Societies.

The most complimentary appraisal of the Project came from a staff officer of the Military Government, who made the unsolicited remark that: "The Nutrition Project is the most important activity on the West Bank. CRS is in touch with a great number of children. CRS knows exactly what the situation is among the West Bank children. It is a very broad activity". It may be of interest to note that the same officer in his discussions with the acting Project chief in 1975 expressed serious doubts about the appropriateness of the new project.

Similar developments have taken place among high officials in the Ministry of Social Affairs.

In discussing the impact of the Project with the Social Welfare Department Officer in Hebron, he listed a number of developments that he considered outcomes of the Project activities:

- "The health conditions improved in the area reached by the Project, especially among the children.
- Previously mothers had no interest in bringing their children for periodic weighing. Having come to realize the advantage of weighing the children, that **helped** the mothers to discover whether the children were growing at a normal rate or not, the mothers came to pay great attention to this activity.
- The mortality rate among infants decreased. There were fewer cases of dehydration.
- Through the classes mothers learned to prepare a balanced diet for their families, making use of nutritious, inexpensive foods.
- The commodities made available to the participating mothers made an important contribution to the family budget.
- The knowledge and understanding of the importance of breastfeeding as learned in the classes for mothers, contributed to a decline in bottlefeeding.
- The increased practice of gradual weaning and the preparation of easily digestible and nutritious weaning foods was of benefit to the weanlings, at a time when they were particularly vulnerable and susceptible to nutritional deficiencies in the diet.
- The mothers having learned about the importance of sanitation and personal hygiene for the health of their children, of themselves and their families, had come to pay more attention to the care and cleanliness of their children and of their homes.
- The mothers had become aware of the importance of immunizations at the appropriate time and were bringing their children for vaccinations."

This assessment by a male S.W.D. Officer showed that he had an intimate knowledge and understanding of the Project activities. This Officer had also been extremely helpful to the staff throughout the Project.

In discussing the impact of the nutrition education program with the medical officer at the Red Crescent Society in El-Dirh, he expressed his appreciation and made the following comments:

- The program, had been of great benefit to the families;
- the importance given in the training courses, to foods that could be grown in the home gardens, had diminished over dependence on milk;
- vegetables were being included in the children's diets at an earlier age than before. Previously no vegetables were given to children under one year of age;
- cases of gastroenterities, that used to be very common during the summer months, had decreased in frequency;
- the health and nutrition program resulted in improved cleanliness and a greater appreciation of the importance of vaccinations (the doctor no longer saw a single case of children without the appropriate vaccinations);
- an important outcome of the program was the decline in bottlefeeding. Now all mothers tried to breastfeed their children. The instructions given to the mothers about the value of breastfeeding was being supported by the high cost of living. The doctor figured out that the purchase of babyformulas as substitutes for breastfeeding would take about 25% of the average family income. This fact was becoming another convincing reason for mothers to abandon the bottle.

In meeting with the president, the administrator and the staff nurse at Spafford Children's Center, all of them expressed enthusiasm for the nutrition education program.

The staff nurse, who has been serving two or even three generations of mothers and children at the Spafford Center for over 30 years, has an intimate knowledge and understanding of the needs of the children. She claimed that the children now look healthier, there were fewer cases of malnutrition, as the mothers realised the importance of food, suitable to the children's needs.

Mothers had learned about the less expensive foods that could provide the necessary protein and other essential food elements. Mothers often asked: "When will the next class begin?"

The Spafford Center has now five graduates from the CRS - sponsored training courses. The value of having local Arabic speaking staff, trained to give the classes for mothers ^{was} emphasized by the administrator who was most appreciative of the program.

The importance attached to the nutrition education program was further evidenced by the administrations introduction of special craft classes for the children while their mothers attended the nutrition class. Their children being occupied and supervised by other staff, the mothers could give their full attention to the instructions offered to them.

The staff of the Greek Catholic Infant Welfare Center were also most appreciative of the nutrition education program. They claimed that mothers cared better for their children now. There were fewer cases of underweight. Mothers had come to understand the superior value of breastfeeding to bottlefeeding. The children were healthier, with fewer cases of diarrhea and of measles. There had been no deaths due to measles. Mothers had taken care to have the children vaccinated and brought for medical attention, when so needed.

While time did not permit additional interviews with Government officials and leaders of the Charitable Societies, the continuous demand for assistance in the training of their staff by village communities and societies was evidence of the appreciation of the program and the fact that it has met and continues to meet a need on the West Bank.

(b) The Impact of the Nutrition Education Project as assessed by the Project Staff.

In assessing the impact of the Nutrition Education Project, the staff enumerated a great number of learning experiences, that were a direct result of the program:

- Mothers learned to pay more attention to their own needs and to present themselves for medical check-ups during pregnancy, for the sake of their own health and that of their unborn children.
- Mothers learned about the superior value of breastfeeding to bottlefeeding, both for themselves and their children.
- Mothers became aware of the importance of suitably prepared weaning foods and the need for supplementation of breastfeeding at the age of six months.
- Mothers learned about the nutritive value of local foods and how to choose wisely to get the most value for the money expended.

- Mothers came to realise the effect of improper hygiene and sanitation on the health of the children. Greater efforts were made to improve personal hygiene and environmental sanitation, in spite of an often inadequate watersupply.
- Mothers learned about the dangers of repeated attacks of diarrhea and the risk of dehydration. They learned to prepare a drink to prevent dehydration.
- Mothers became aware of the importance of vaccinations against common childhood diseases and the need for seeking medical advice when the child showed symptoms of illness and unsatisfactory progress.
- Mothers learned to pay special attention to the feeding of the children during sickness.
- Mothers came to realise the importance of regular weighing of the children, to make sure that their growth was progressing at a normal rate.
- The need for exposing the child to the rays of the sun was not readily accepted and practised, but a beginning was made to alter the habit of wrapping the child with heavy clothing even during the warm season.
- The use of the weight charts that were being kept by the mothers promoted a greater interest among family members for the needs and care of their children.

In addition to these and other learning experiences the nutrition education program contributed to a number of developments in the areas reached by the Project.

Many of the participants became interested in additional activities that could be of benefit to their children.

The demand for literacy programs increased, even for advanced education programs. The mothers wanted to be able to assist their school age children with their homework.

Another outcome of the Nutrition Project activities was the increased attendance at the MCH-centers, for pre-natal and post-natal check-ups and care. This resulted in a demand for additional MCH services and the establishment of such services by Charitable Societies, previously not including such among their activities.

Some Charitable Societies enlarged their facilities to provide for MCH services and the holding of mothers' classes in nutrition and childcare.

A number of activities were added to their previous programs, by some Societies, as a direct result of the greater attendance of women due to the holding of mothers' classes. New Societies were formed or reactivated following the introduction of the nutrition education program. More sewing and knitting classes in addition to the literacy classes were started. The interest shown by the people for these activities resulted in one municipality allocating a piece of land to a newly formed Charitable Society for the building of a Center in that community.

The influence of the nutrition education program upon the community encouraged four Societies to expand their activities to sub-centers in out-lying districts. A couple of these sub-centers catered to bedouines who had no schooling what so ever. Their regular attendance in the classes for mothers had a great impact upon them and their families. The demand for a literacy program by the bedouine women living in their tents was a very encouraging development.

It was gratifying to note how the instructions given to the mothers spread to others in the same and neighbouring communities, the mothers having communicated what they themselves had been taught. Such developments stimulated some communities to form a Charitable Society, where previously none existed.

An example of an individual's conviction of the value of a nutrition education program came from a village in the Northern Region of the West Bank. Though there was no Charitable Society to sponsor her participation in the CRS-sponsored training course she asked to be enrolled. Upon her graduation from the course she encouraged her father to furnish accommodation in his own house for the holding of classes for mothers. A Society in the neighbouring community agreed to sponsor the activity and the trainee volunteered her services, for the benefit of the people of her community.

An encouraging spin-off effect of the nutrition education program was the interest created among some school teachers, who asked to be enrolled in a class for mothers. Their enrolment served as a great stimulus both to the instructor and to the mothers. These school teachers will have an excellent opportunity to disseminate information about nutrition to the school children and youth in their care.

The opportunity for social contacts provided by the nutrition program activities had a stimulating influence on the women. They had now some important topics to discuss among themselves concerning the health of their children and the feeding of their families. The women benefitted from meeting new people and getting out of their previous isolation.

The status of the women improved, they gained more self confidence and became more vocal. Women, having become aware of the need for a safe watersupply, brought their demands to the authorities, something they would not have had the courage to do earlier.

An example of the changed attitudes among the women was their readiness to accept home visits from the Nutrition Project staff. Earlier they had been reluctant to open their doors for strangers. The women became more willing to discuss with the Project staff, problems affecting the health and well-being of their children.

Of special interest to the Project staff was the performance of their former trainees in the field. Most of the graduates of the CRS-sponsored training courses were considered to be exceptionally good workers, well qualified to conduct classes for mothers. They proved to be dependable and highly motivated, and competent to carry on the program with limited supervision by the Project staff. They all grew in maturity and stature since their involvement in these new community activities.

(c) The Value and Impact of the Nutrition Project Activities, as Assessed by the Former Trainees, now Conducting Classes for Mothers.

During one-day refresher courses held in Jerusalem, Nablus, Jenin and Hebron, in July 1979, the participants were asked to write down their assessment of the value of the Nutrition Project activities and their impact on the participants, their families and communities.

The responses to this request were encouraging and brought out many interesting observations.

Some participants mentioned that they themselves and their families had benefitted from the program, they had become better aware of the importance of good nutrition and learned to apply in their own homes what they had been taught during the training course.

Many of the participants in the refresher-courses mentioned that the women who had attended classes for mothers had acquired knowledge of the nutritional needs of different age groups, of the nutritional value of local foods, of foods most economical to buy, of proper methods of preparation, storage and preservation of foods to preserve the nutritive value.

The mothers had become aware of the superior value of breastfeeding to bottlefeeding and its effect on the health of both mothers and children. In some instances mothers who had already started bottlefeeding had been persuaded to discontinue this and returned to the nursing of their infants.

The mothers had also learned the importance of supplementary feeding at the age of six months and how best to prepare those foods for the small child.

Mothers had come to realize the importance of hygiene and sanitation as an important means of combatting illnesses. More stress was being placed on personal hygiene, cleanliness of the children and their clothing, of the kitchens and other parts of the home and of the environment. This awareness prompted women in one locality to approach the municipality with a request for more frequent collection of garbage to improve environmental sanitation.

In places lacking a safe watersupply mothers came to realize the need for boiling the water for drinking, to reduce the incidents of diarrhea.

Mothers learned about the dangers of dehydration in cases of diarrhea and they now know how to prepare a drink to prevent dehydration.

The mothers became aware of the importance of proper care and attention to the child, of observing what the child eats, of exposing the child to the sun, of bringing the child for the necessary inoculations at the appropriate time, to protect the child against common childhood diseases, and of caring for the sick child and his special food needs.

Some of the responses pointed out that not only the physical needs and developments of the child had been discussed, but also the psychological and emotional needs of the child had come to the attention of the mothers.

A center in the Old City of Jerusalem reported that the mothers came to realize the value of letting their children take advantage of summercamps and excursions to the country side, away from the confinements of the city.

There was frequent mention of the impact of the nutrition education program upon the pregnant and nursing mothers. They had come to realize the need for better care and feeding of themselves. Women became more concerned about medical check-ups during pregnancy, and came to realize the value for themselves and their children of longer intervals between pregnancies, to which the total reliance on breastfeeding for the first six months after confinement would contribute.

Through the use of weight charts, that were being kept at home, the whole family became more aware of the needs of children and the allocation of foods among family members according to their individual needs. Fathers also became more aware of their role in the care of their children.

The weight charts helped the mothers to follow the rate of growth of their children and to become aware of the lack of progress at an early stage. This resulted in a greater realization of the need to bring a child to a doctor whenever a decline in the growth rate indicated that the child required medical attention.

According to some of the responses received the attendance at the MCH-centers had increased. In one place the increased frequency of visits at the MCH-center prompted the doctor to pay weekly visits to that village. In some places an MCH service was added to the many activities undertaken by the Charitable Societies. One Society was in the process of erecting a building for use as an MCH-center.

A number of responses indicated that there was a general improvement of the health among the children, and a decline in child mortality. This may be so, but not easy to prove without access to official records and accurate statistics.

It was of interest to note the different emphasis given by the former trainees in different areas of the country. The responses in Hebron often mentioned the economic value of the commodities made available to the mothers. These commodities were considered of great help in balancing the family budget. The importance of a proper choice of nutritionally valuable but inexpensive foods appeared as important points in the responses from that area.

In other areas, such as El-Uja, the importance of clean water and how to make water safe for drinking was given emphasis.

These responses to some extent reflected the economic and ecological differences in the areas served by the Nutrition Project.

Some points frequently mentioned concerned the social aspects of the program. Participation in classes for mothers helped to break the isolation of the women. The social contacts with other women enabled them to share their experiences with one another. It made the women more communicative and willing to cooperate with each other. The increased knowledge acquired during the course helped to raise the status of the women in the community.

Their participation in a class gave the women a higher degree of self-reliance and a realization of their own abilities to influence and improve the conditions of their families and of their communities, and to voice their opinion in public.

Some of the women who earlier were too shy to receive a home-visitor became willing to open their doors for the visitor and with her discuss problems affecting the health and well-being of the children.

Many mothers asked to be enrolled in additional training programs, such as in First Aid and Child Development. Literacy classes became in greater demand. Requests were also made for more advanced education for the newly literate, so that they would be able better to assist their children who were attending school.

More women were joining classes in sewing and knitting to be able to augment the family income. A number of women started gardening projects to be able to supply their families with fresh vegetables from their own gardens.

The Nutrition Project activities had a considerable influence also on the Charitable Societies. Some became more active than before, new activities were added, more mothers became aware of the facilities available and joined in those activities. In some instances the establishment or activation of a Charitable Society in that place was a direct outcome of the collaboration with the Nutrition Project.

More and more communities wanted to have similar programs. Many mothers were eager to share their knowledge with others in their own and neighbouring communities and thereby helped to spread information about project activities.

The report from one of the Societies mentioned that any training program that would deal with topics of importance to their children would attract the attention of the mothers.

Another spin-off effect of the nutrition program was the establishment of more kindergartens for children of pre-school age. Mention was made of one kindergarten that taught the children some basic facts about good food habits and good nutrition.

Classes for the handicapped and programs for the old are examples of accelerated activities by some of the Charitable Societies on the West Bank.

Many of those Societies were directed by male Board members. The awareness of those men of the importance of good food habits and child feeding practices was an important outcome of the Project, that could lead to the organization of classes not only for mothers but also for fathers and for youth, both male and female.

VI. ADDITIONAL ACTIVITIES

Throughout the Project meetings were held with the Ministry of Social Welfare in Jerusalem and with Social Welfare Officers of the Military Government for the West Bank, to secure necessary approval for Project activities and recruitment of personnel. Most of these meetings were held in the beginning of the Project. As time went on and the Project activities became known and appreciated also by the authorities there was less need for these consultations.

A number of meetings were held with the Social Welfare Officer in the various districts of the West Bank. These Officers were most helpful in promoting the Nutrition Project activities and solving problems when such arose.

A number of contacts were made with U.S. Government Officials at the U.S. Embassy in Tel-Aviv and the U.S. Consulate Generalate in Jerusalem.

A number of U.S. Officials from AID/Washington, Food for Peace/Washington and GAO/Frankfurt, visited the Nutrition Project activities.

The Nutrition Project staff held several meetings with the presidents and members of the Charitable Societies to discuss the purpose of the program, the obligations of the participating parties and actions to be taken to implement the program.

A number of Charitable Societies sought assistance from CRS in the establishment of MCH-services, that could further promote the work begun by the Nutrition Project.

UNRWA personnel working in the field of health and health education briefed the Nutrition Project staff about their activities among the refugees on the West Bank and in Gaza.

To become familiar with the work of other agencies operating on the West Bank and in Gaza, the Project staff visited a number of activities: the Swedish/UNRWA MCH-center in Gaza, the Quaker office and the Near East Ecumenical Committee activities in Gaza.

Visits were made to hospitals and health facilities on the West Bank to learn about health and nutrition problems brought to medical attention and for hospitalization. Of special importance was the close collaboration established with CARITAS Hospital in Bethlehem.

Among activities that helped to make the Nutrition Project known in the community were two "Open Houses" held in 1976 and 1977. On both occasions a display of educational aids prepared by staff and trainees attracted great attention among the many visitor among whom were Government officials, from the United States, Israel and the West Bank, the Appostolic Delegate, UNRWA staff and representatives of various agencies and of a number of Charitable Societies.

For the benefit of the staff special study programs were arranged, including a 2-day seminar on the principles of Child Development, given by a visiting Pediatric Nurse from the United States of America.

Talks were given on maternal nutrition, on public health programs in New York City, on MCH-services in Gaza, and films on pregnancy were reviewed at Bethlehem University.

A number of professional people and representatives of various organizations from the West Bank and abroad requested information about the Nutrition Project activities and at time accompanied the staff on their field visits to see the work in progress.

The Nutrition Project aroused interest among different groups of students, who wanted to become acquainted with this particular type of work.

At the request of the Nursing Faculty at Bethlehem University their students attended some classes for mothers enrolled in the CRS sponsored Nutrition Education program. By their association with the Nutrition Project the students could obtain the required community health experience. During one semester a small health survey was done among the bedouine tribe, where CRS was holding classes for mothers.

Several students in health or social science study programs from Brigham Young University, Utah, USA, visited mothers' classes and accompanied the staff on some home visits.

The Oral Roberts University, Oklahoma, USA, during the past two summers sent 8-10 students to work with the Spafford Children's Center in Jerusalem. Most of the students were in the field of health or social science. They also accompanied Nutrition Project staff on field visits to become acquainted with the situation and the services rendered.

Thus in a number of ways the Nutrition Project reached out to various groups in the community, beyond what was foreseen at the initiation of the Project some years ago.

VII. FINANCIAL SUPPORT

(a) By AID, Washington

The total value of the grant provided by AID amounted to US\$ 375,820.--, to cover expenditures under the following line items:

1. Personnel	\$ 271,220.--
2. Travel	48,280.--
3. Printing	4,540.--
4. Non Expendable Items	18,230.--
5. Expendable Items	<u>33,550.--</u>
<u>TOTAL:</u>	<u>\$ 375,820.--</u>

While expenditures under some line items were exceeded, savings were made under other line items. The exact amount of expenditures incurred are listed in Appendix 7.

(b) By Charitable Societies in the West Bank and the Old City of J'lem

The Charitable Societies placed their facilities at the disposal of the program for the holding of mothers' classes, for the weighing of the children and for storage and distribution of commodities.

The Societies made available members of their staff for participation in the CRS sponsored training courses, and contributed their services for the conduct of mothers' classes and the monthly weighing of the children. The remuneration of the staff was met by the Societies.

As more classes were held and more children were enrolled for monthly weighing, the workload for the personnel at the centers increased. This led to a demand for higher salaries, which the Societies had difficulty to meet. Some of those trained by the Nutrition Project therefore sought employment elsewhere.

The Societies assumed responsibility for the cost of transport of the commodities from the regional warehouses to their respective centers. The Societies purchased local foods and fuel for use in food demonstrations in the classes for mothers, and paid for miscellaneous expenditures for the running of the program.

A number of Societies undertook to enlarge their facilities to be able to accommodate the participants in the program. Thus the Charitable Societies made a substantial contribution to the program.

(c) By the Mothers

At most of the centers mothers contributed towards the costs incurred by the Societies for the running of the program.

The average amount paid by the mothers enrolled in a nutrition course came to the equivalent of US\$ 1.20. After the completion of the course that usually lasted from 2½-5 months (depending upon weekly or twice weekly lessons) mothers were expected to continue to bring their children for weighing. In most places mothers contributed the equivalent of \$ 0.75 at each monthly weighing.

The contributions made by the mothers were utilized for activities connected with the nutrition program.

While most of the mothers were able to contribute their share, some of them were unable to do so. No mothers were denied participation in the program due to their inability to contribute money. However, some mothers might have left the program due to their inability to pay and unwilling to admit this.

Neither the Project staff nor the trainees were encouraged to get involved with the financial affairs of the Societies. Only in a few cases when a Society seemed to ask an unduly amount of the mothers, did the staff request the president of that Society to reconsider the fees charged. The Social Welfare Officers were most helpful in resolving such problems.

(d) By Catholic Relief Services-U.S.C.C.

CRS contributed three vehicles (two microbuses and one stationwagon) to the Nutrition Education Project.

CRS also provided administrative support from its headquarters, regional and Jerusalem, West Bank offices throughout the Project period.

VIII. SUMMARY AND CONCLUSIONS

At the end of the Nutrition Education Project it was of interest to compare the achievements with the goals set at the initiation of the Project four years ago.

In-service training should be provided for five local staff members. This was accomplished.

Instead of operating "two mobile training and supervision units assisting 14 centers to train 20 staff annually to act as teachers of nutrition in center classes for mothers", the Nutrition Education Project was able to train a total of 145 persons representing 47 Charitable Societies on the West Bank and in the Old City of Jerusalem, and supervise the classes conducted by the graduates at their respective centers.

Five one or two day refresher courses were held in lieu of the two workshops included in the Project plan.

At the time of the planning of the Project, it was assumed that the 12 or 14 Societies that had expressed an interest in the program would be able to conduct classes for mothers every weekday for four consecutive weeks. Thus a class for mothers was expected to be completed at each one of the centers every month of the year.

It was also assumed that some members of the Societies would be able to give voluntary service in their respective Societies and be able to conduct daily classes for mothers. The Societies were expected to be able to accommodate all these classes at their centers.

These assumptions soon proved to be wrong. Few if any of the mothers could devote time to attend classes for more than once or twice per week.

Most of those who were nominated by their Societies for training to be able to conduct classes in nutrition for the mothers, were also carrying out other duties at their centers and hardly able to devote more than one or at the most two days per week to the conduct of classes for mothers.

The well established Societies have carried on an extensive program of work, often within limited space. These Societies were hardly able to accommodate mothers' classes more than once or twice a week. The monthly weighing of a great number of children also taxed the facilities of the centers.

There was no possibility to rely on volunteers to conduct the classes. All those chosen by their Societies were in need of an income for their own support. With the additional work that the nutrition education program generated at the various centers there was an increasing demand by the staff for better salaries.

The need for a certain level of education and maturity limited the availability of personnel for the program.

In view of these limitations there was no possibility to hold the anticipated number of classes and to reach the number of mothers and children mentioned in the original Project plan.

Another factor to consider was the number of mothers eligible for participation in the program in the smaller communities reached by the Project. In some places the Project reached most of the eligible mothers.

That instead of 14 Societies, the program reached 47 Societies, to some extent made up for the above limitations.

The goal of reaching 10,200 mothers could not be met. A total of 7,078 mothers graduated from a mothers' class, and an additional 800 mothers were at the end of the Project period enrolled in classes for mothers that will be completed within one or two months. 44 Societies, that now have trained personnel available are expected to continue to teach nutrition to mothers.

The program was reaching communities all over the West Bank, including the most isolated villages, seldom benefitting from an educational program of any kind. This must be considered a positive development.

The number of children reached fell short of the original goal of 30,600 children. A little more than half of that number was reached. A smaller number, or 7464 children were being weighed at monthly intervals.

More Societies could have been engaged in the program, and more mothers and children could have been reached, if the Project had decided to spread out more thinly. It was however considered important to place more emphasis on consolidation of the work and on guidance and supervision of the program activities in the participating centers.

Lessonplans for training courses and for mothers' classes were prepared and made available as indicated in the Project plan. Not only the instructors of mothers' classes but also some of the mothers requested copies for their own use.

Educational aids prepared by the trainees were most useful in the teaching of the mothers.

The program also had a number of problems to overcome. The food commodities made available for distribution to the mothers had to be transported from regional warehouses to the Society centers at increasing costs to the Societies. For the smaller communities with a limited number of beneficiaries this became a burden.

The storage and re-packaging of the commodities at the various centers presented problems to many centers, where the space was limited and few people available to help with the chores. The high cost of transportation to a center forced mothers in some places to withdraw from the program.

A closer cooperation with the medical profession on the West Bank would have been of benefit to all concerned. Few of the doctors seemed to be fully aware of the contribution to child spacing of unsupplemented breastfeeding, as recent research findings elsewhere had not come to their attention.

When early supplementation was advocated by the doctors, and the Nutrition Project staff recommended total reliance on breastfeeding to the age of six months, the contradictory advice given to the mothers was apt to be confusing to them.

Among the problems confronting the Project was the traditional position of women in the home and community.

Being subject to the authority of her husband a woman may not be allowed to leave her home without the permission of her husband.

Most of the women that CRS came in contact with had had little or no formal education. Most of the village women were illiterate.

Among practices and attitudes that affected the well-being of the women was the traditional reluctance of a pregnant woman to consult a male doctor. Cases were reported about husbands forbidding their pregnant wives to see a male doctor for a check-up.

Other factors affecting a program aimed at improved nutritional health, were the lack of a safe watersupply and the absence of sanitary wasteredisposal.

During the duration of the Nutrition Project attitudes were changing. Husbands became more willing to allow their wives to spend time in a class, provided it would result in some benefits to the family. Some enlightened men in influential positions in their communities, eager to bring their women out of their isolation helped to effect the change.

As another example of changing attitudes can be mentioned the permission by some fathers for their daughters to travel to another village to conduct classes for mothers. A lot of persuasion was behind such an achievement.

As the minds of the people opened up to their own needs and possibilities for improvement an accelerated pace of change took place. The Nutrition Project staff witnessed many examples of this. There is, however, a long way to go to change deep-rooted, traditional practices, especially in more isolated communities. For CRS Project staff the winning of the confidence of the people was and continues to be a major factor in effecting changes in attitudes and practices, without disrupting the fabric of community and family life.

According to the regional nutrition advisor, who was privileged to be attached to the Nutrition Education Project on several occasions, much was achieved for the benefit of children and their mothers on the West Bank. There remains, however, a need for many more activities that could promote the well-being of children, such as programs for the immunization of all children, especially protection against polio and measles, the care of children with birth defects, whose handicaps might be rectified if brought to medical attention at an early age, and the protection against accidents in homes and on heavily trafficated roads. The emotional and psychological needs of the children requires more attention.

With the conclusion of the Nutrition Education Project, and the initiation of a new Project that will place stress on health education, it is hoped that some of the above needs can be met.

IX. ACKNOWLEDGEMENTS

The successful completion of the Nutrition Education Project was due to the joint efforts of a great number of people.

Gratitude is due to the United States Agency for International Development (AID), Washington, D.C. for financial support and stimulating interest in the program.

The support of the Social Welfare Offices on the West Bank was most helpful.

The many Charitable Societies that collaborated with the Nutrition Education Project graciously placed their facilities at the disposal of the program, and their staff carried much of the workload.

The devoted services of the Nutrition Project staff was a source of inspiration and encouraged the planning of activities to continue the work among mothers and children on the West Bank.

The many mothers who so faithfully participated in the program helped to spread information about the activities and about the importance of adequate nutrition for children and other family members.

To all those who contributed to the program and collaborated in the Nutrition Education Project activities much gratitude is due.

September, 1979

EH/ct.

A VISUAL SUMMARY OF THE MAIN ACTIVITIES
OF THE
NUTRITION EDUCATION GRANT
IS CONTAINED ON THE FOLLOWING PAGES

1. Training Classes for future village Teachers.
A group of women from the Hebron area are taking a test. This is part of the curriculum so the trainees can qualify to teach mothers from their villages about nutrition, basic hygiene and sanitation upon completion of the 160 hours course.



2. MOTHERS' CLASSES

- (a) A group of mothers from the Jenin area being instructed in a class about a basic principle of nutrition.
- (b) A demonstration of foods is being given to mothers of a Bedouin tribe in the Jerusalem area. The class is held in a tent with the mothers sitting on mats on the ground. The Teacher uses a low unsteady table for demonstration purposes.



3. The weighing of the children and explanation of their growth on a weight chart to the mother has been a principal part of the program. The mothers who have taken the Nutrition Classes have their child weighed once a month. A mother from the Nablus area watches her baby being weighed.



4. The Home Visits have become a helpful part of the program. Parents of children who are below the 70th percentile of the Harvard Standard are visited to determine if further help for the child can be provided. Although the majority of the visits are made in houses some are made in tents where the Bedouin tribes live; and, in the case where the picture was taken, to the place of employment. These parents live in the Jericho area and work in the banana fields. They were rarely at their homes. Hence the parents and child were visited during lunch break. The reason for the child's weight loss was the long hours of work by the parents. They just forgot to feed their children much food. When they saw on the weight chart and how poorly the child was doing they began changing their child care habits.



5. For those children who are in need of medical help to become sound and healthy, several facilities are used.

A child who was malnourished is being checked by a doctor in the Caritas Hospital. This Hospital specializes in treating malnourished and dehydrated babies. They were most helpful in treating children CRS recommended to the hospital.

CRS trainees are being given an explanation of the baby's condition by a Caritas doctor as part of one class in the training course.



6. Meetings with Officers of the Charitable Societies were held as necessary to ensure the smooth functioning of the Nutrition Classes. Sometimes group meetings were held, at times just a visit to one Society who had a need. Also members of the Social Welfare were consulted and contributed much to the Nutrition Program.

The picture shows a meeting in the Sheikh's tent of a Bedouin tribe. The Sheikh had heard of the Nutrition Classes and requested they be taught to the women of his tribe. Officers of the Charitable Society which agreed to sponsor the tribe as a sub-center and CRS staff members met to observe the facilities and discuss the implementation of the classes.



7. Community Development

The women who attended the Nutrition Classes have learned to help develop resources the community stands in need of. An outstanding example to mothers in the Jenin area has been the woman pictured who is teaching the class. She comes from a tiny village of 400 inhabitants in the Jenin area. She heard of the Nutrition Training Course, pleaded with the CRS staff to let her attend; then got the closest village with a Charitable Society to sponsor her village as a sub-center; her father consented to let the mothers meet in his house for the Nutrition Classes. This highly motivated lady has 5 small children at home. She also got the women from a nearby tiny village interested in starting their own Nutrition Classes rather than walking over the small mountain to her village where a few attended the classes.



8. Students from two Universities in the U.S. and one on the West Bank have attended classes and other activities with the Teachers.

Pictured are some Bethlehem University students who helped conduct a small survey among a Bedouin tribe to learn some of their health habits.

The Nutrition Classes then emphasized the aspects of daily life that seemed most lacking to produce healthy babies and families.



9. An in-service was given by a visiting pediatric nurse to the CRS staff. The 2-day sessions were on Child Development. This is one of the new areas to be taught to the mothers in the new grant.



10. The graduation excercises held for the last group of trainees of the grant.

Pictured are some of the 60 trainees with the CRS staff.

Also pictured are some of the people who attended the graduation ceremony.

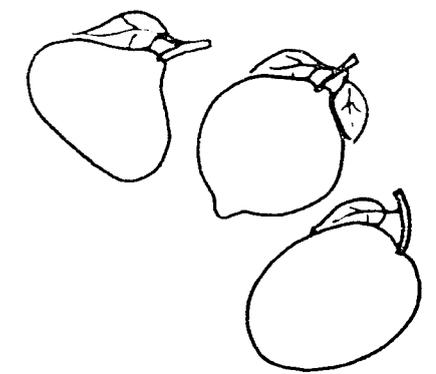
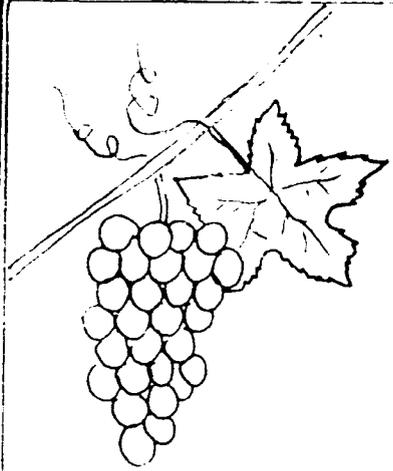


VISUAL AID BOOKLET

Visual Aids were developed for use in the Nutrition Classes. Many of the mothers that were taught were illiterate; therefore the Visual Aids were used to emphasize a main point of the lessons.

The Regional Nutritionist and the Staff contributed much effort to draw these Visual Aids so the mothers could learn from them.

The collection has been assembled into a booklet form and is contained on the following pages.



المُرشدُ الغِذائيُّ المِصْرِيُّ



خدمات الاغاثة الاثولية برسم / التدريس والذقة الخريية

المد ميه

انشأت خدمات الاغاثة الاثولية في التدريس والذقة الخريية برنامجا للتنذية بدعم طلي من برنامج المساعدات الاميركية للتنمية الدولية وذلك في ١٩٧٥ -

انتشر هذا البرنامج خلال الاربعم سنوات الطوية في صدام انطا الذقة الخريية .

تعطي الامهات دروسا في علم التنذية وذلك بانتظامهن في صفوف ، ولقد شمل ذلك العلم ٤٥ مركزا ابتداء من الضاهرية جنوبا الى بنين شطلا .

وجد انه من الضروري عرض وسائل ايضاح للامهات حتى يصبح بمقدورهن تفهم الدروس المصلاة لهن .
وعذا مطحت فريق برنامج التنذية الى الشروع في عمل وسائل الايضاح وحمل المشتركات في الدورات، لمصل
ميل لها لعرضها على صفوف الامهات .

في كل دورة تدخل تحسينات على اللوحات وتصمم لوحات جديدة ، ولقد اصبحت المملط اكثر مهارة في عمل اللوحات .

ومن حسن الحظ انه يوجد بين الموظفين من لهم ميل في الفنون ، وبصفة خاصة فان واحدة من المملط
عندما المقدره والمهارة الفنية على الرسم كط ان بنية المودفات ظهرت مهارتهن التي كانت مختفية .

عمل وسائل الايضاح شد اعمتط الموظفين لسل كتيب يمكن بمساعدته نشر الثقافة الغذائية بين افراد المجتمع وصبغ كدليل للامهات وبنية افراد العائلة ، وقد شارك معظم موظفي قسم التنذية في انجازه .

محتويات الفهرس

(أ) الصحة العامة

١- بالمحافظة على صحتنا - بيت نظيف وبيئة نظيفة .

٢- الماء الصالح - كيفية تنقيته .

(ب) الغذاء الصحي

٣- لحفظ الصحة جيدة يجب توفير غذا متوازنا .

الصور:
وعاء للمهمات غير صالح
محرقة
وعاء للقائمة مكشوف
وعاء قمامة بغطاء .

الصور:
ماء البئر
ماء الصنبور
ماء صفي
ماء الزير
ماء مغلي للاطفال .

الصور:
المجموعات الغذائية الاساسية الثلاث - وظائفها =
(أ) للنمو والبناء
(ب) للطاقة والحرارة
(ج) للوقاية والحيوية .

- الصـور: دائرة مقسمة الى ثلاثة اقسام =
 ١- اغذية الطاقة والحرارة
 ٢- اغذية النمو والبناء
 - اغذية الوطية والحيوية
- الصـور: صادر جيدة للدعنيات ، السكريات والنشويات •
- الصـور: صور لاطعمة الصادر الحيوانية
 صور لاطعمة الصادر النباتية •
- الصـور: خضار = جزر ، خضار ورقية خضراء
 فواكه = حنظل ، جوارفا ، موز
 الحليب والبيض •
- الصـور: مقارنة بين مقادير متساوية من اطعمة مختلفة
 تحتوى على فيتامين أ ومقارنته (اى فيتامين أ)
 بحاجة الجسم اليومية •
- الصـور: مقادير من الفواكه المختلفة تتحل فيها حاجتنا
 اليومية من فيتامين (ج) •
- الصـور: صادر لفيتامين (د) = من الاغذية وتمريض الجسم
 لاشعة الشمس المباشرة •

- ٤- المجموعات الغذائية الاساسية الثلاث بالتفصيل •
- ٥- اغذية الطاقة •
- ٦- اغذية النمو والبناء •
- ٧- اغذية الوطية •
- ٨- صادر فيتامين (أ) الجامع (الحيوانية)
 وفيتامين (أ) النير (الطروتين) •
- ٩- فيتامين (ج) - مقارنته في مختلف الفواكه
 بالنسبة لاحتياجاتنا اليومية •
- ١٠- هيكلنا السنخي واسناننا بحاجة الى فيتامين (د) •

- ١١- ميكلنا المذاقي واسناننا بحاجة الى الكلكر ايضا .
- ١٢- الحديد لتقوية الدم .
- ١٣- انواع مختلفة من الحليب .
تقميرات .
- ١٤- مقارنة القيمة الغذائية بين بعض الاشربة
الشائعة الاستمطل .
- ١٥- الحبوب ومنتجاتها .
- ١٦- المحافظه على العناصر الغذائية عند
تحضير الطعام .
- ١٧- مقارنة بين احتياجات المرأة الحامل
والمرأة العاديه .
- ١٨- الاحتياجات الغذائية للمرأة الحامل - خصوصا
في الاشهر الثلاث الاخيرة (خلال الشهر ٧-٩) .
- الصور : اطعمة غنية بالكالسيوم .
- الصور : اطعمة غنية بالحديد .
- الصور : ثلاث زجاجات من الحليب - كل لون يمثل نوعا
من العناصر الغذائية في الحليب .
- الصور : اربعة اشربة مختلفة ومحتوياتها من العناصر الغذائية
كل لون يرمز الى عنصر غذائي
كل عمود يرمز الى ١/١٠ الاحتياجات اليومية
للبالغين .
- الصور : حبتين من القمح - حبة قمح كاطة وحبة قمح مقشورة
لعمل طحين ابيض .
- الصور : الطرق الصحيحة والطرق الخاطئة عند تحضير الطعام .
- الصور : الاحتياجات الغذائية للمرأة العاديه
الاغذية الاضافية للمرأة الحامل .
- الصور : المرأة الحامل واحتياجاتها الاضافية من الغذاء
المحتوى على الحليب وبمض اللحم .

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <p><u>الصورة</u>: ام ترضع طفلها
وأطعمة مختلفة تحتاجها من ضفها
الحليب و او
او مهلبات اخرى •</p> | <p>١٩- احتياجات الام المرضع •</p> |
| <p><u>الصورة</u>: ام ترضع طفلها •</p> | <p>٢٠- الطفل الرضيع منذ الولادة وحتى
الشهر السادس من عمره •</p> |
| <p><u>الصورة</u>: الام المرضع ، وأطعمة اضافية مثل البيض
السلوق ، وصير الفواكه والخضار المهروس
والمهلبية واللبن الرائب •</p> | <p>٢١- غذاء الطفل من سن ٦- ٩ أشهر •</p> |
| <p><u>الصورة</u>: ام ترضع طفلها
أطعمة اضافية مثل السمك والعدس •</p> | <p>٢٢- غذاء الطفل من سن ٩- ١٢ شهرا •</p> |
| <p><u>الصورة</u>: طفل وطفلة يتناولان طعامهط من على
طائفة المائنة •</p> | <p>٢٣- غذاء الاطفال من سنه الي ٥ سنوات •</p> |
| <p><u>الصورة</u>: الجهاز الهضمي
عملية مرور الطعام في الجهاز الهضمي •</p> | <p>٢٤- الجهاز الهضمي والتغيرات التي
تطرأ على عملية هضم الطعام في الجسم •</p> |

ج) العناية بالطفل

٢٥- الوزن كقياس للنمو .

الصورة: بطاقة وزن - وهذه يمكن استعمالها ايضا كسجل للتطعيم، ولتدوين تاريخ صحة الطفل وطالته .

٢٦- يحتاج اطفالنا الى الرطبة الكافية والتغذية الجيدة لضئ سلامة نوعهم .

الصورة: طفل صاب بالمراموز المتسبب عن نقص السمرات الحرارية والبروتين .
طفل صاب بالكواشيوركور المتسبب عن نقص البروتين .
طفل صاب بالكساح المتسبب عن نقص فيتامين (د) .

٢٧- يصبح الاطفال الذين يتناولون غذاء جيداً رجالاً اقواء الهنية سليبي المقل .

الصورة: طفل صحيج الهنية يتعلم بنشاط ، وطلب مدرسة يقوم بواجباته المدرسية، وشاب يقوم بمطسه .

٢٨- تكسب المادات الغذائية الصحيحة منذ الطفولة .

الصورة: ولد يشجع على تناول الاطعمة الجيدة وأخر لا يشجع على تناول الاطعمة معدودة القيم الغذائية .

٢٩- اسناننا بحاجة الى عناية وحطية خاصة .

الصورة: ١- اسنان
٢- فرشاة اسنان وطريقة استعمالها
٣- همض الخضروات والفواكه الهينة للضمغ .

الصور: صورة تبين الفواكه في كل شهر من اشهر السنة •

الصور: الخطوات المتبعة في تحضير شراب الاسهال
• لضج الجفاف •

الصور: ١- صوص يققص من البيضه
٢- دجاجتان
٣- سلة بيض •

الصور: قصص للارانب مقسم بحواجز ،
واحد للذئب والثاني للأنش وواليد على الصفار
والثالث لارانب الولده السابقه •

الصور: ١- عنزته ووليدته
٢- منتجات حليبها •

الصور: نباتات من البندوره في الارض واخرى في اصص
• واحواض خشبية •

الصور: ١- نواة زيتون تطورت الى شتلة
٢- شجرة زيتون في ترمة صخرية
٣- سلة زيتون
٤- ابريق زيت •

٣٠- الفواكه على مدار السنة •

٣١- ط يجب عمله في حالة الاصابة بالاسهال •

د) منتجات الاغذية الخزلية

٣٢- تربية الدواجن - غذاء للعائلة •

٣٣- تربية الارانب - تزود العائلة باللحم •

٣٤- تربية الطعز - تزود العائلة بالحليب ومشتقاته •

٣٥- زراعة خزلية •

٣٦- من البذره الى الشجرة، ومن تمر الزيتون الى الزيت •

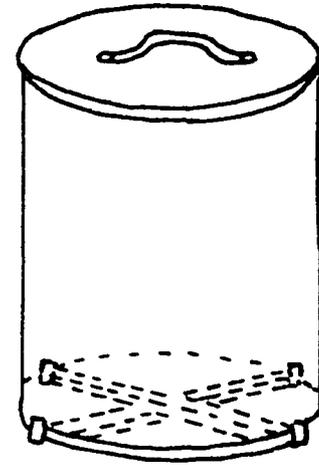
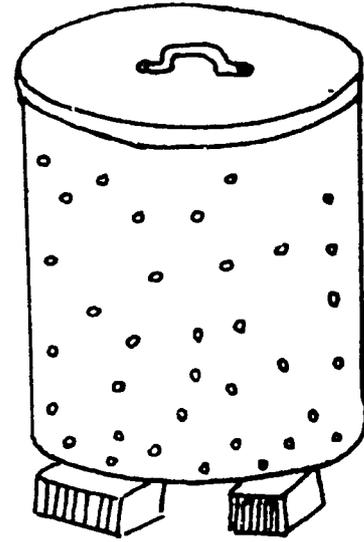
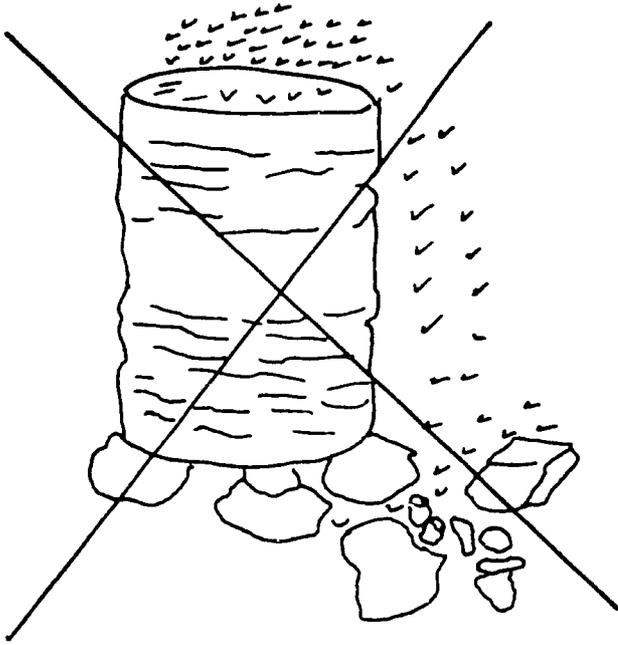
(أ) الصحة العامة
=====

1- المحافظة على صحتنا - بيت نفايات وبيئة نظيفة

- استعمال المعركة لحرق ط يجب عرقه
- استعمال واط بفضاء لحرق العواد الممكن استعمالها كسطح للتربة
- استعمال حفرة لوضع العلب الفارغة ، بمد تليقتها وتسميتها ثم طمرها حتى لا يتجمع الط وينتشر البمرض

الصـــــــــور : وعاء للمهلات غير صالح - معرقة

وعاء للقطاة مكشوف - وعاء خاصة بفضاء



٢- الماء الصالح - كيفية تثقيته

الصورة :

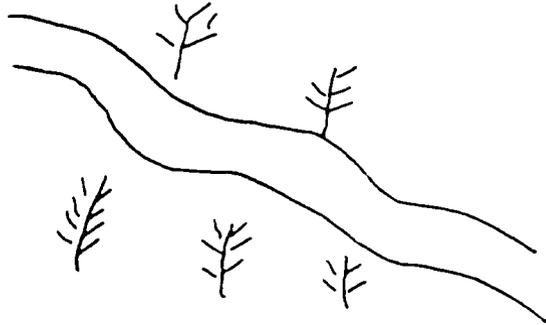
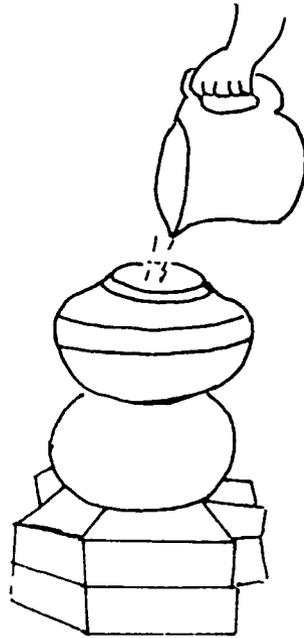
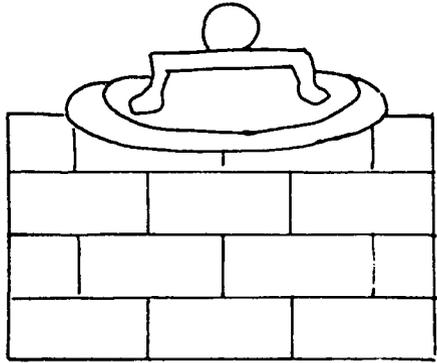
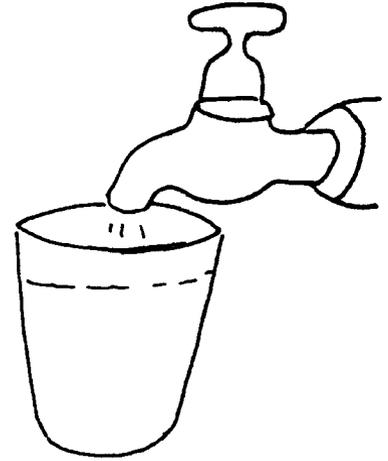
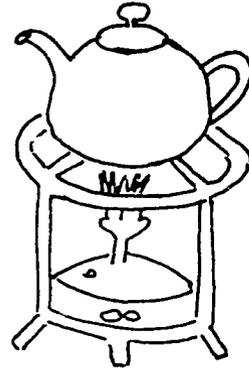
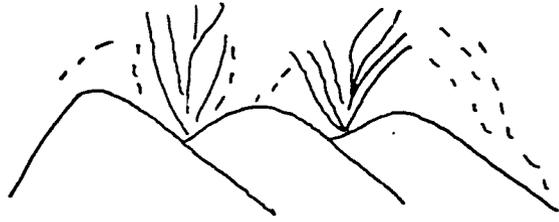
ماء البئر

ماء هفنى

ماء النهر

ماء الصنبور

• ماء مغلي للاطفال

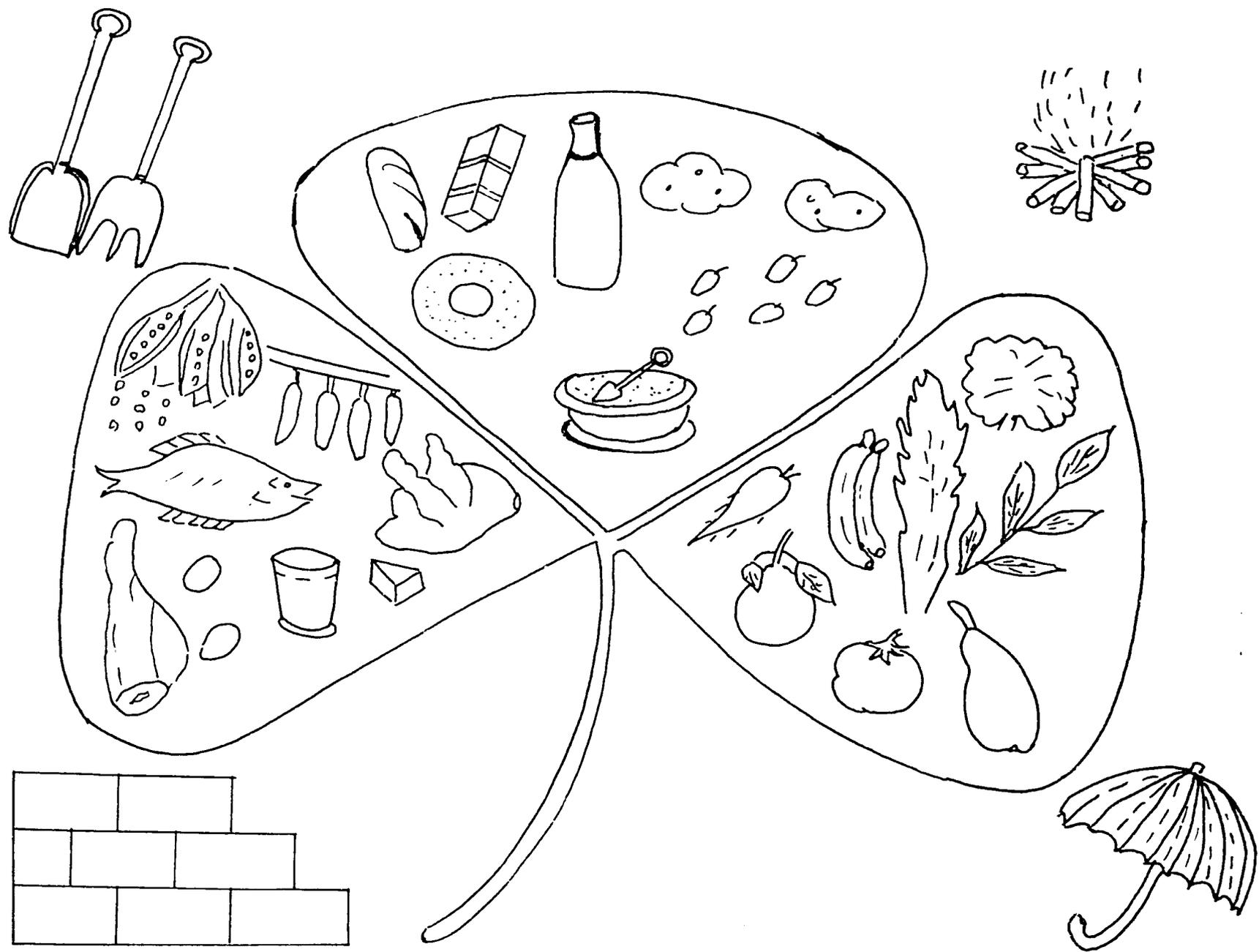


(ب) النذاء الصحي

٣- لحفظ الصحة جيدة يجب توفير نداء متوازنا

الصحة الجيدة : المجموعات الـ ذاتية الأساسية الثلاث ... وظائفها :

- (أ) للنمو والبناء
- (ب) للطاقة والحرارة
- (ج) للنوظيفة والديمومة •



٤- المجموعات الغذائية الاساسية الثلاث بالتفصيل

١- اغذية الطاقة : (أ) الاطعمة النشوية والسكرية
(ب) الدهون •

٢- اغذية النمو : (أ) لبناء العضلات والعظام والاسنان :
الحليب ، الجبن والبيض •
(ب) لبناء العضلات والدم والاعضاء :
اللحم ، السمك ، القطني ، المكسرات والبذور •

٣- اغذية الوتائية : (أ) الخضار
(ب) الفواكه •

الصور : دائرة مقسمة الى ثلاثة اقسام :

- ١- اغذية الطاقة والحرارة
- ٢- اغذية النمو والبنس
- ٣- اغذية الوتائية والحيوية •



٥- اغذية الطاقة

١- النشويات

(أ) الحبوب ومنتجاتها

(ب) الدرنات كالبطاطا •

٢- السكريات - مادننا ومنتجاتها •

٣- الدهون •

الصور: مارجدة للنشويات والسكريات والدهنيات •

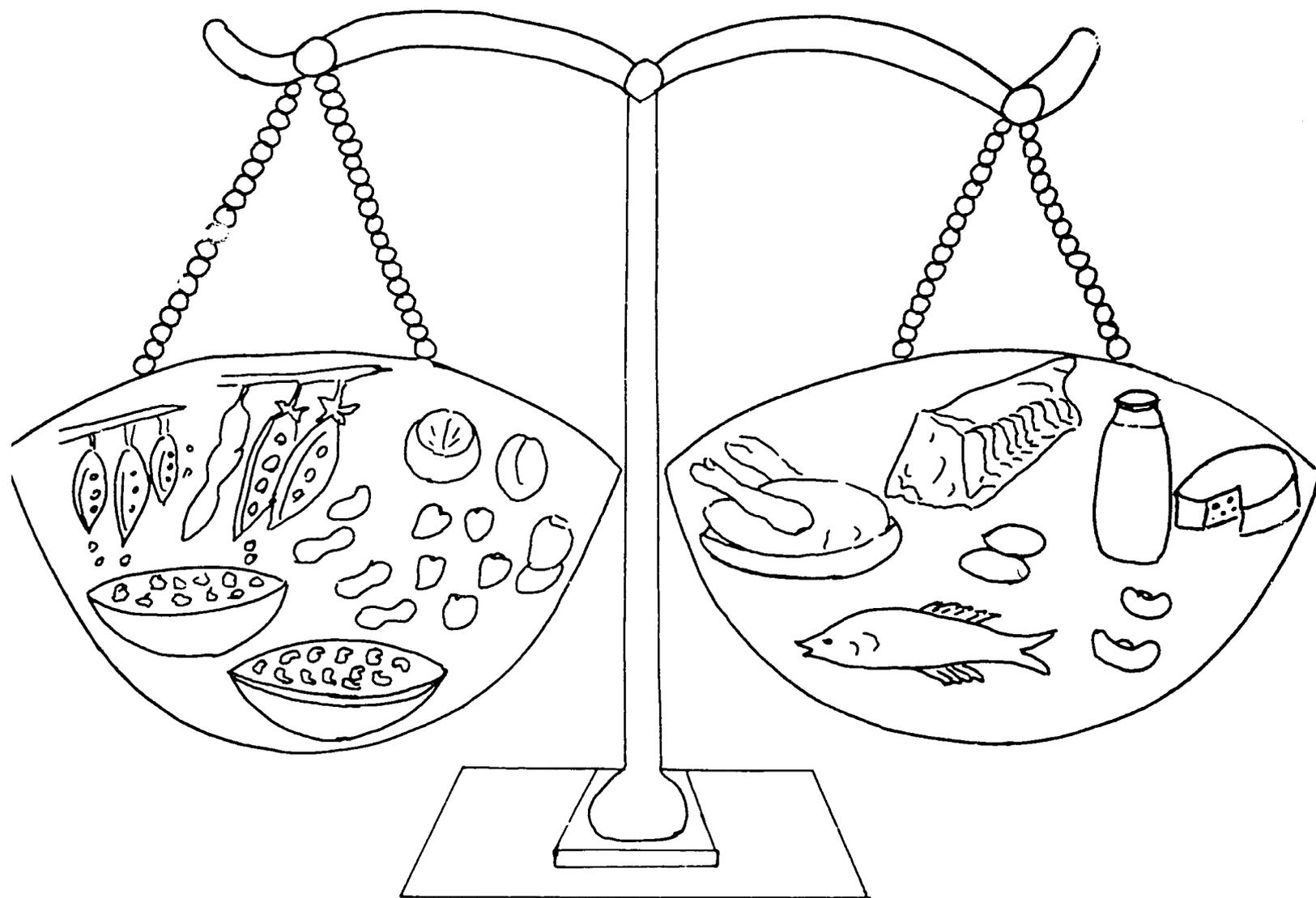


٦- اغذية النمو والبناء

١- هادر حيوانية : (أ) اللحم والاسنان
(ب) العليب، اللبن والبيخر :

٢- هادر نباتية : (أ) القطنسي
(ب) المتسرات والبذرة .

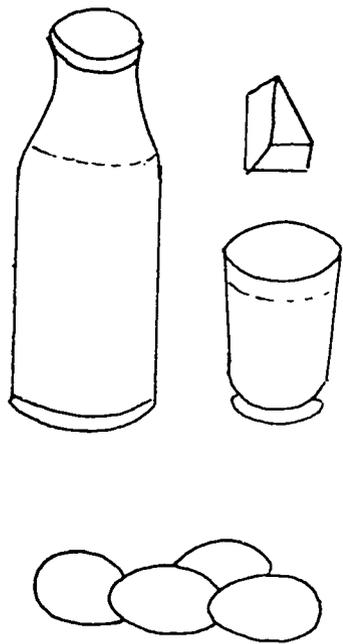
الصـور : صور لاطية الصادر الحيوانية
صور لاطية الصادر النباتية .



٧- اغذية الوفايصة

اغذية غنية بالفيتامينات ، بالمعادن والعناصر الغذائية الاساسية الاخرى .

الصـور : خضار = جزر ، خضار ورقية خضراء
فواكه = حاضيات ، جوارنا ، موز
الحليب والبيض .



٨ مصدر فيتامين (أ) الجاهزة (الحيوانية) وفيتامين (أ) الغير جاهزة (الكاروتين)

الصور : مقارنة بين مقادير متساوية من اطعمة مختلفة تحتوى على
فيتامين (أ) ومقارنته (اى فيتامين أ) بحاجة
الجسم اليومية منه .

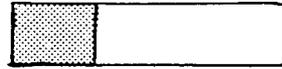
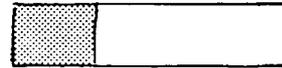
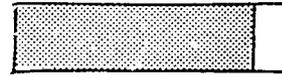
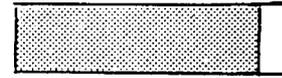
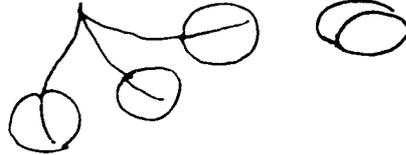
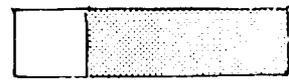
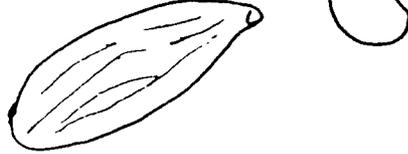
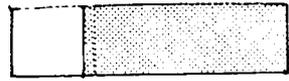
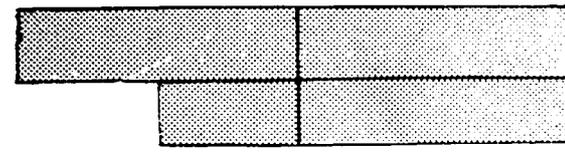
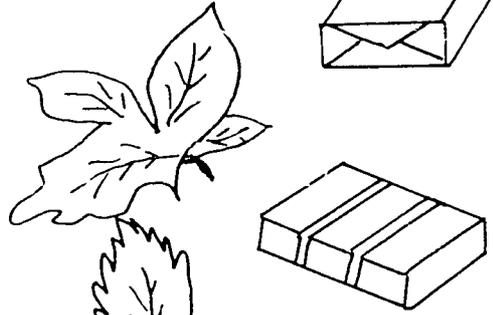
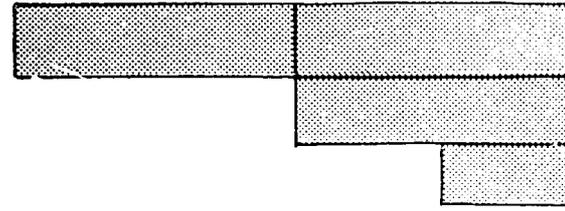
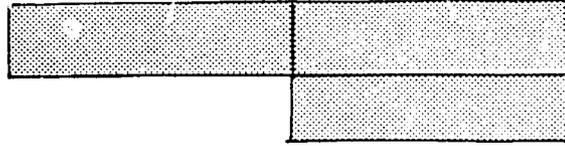
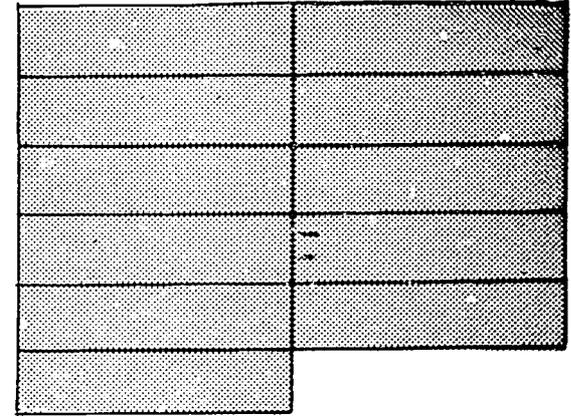
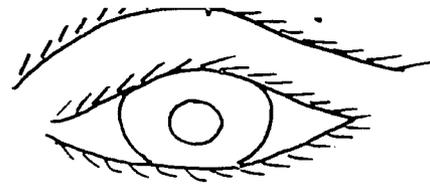
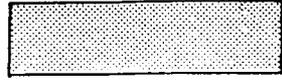
المصادر النباتية : جزر ، سبانخ ، ورق عنب ، طوخية ،
قرع اصفر ، مشر .

المصادر الحيوانية : كبد ، زبد ، كلالوى وبيض .

ملاحظه :

كمية فيتامين (أ) في ١٠٠ غرام من الاطعمة المختلفة ومقارنتها بالشريط الذى يشير الى
حاجة الجسم اليومية من فيتامين (أ) .

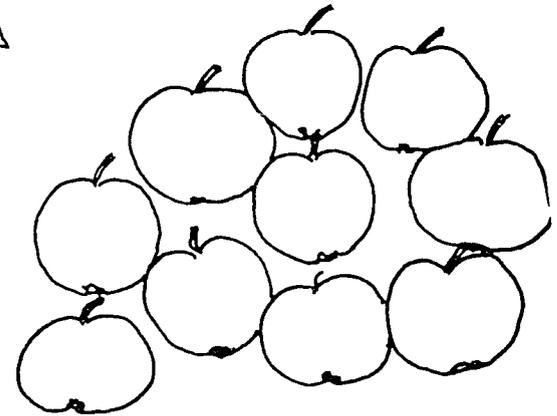
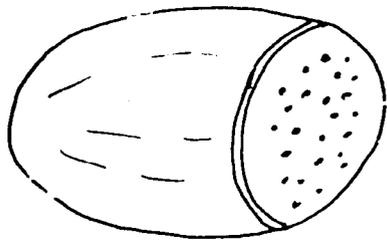
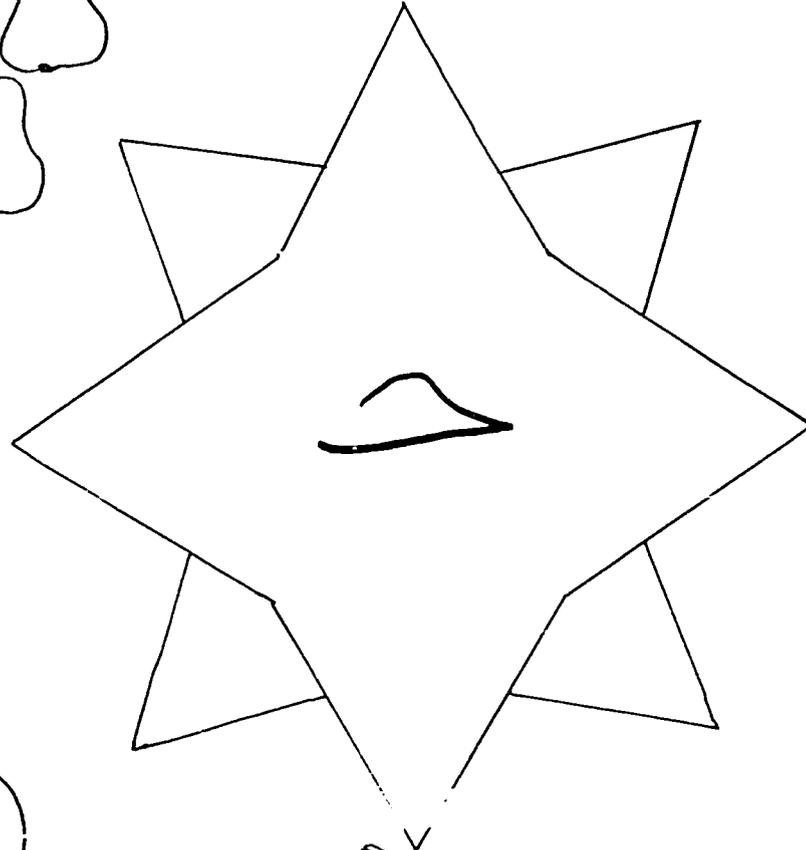
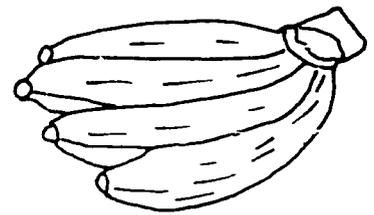
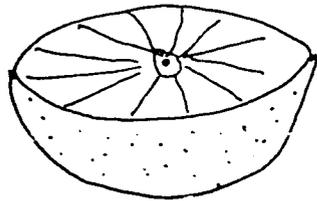
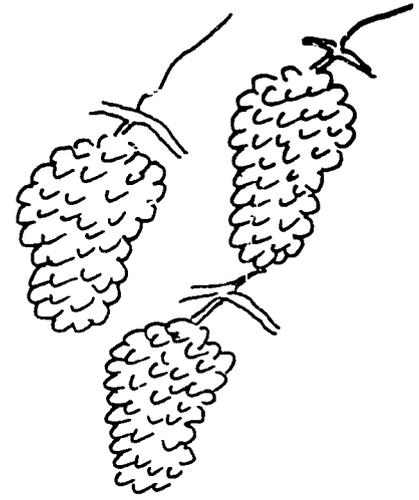
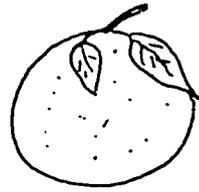
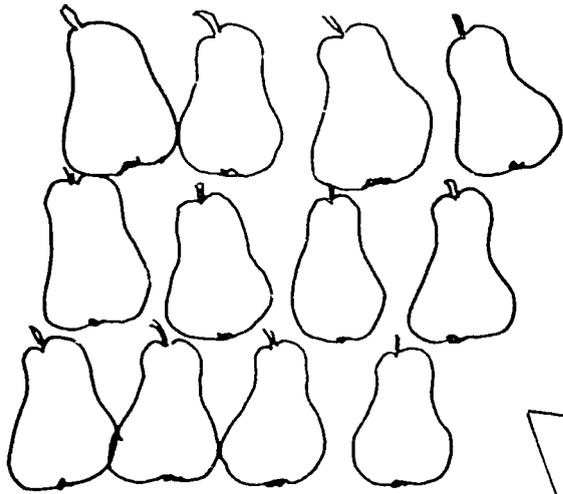
حاجتنا اليوميه



١- فيتامين (ج) - مصادره في مختلف الفواكه بالنسبة لاحتياجاتنا اليومية

الضرور : مختلف الفواكه تهيئ احتياجاتنا اليومية من فيتامين (ج) كل مجموعة من الفواكه تشير الى احتياجاتنا اليومية من فيتامين (ج) اى ان حبة جوارضا واحدة تعد احتياجاتنا اليومية من فيتامين (ج) بينما نحتاج بالعكس الى ٠ اتفاحات ٠

يمكن استخدام هذه اللوحة كدليل لنا عند الشراء
لا نتخاب ارض الفواكه المحتممة على فيتامين (ج) ٠



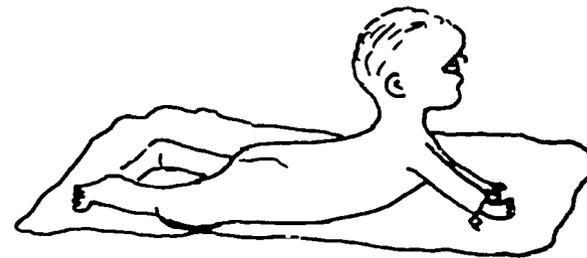
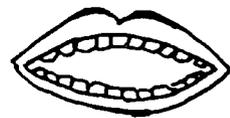
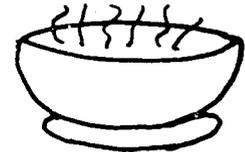
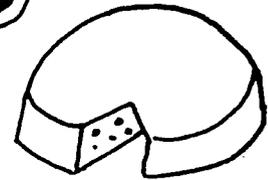
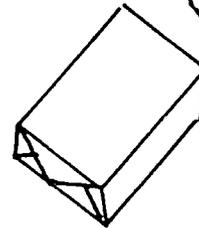
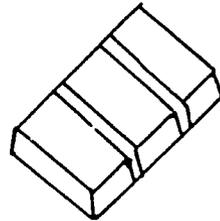
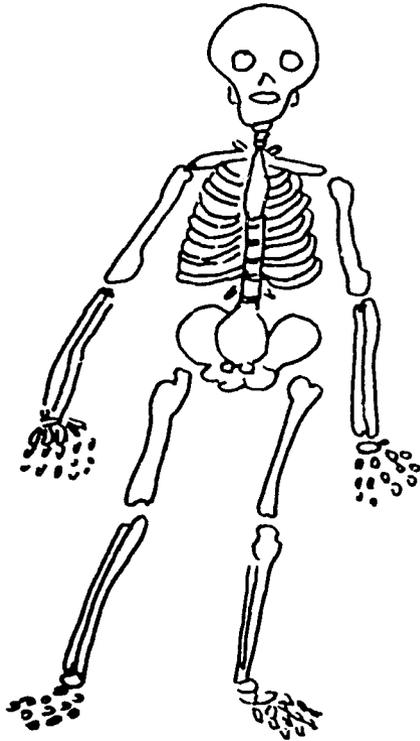
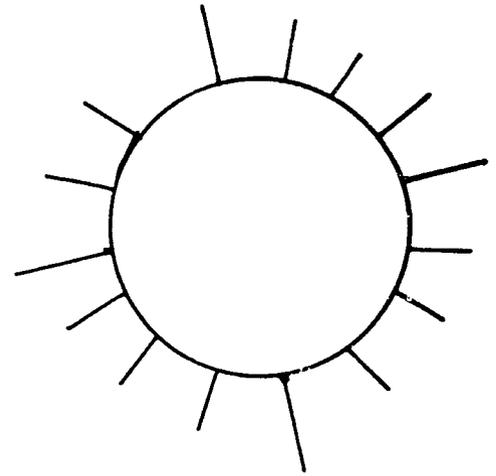
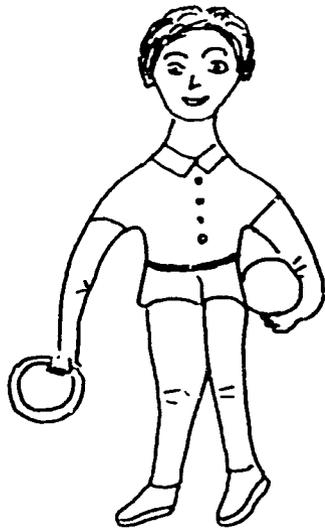
١٠- عزلنا المظلي واسناننا بحاجة الى فيتامين (د)

نحتاج الى فيتامين (د) لبناء الهيكل العظمي والاسنان، وهو متوفر في الاغذية التالية:

- ١- الكبد
- الزبد
- البهض
- زيت كبد الحوت •

٢- تمريض الجسم لاشعة الشمس المباشرة •

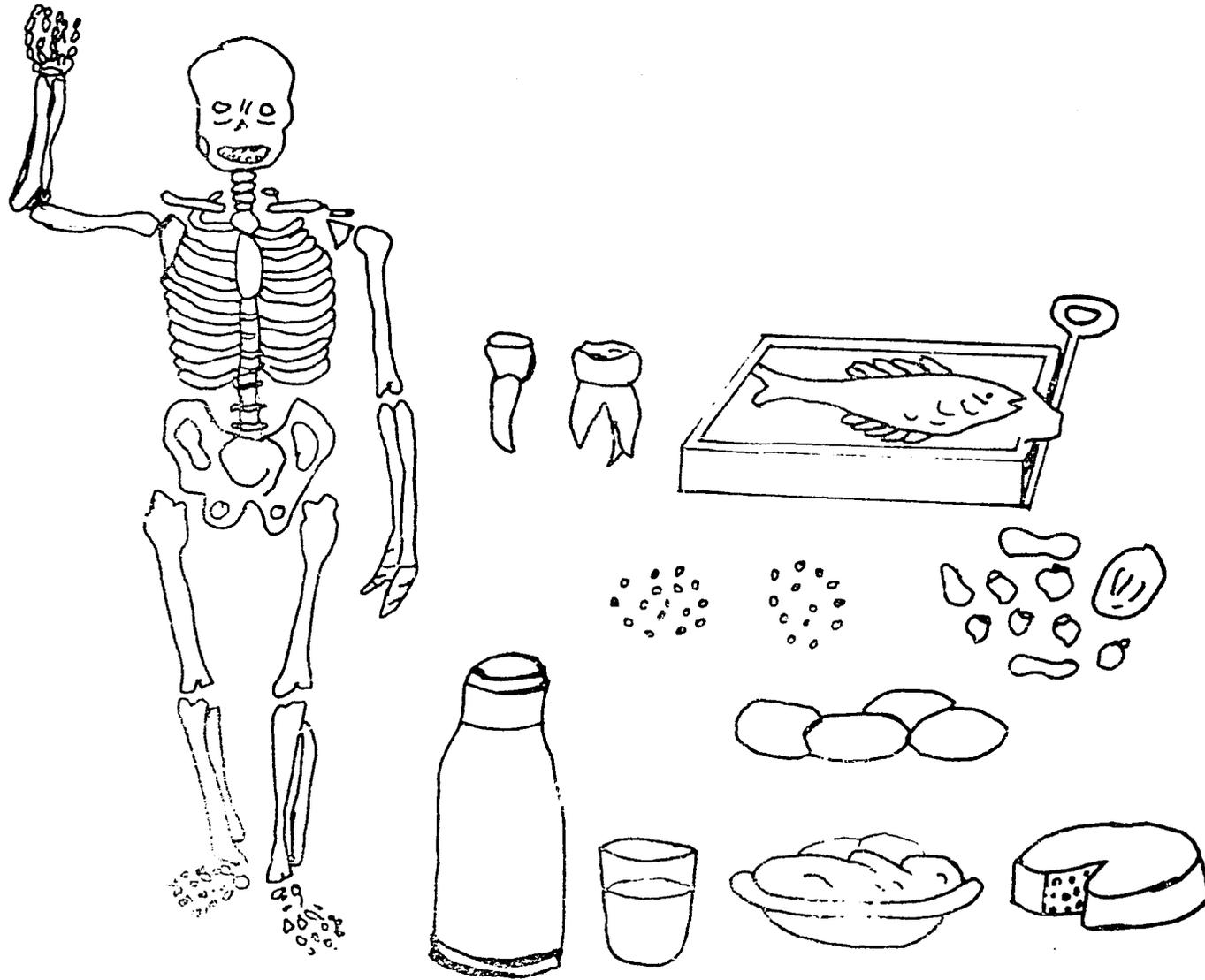
الصــــــــور : صادر لفيتامين (د) : من الاغذية وتمريض الجسم لاشعة الشمس المباشرة



١١ - ميكلنا المظني واسناننا بحاجة الى الكلمر ايضاً

صادر غنية بالكالسيوم : ١- الحليب والجبنة
٢- السردين
٣- المصم
٤- القناني
٥- المكسرات •

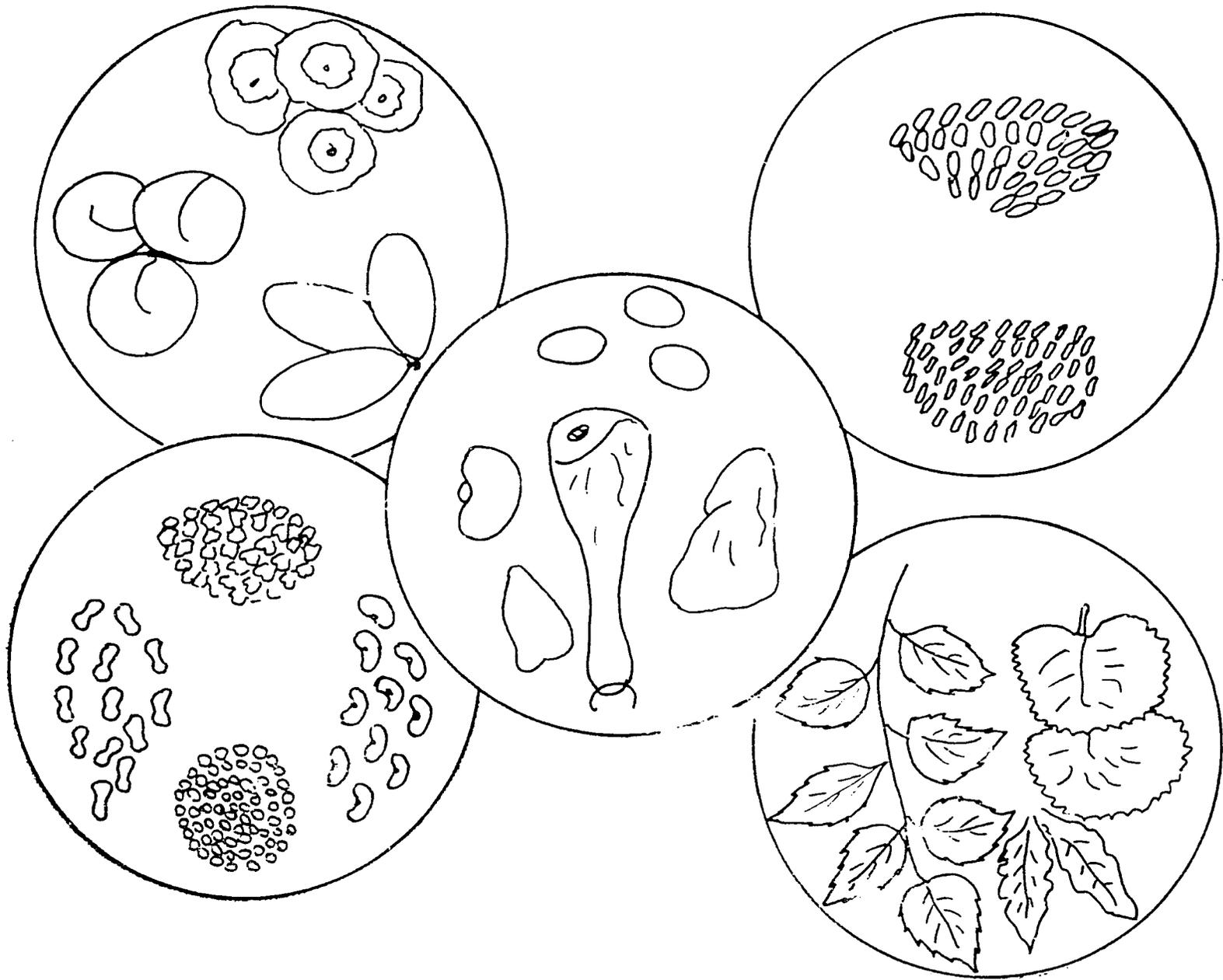
الصـور : اطعمة غنية بالكالسيوم •



١٢- الحديد لتقوية الدم

- صادر غنية بالحديد :
- ١- اللحوم الحمراء ، الطحال ، الكبد والكلى
 - ٢- البيض
 - ٣- خضار ورقية خضراء
 - ٤- الحبوب والمصم
 - ٥- القطناني (كالعدس ، الحمص والبقول)
 - ٦- الفواكه المجففة (خاصة القطين ، التمر ، المشمش المجفف والزبيب)

الصورة : اطعمة غنية بالحديد



تفسيرات :

عند توضيح الفروق عن القيمة الغذائية في الحليب الطازج ، والحليب الجاف الكامل الدسم ، والحليب الجاف المنزوع الدسم ، اتبعني الآتسي :

- ١- اعرضي الزجاجة التي على يمينك ، انها تمثل الحليب الطازج .
- ٢- لا يمكننا الحصول على كفايتنا من الحليب الطازج دائما ، ولكننا نحصل على حليب جاف من المكن اخرى يتوفر فيها الحليب بكسرة .
- ٣- ط هو الحليب الجاف ؟
اعرضي " الزجاجة " الوسطى .
الحليب الجاف الكامل الدسم اذا هو حليب طدى كالطازج منزوع منه الماء .
- ٤- اذا يمكننا اضافة الطه بمسهولة . لا يوجد هناك اختلاف من الحليب الطازج سوى ان الحليب الجاف الكامل الدسم اغلى نوطا ط .
- ٥- هناك نوطا آخر من الحليب الجاف
اعرضي " الزجاجة " التي على يسارك .
هذا هو الحليب الجاف المنزوع الدسم . انه حليب طدى كالطازج منزوع منه الطه بالدهن المحتوى طي فيتامين (أ) .
- ٦- اذا يمكننا اضافة الماء بفيتامين (أ) بمسهولة . ان الفرق الوحيد هو الدهن ، الذي يمكننا الحصول عليه من مصادر اخرى رخيصة ، مثلا من الزيتون .
ان الحليب الجاف المنزوع الدسم ارخص من اى حليب جاف آخر .

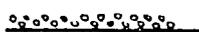
١٣- انواع مختلفة من الحليب

مقارنة القيمة الغذائية في الحليب الطازج والحليب الجاف الكامل الدسم
والحليب الجاف منزوع الدسم .

الصور :

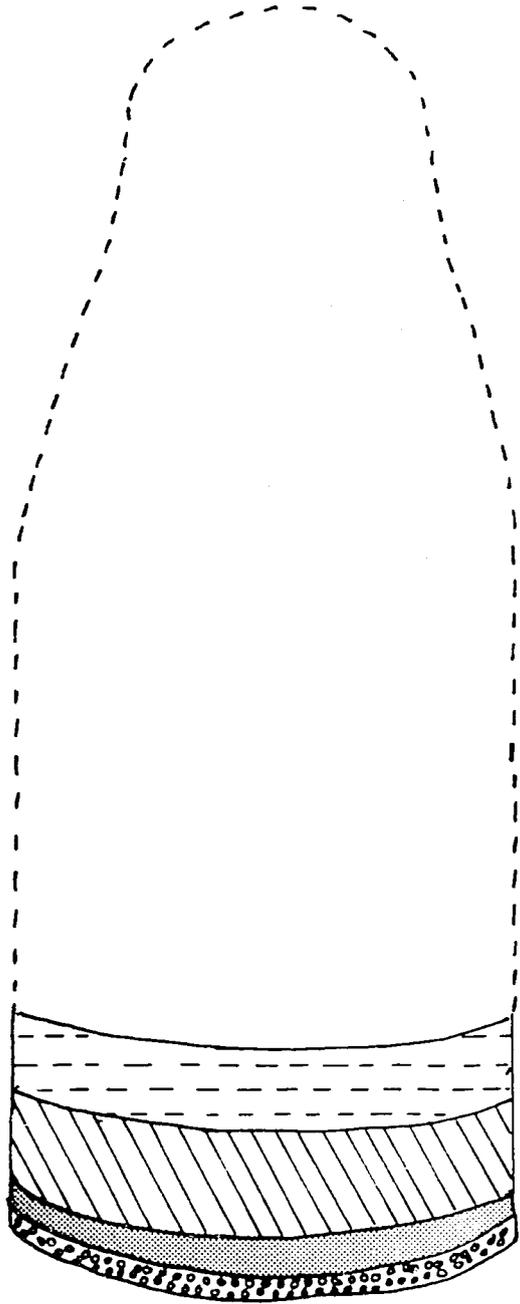
١٣ أ

- ١- حليب طازج
 - ٢- حليب جاف كامل الدسم منزوع من الماء
 - ٣- حليب جاف منزوع من الماء والدسم وفيتامين (أ).
- كل شريط يمثل عنصرا غذائيا موجودا في الحليب

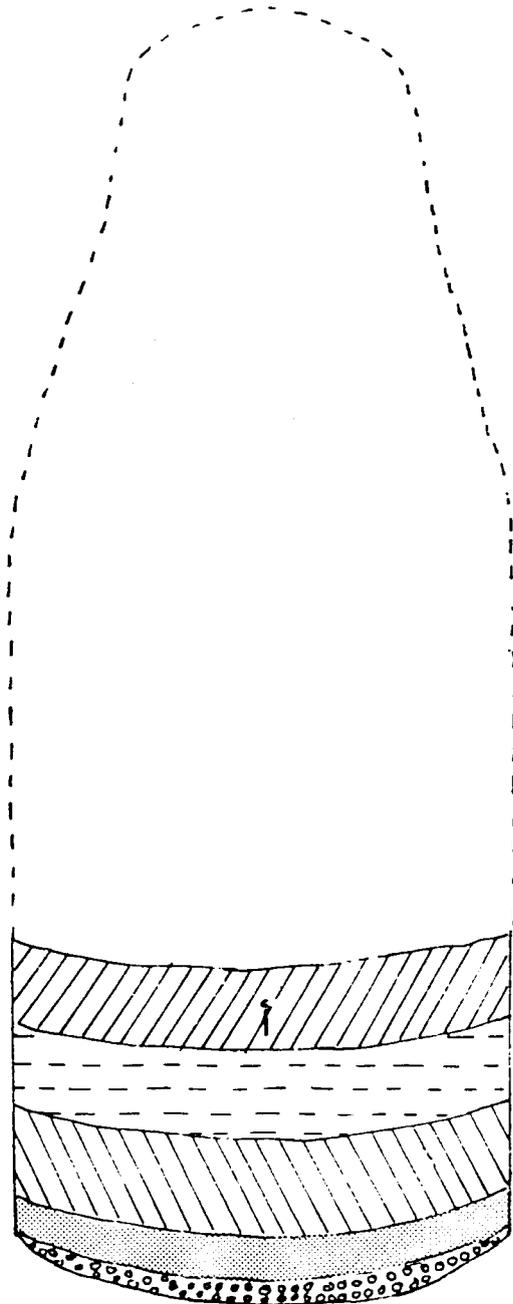
الدهنيات وفيتامين (أ) 
البروتين 
الكاربوهيدرات 
الكالسيوم 
معادن وفيتامينات اخرى 

١٣ ب

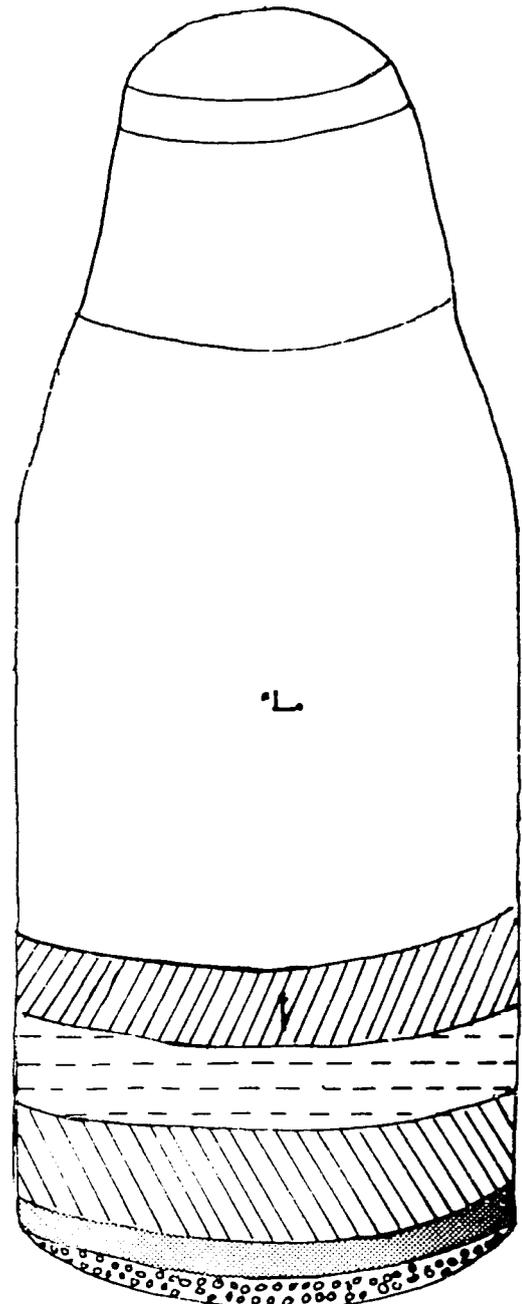
- ١- حليب طازج
- ٢- حليب جاف كامل الدسم ضافا اليه الماء - دون تغيير في قيمته الغذائية .
- ٣- حليب جاف منزوع الدسم ضافا اليه الماء وفيتامين (أ) - والفرق الوحيد هو عدم وجود الدسم - وان سعره ارخص .



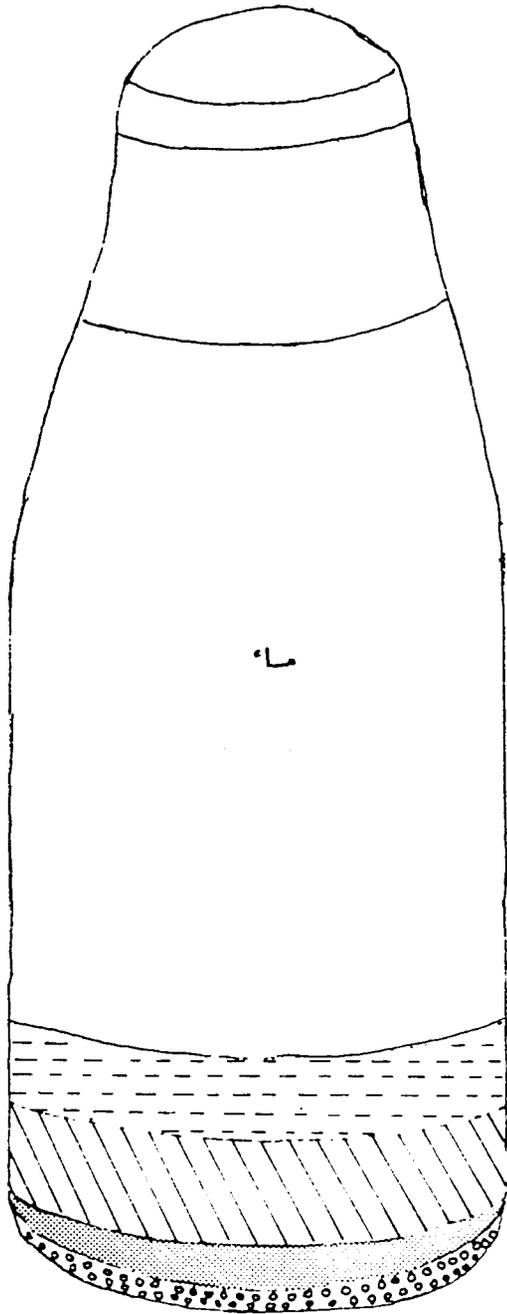
١- حليب طازج



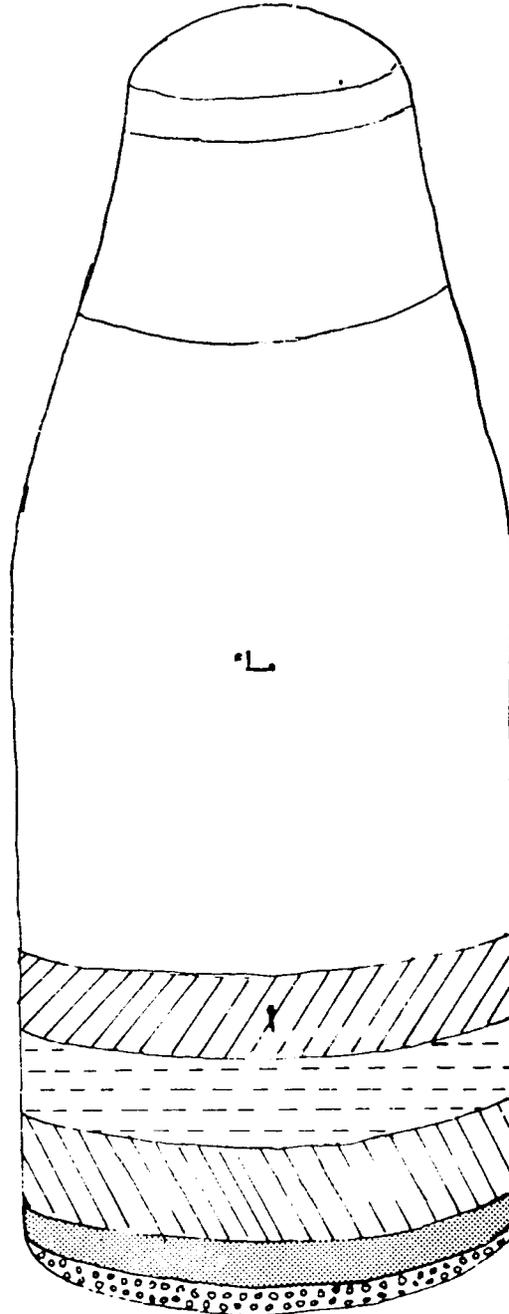
٢- حليب جاف كامل الدسم منزوعا منه الطء



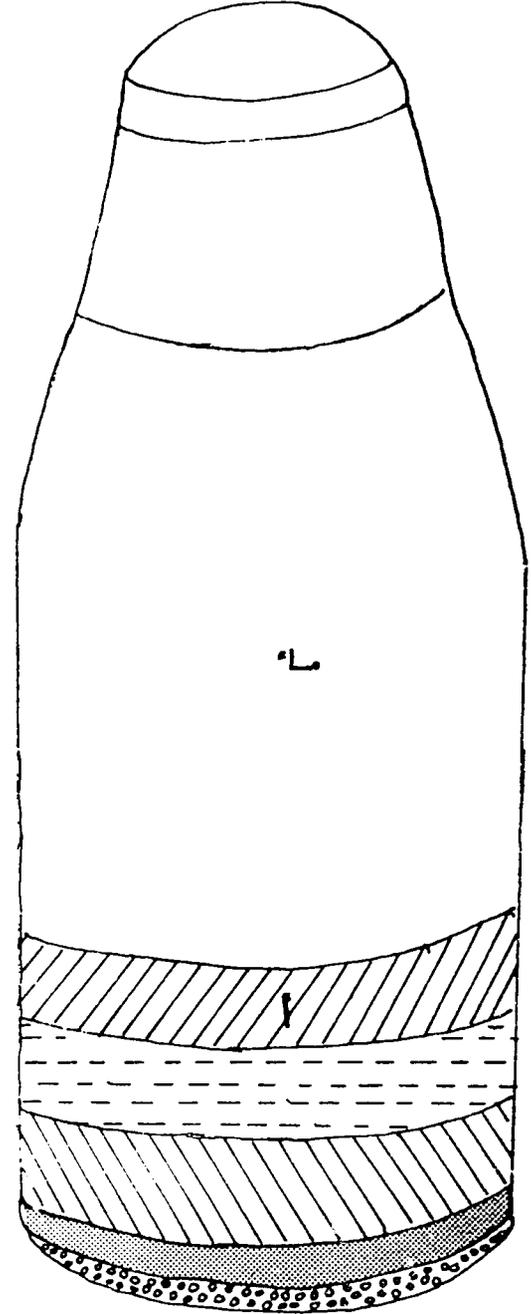
٣- حليب جاف منزوعا منه الطء والدسم
وفيتامين (أ).



٣- حليب جاف مزوج الدسم ضانا اليه
الطء وڤيتامين (أ).



٢- حليب جاف كامل الدسم ضانا اليه الطء

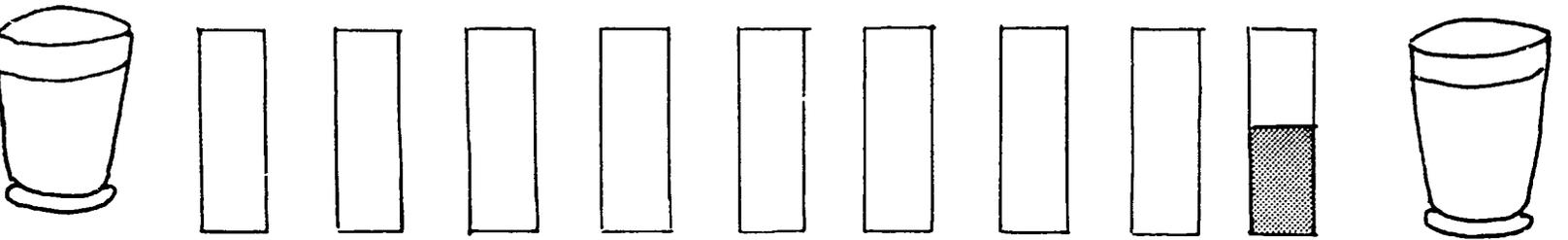
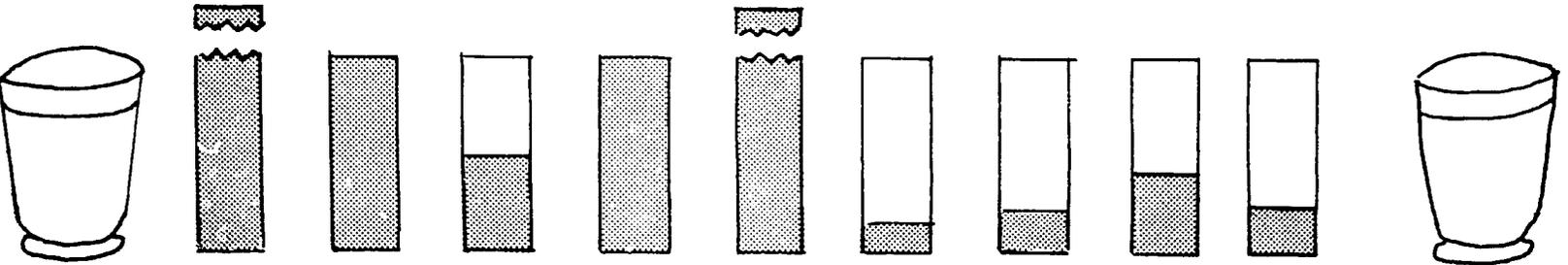
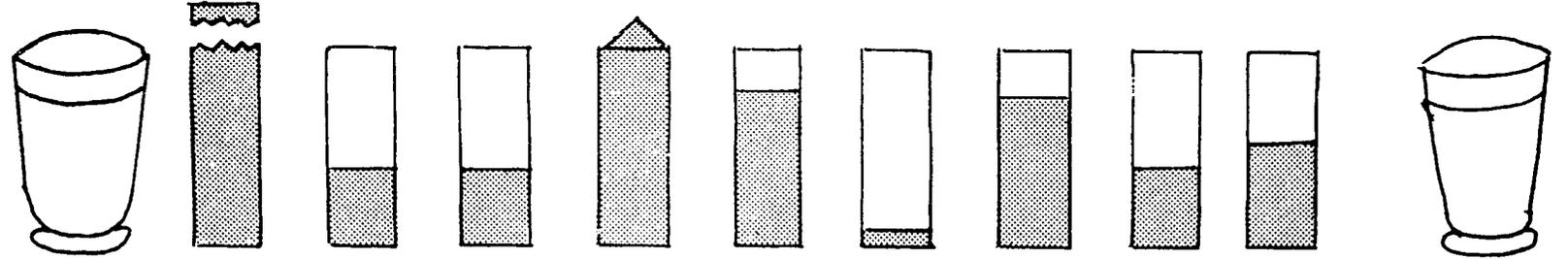
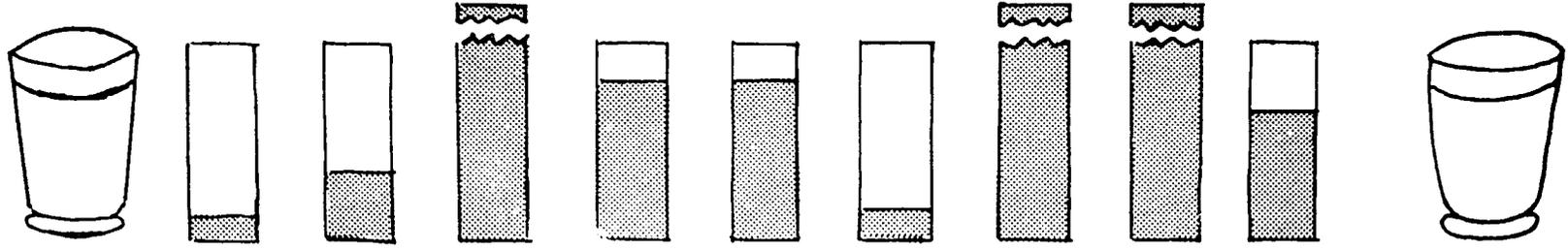


١- حليب طازج

١٤ - مقارنة القيمة الغذائية بين بعض الأشربة الشائعة الاستعمال

- ١- الحليب
- ٢- عصير البرتقال
- ٣- عصير البندورة
- ٤- مرطبات (مشروبات خفيفة) .

الصور : اربعة اشربة مختلفة ومحتوياتها من العناصر الغذائية
الاجزاء المظلمة تمثل كمية العناصر الغذائية الموجودة في الاشربة
كل عمود يرمز الى ١/١٠ الاحتياجات اليومية للبالغين .



فہتا مین
۴

نہا مین

فہتا مین
۲

فہتا مین
۳

فہتا مین
۱

حدید

کالمیوم

ہروتین

سعرات
حرارہ

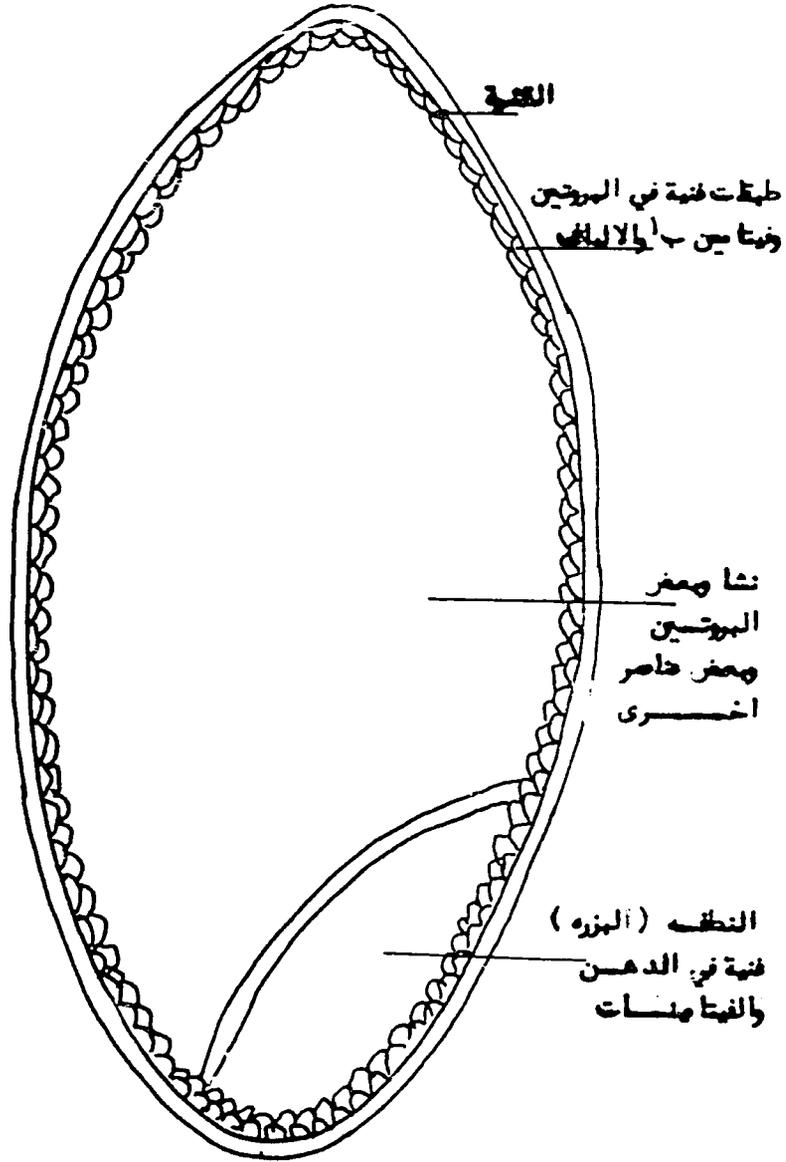
الشمس

١٥- الحبوب ومتجاتها

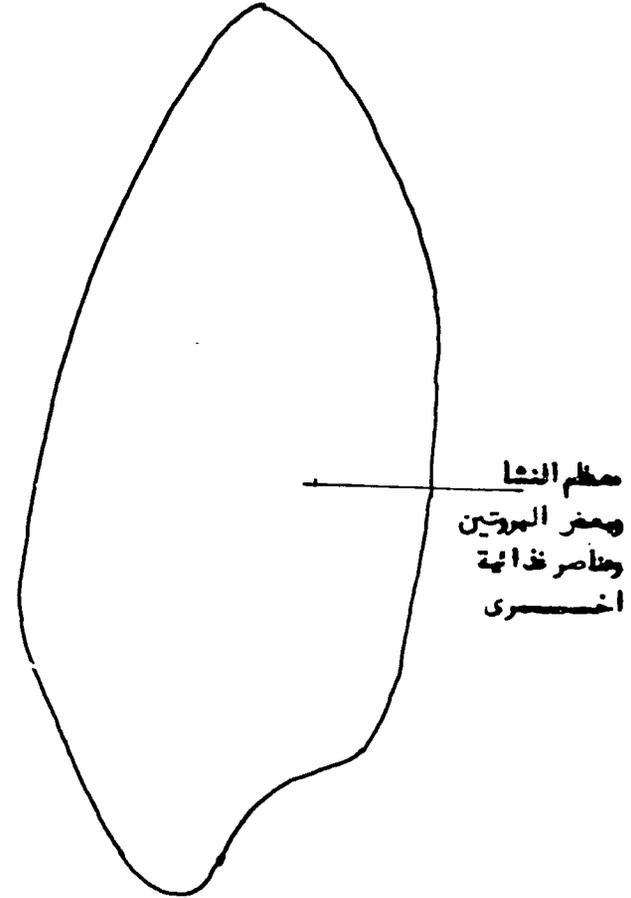
مقارنة بين حبة قمح كالأطة وحبّة قمح مقشورة ، مقارنة بين الدقيق الاسمر والدقيق الابيض .

الصـور: حبتين من القمح - حبة قمح كالأطة وحبّة قمح مقشورة
لعمل طحين ابيض .

قشرة كاشسبية



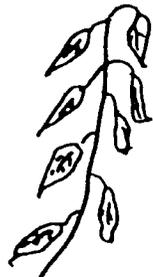
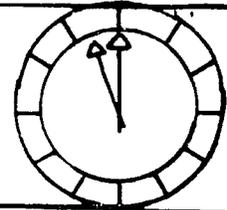
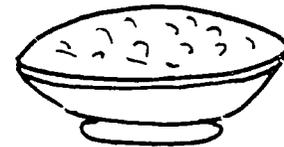
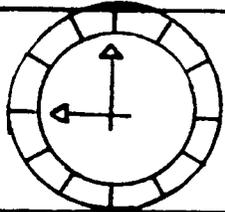
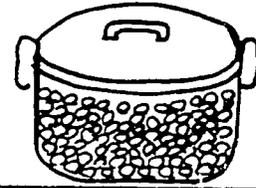
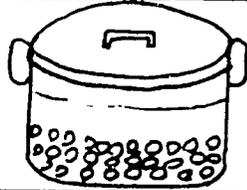
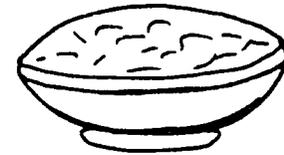
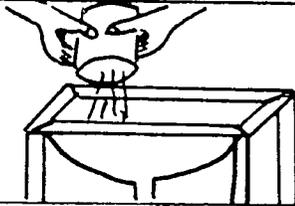
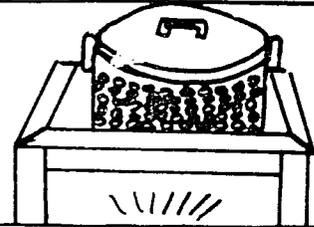
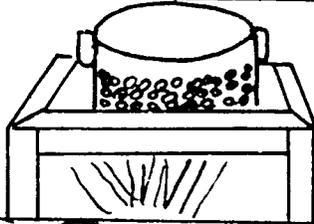
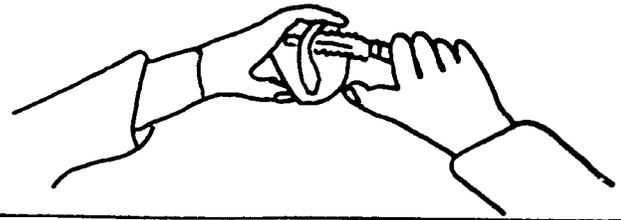
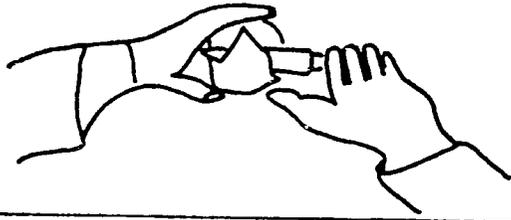
القلمح القشور يفقد حاضر غذائية قشرة



١٦ - المحافظة على العناصر الغذائية عند تحضير الطعام

الضرور : الطرق الصحيحة والدقيقة للحفاظ على العناصر الغذائية عند تحضير الطعام .

<u>الخطأ</u>	<u>الصحيح</u>
١- التقشير بالسكين وإزالة قشرة كيفية .	١- استعمال القشاة للتقشير .
٢- وضع كمية كبيرة من الماء للطبخ مع بقاء الوعاء بدون غطاء ولهب عال .	٢- الطبخ باقل ما يمكن من الماء مع بقاء الوعاء مغطى والنار هادئة .
٣- قذف المرق الزائد عن الطعام .	٣- استعمال الماء الزائد في عمل الشوربة .
٤- استعمال بايكربونات الصوديوم لطبخ القطناني .	٤- عدم استعمال بايكربونات الصوديوم لطبخ القطناني .
٥- تحضير السلطة قبل موعد الطعام بوقت طويل .	٥- تحضير السلطة قبل موعد الطعام مباشرة .
٦- اختيار الخضروات الذاهلة .	٦- اختيار الخضروات الطازجة .



١٧- نظرية بين احتياجات المرأة الحامل والمرأة العادية

الصورة : الاحتياجات الغذائية للمرأة العادية

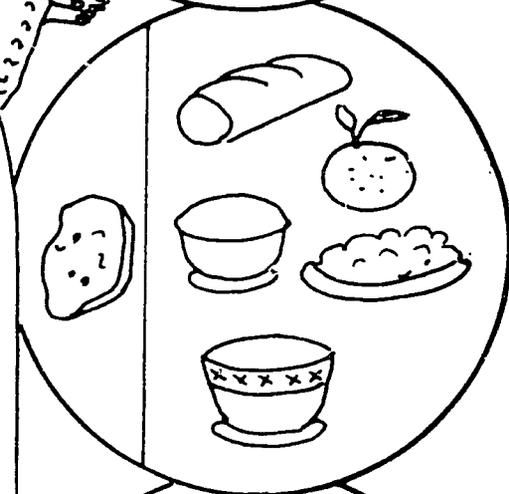
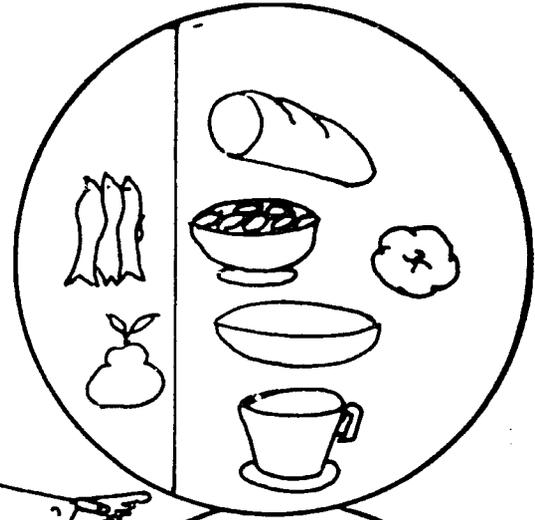
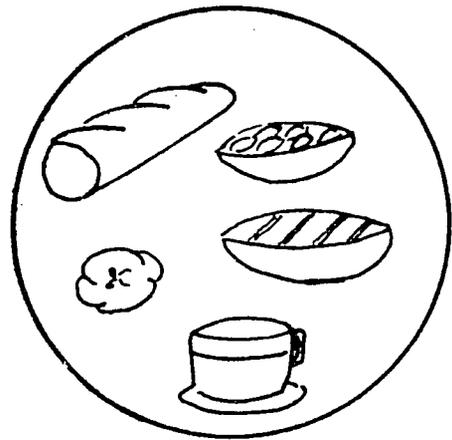
الاطعمة الاضافية التي تحتاجها الام الحامل :

اطعمة غنية بالبروتين، الكالسيوم

والحديد مثل قطعة لحم اضافية

او قطعة كبد، كوب من الحليب

ومعص الفاكهة •

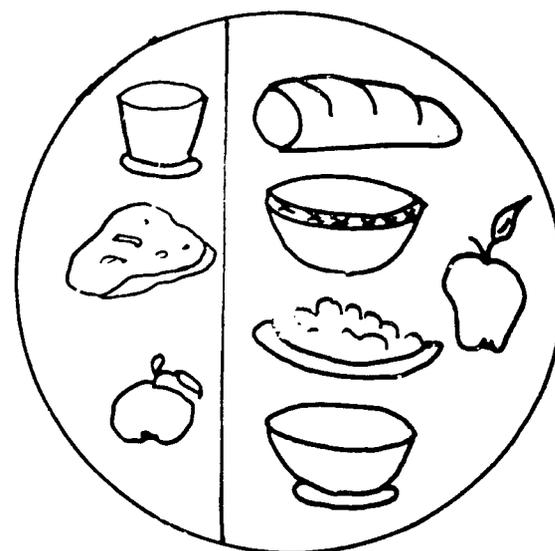
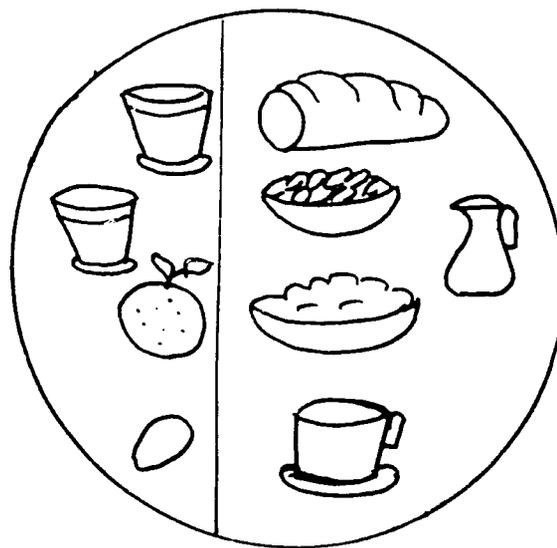
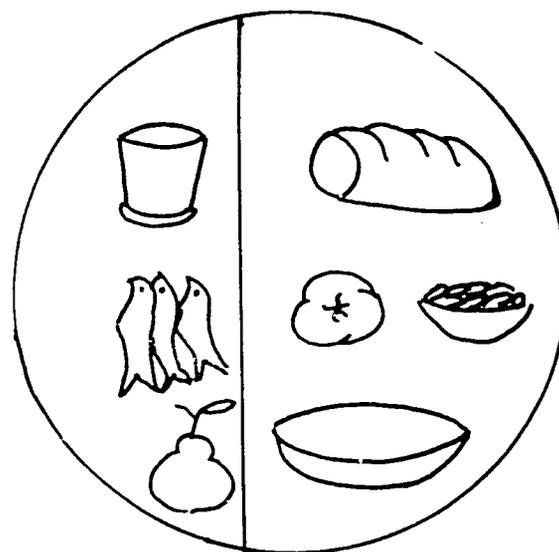
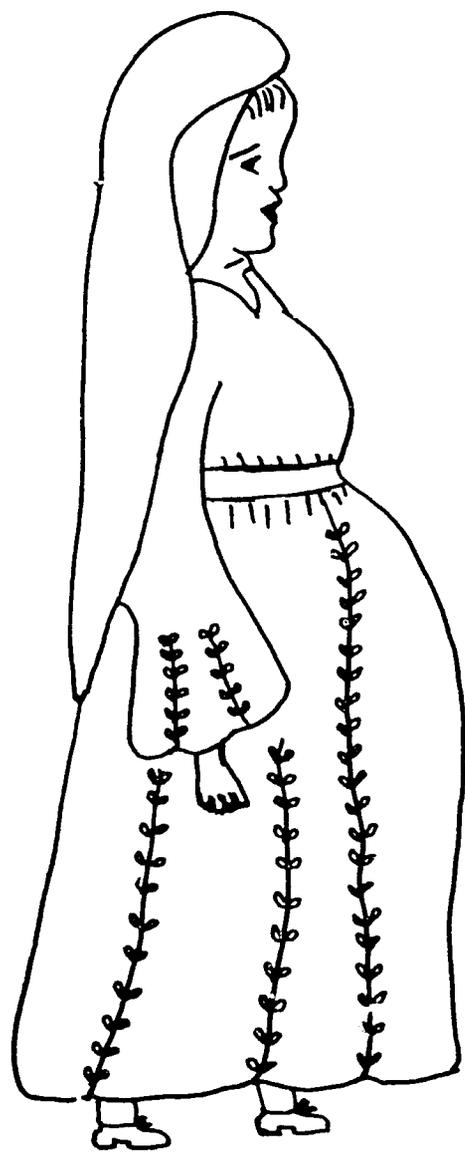


١٨- الاحتياجات الغذائية للمرأة الحامل - خصوصا في الاشهر الثلاث الاخيرة

(خلال الشهر ٢ - ٩)

الضرور : المرأة الحامل واحتياجاتها الاضافية من الغذاء

• المحتوى من الحليب ومغز اللحم •



١٩- احتياجات الام المرضع

تحتاج الام المرضع الى اطعمة اضافية من المجموعات الغذائية الثلاث لتوفير الحليب الى رضيعها ، خاصة اطعمة الطاقة والسوائل التي تساعد على اداراه .

الضرور : ام ترضع طفلها

واطعمة مختلفة تحتاجها من ضمنها الحليب

و CSM او WSB او مهليات اخرى .



٢٠- الطفل الرضيع منذ الولادة وحتى الشهر السادس من عمره

يقتصر غذاؤه الطفل الرضيع في الستة الأشهر الأولى على حليب أمه فقط .

الصواب : أم ترضع طفلها .



طيب الدم فقط

٢١- غذاء الطفل من سن ٦ - ١٢ اشهر

• يجب اضافة بعض الاطعمة بجانب حليب الام .

١- الاستمرار في الرضاعة الطبيعية

٢- صير الهرتقل او البندوره

٣- الخضار والفواكه المهروسة

٤- صفار البيض المسلوق والمهروس

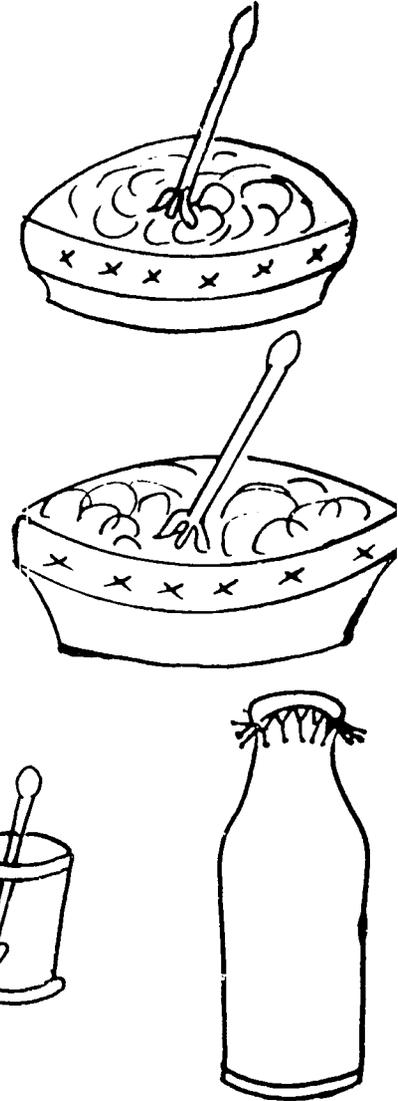
٥- مهلبية من CSM او WSB رخوه او عمل خلطة مشابهة

• من الاطعمة المحلية .

المصدر : الام المرضع ، واطعمة اضافة مثل البيض المسلوق ،

وصير الفواكه والخضار المهروسة والمهلبية

• واللبن الرائب .



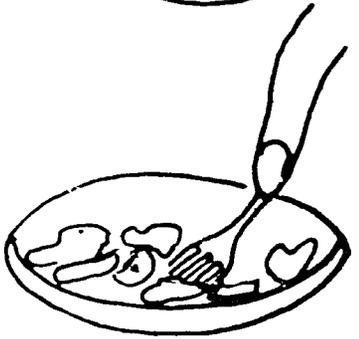
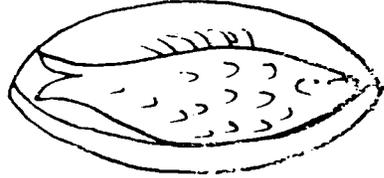
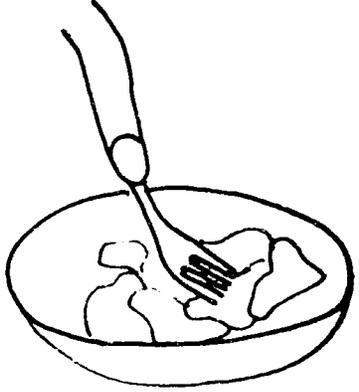
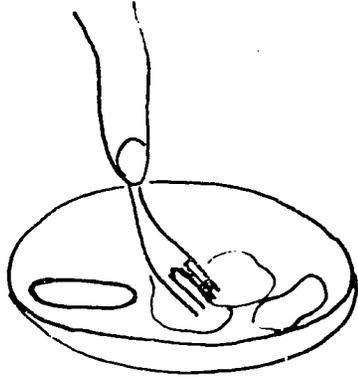
٢٢- غذاء الطفل من سن ٦ - ١٢ شهرا

حليب الام لا يزال ماسبا

يجب اضافة بعض الاطعمة بجانب حليب الام .

- ١- الاستمرار في الرضاعة الطبيعية
- ٢- الاطعمة المعطاة للطفل من سن ٦ - ٩ اشهر
- ٣- اضيفي سكا ولحم سلوفا وطحونا
- ٤- اضيفي القطني المهروسة .

المصـور : ١- ام ترضع طفلها
٢- اطعمة اضافة مثل السمك والعدس

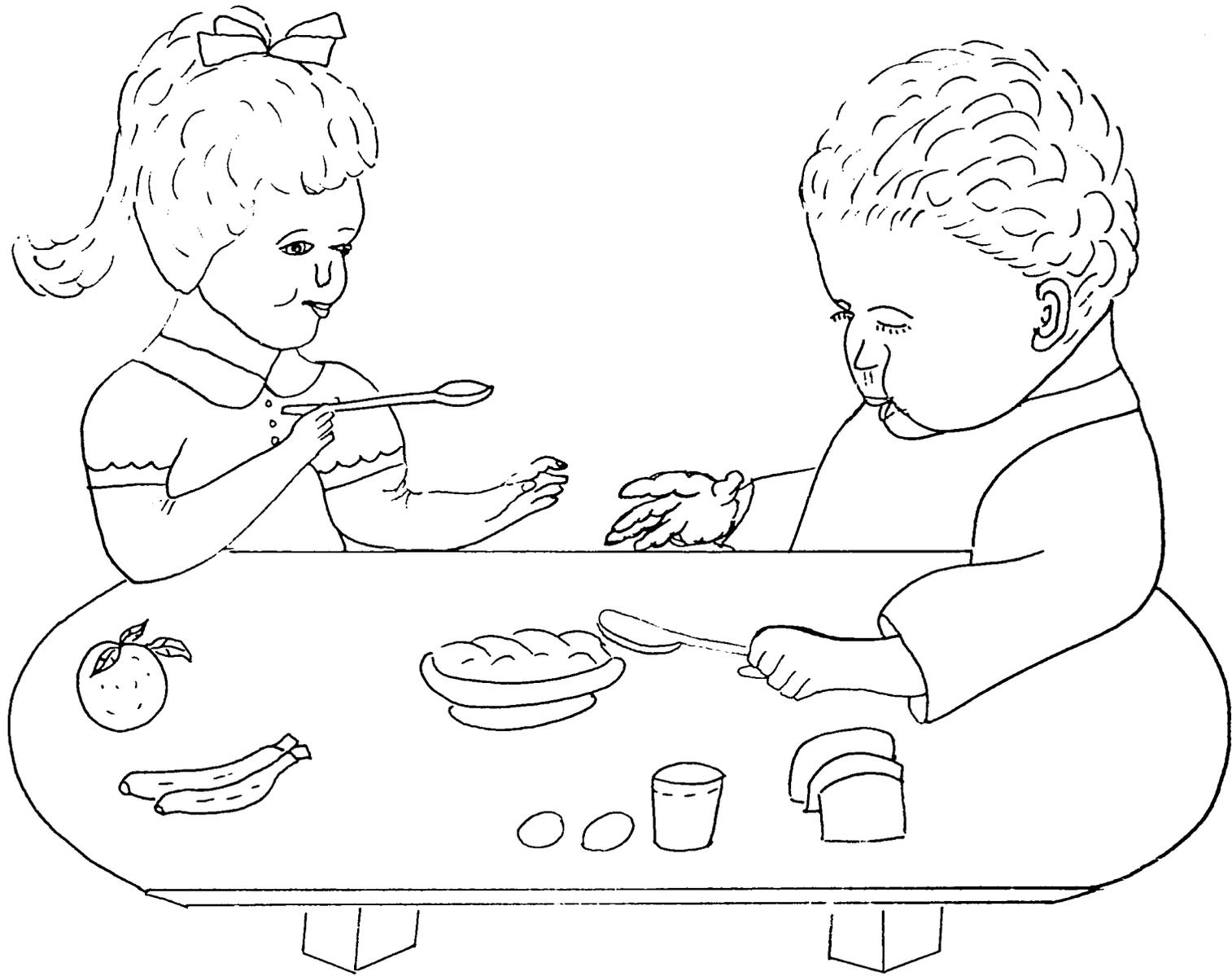


٢٣- غذاء الاطفال من سنة الى ٥ سنوات

- دلفل وطفلة يتناولان من طعام العائلة مع التنايل من التوابل .

الصـور : طفل وطفلة يتناولان طعامهم من على

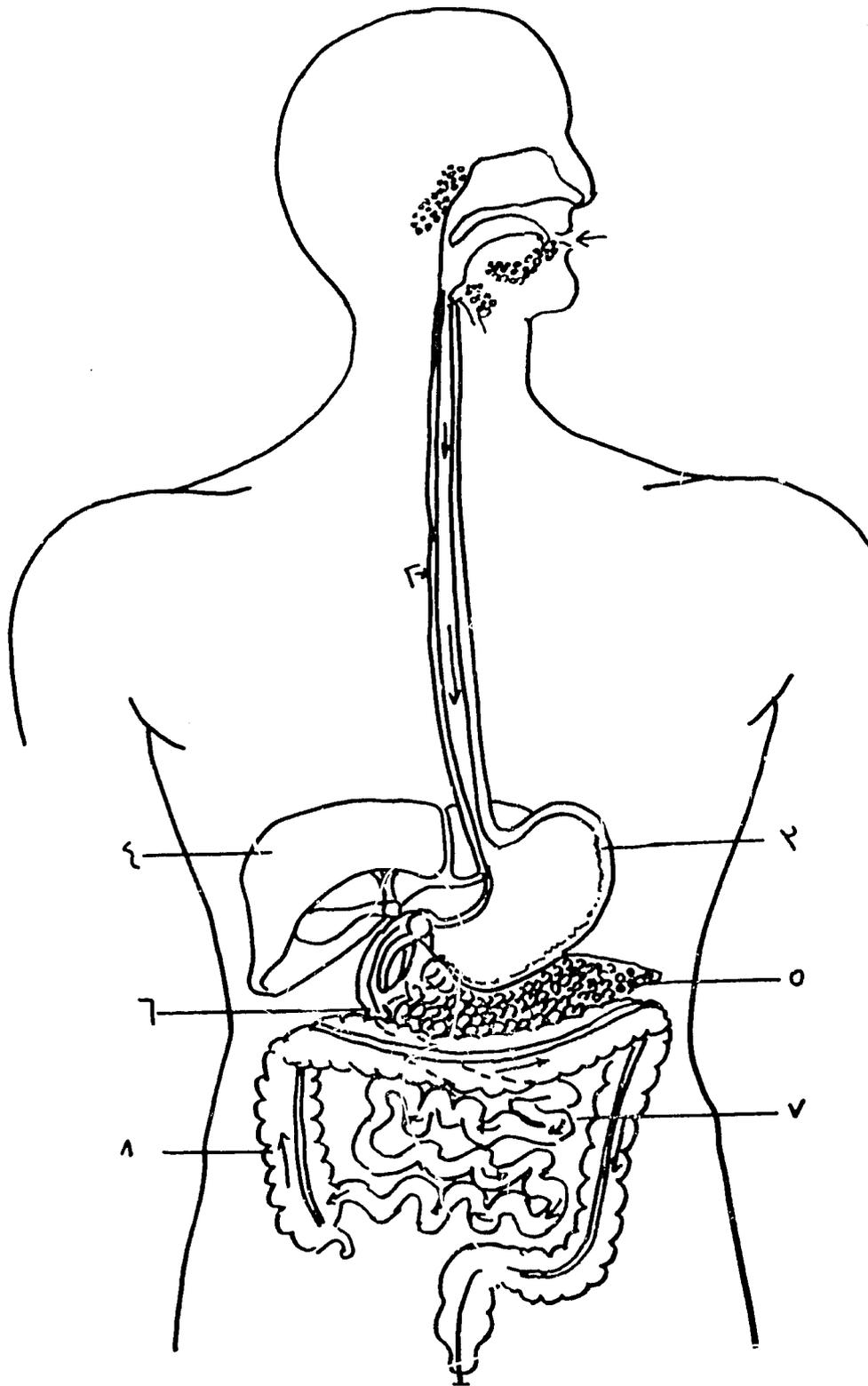
طاولة العائلة .



الصور: الجهاز الهضمي
الطعام طرا في الجسم

مخمس للهضم في جسم الانسان			
العضو	الافراز	المعمل الميكانيكي	التحولات الكيميائية
١ الفم، الغدد الاسنان اللسان	اللعاب	تمزيق الطعام وتقطيعه ثم طحنه	تحول النشويات الى سكريات
٢ المريء		يقود الطعام الى المعدة	
٣ المعدة	العصارة المعدية	تطحن الطعام وتحوله الى كتلة	يتخثر بروتين الحليب
٤ الكبد	الصفراء وتتجمع في العمرارة		تفتت الدهون بفعل الصفراء
٥ البنكرياس	عصارة البنكرياس		تعمل عصارة البنكرياس على هضم الدهون، البروتينات والكربوهيدرات
٦ الاثني عشر			يشهد اعظم النشاط للصفراء وعصارة البنكرياس حيث تتحول الدهون الى احماض دهنية وفلبيسيرول، والكربوهيدرات الى سكريات بسيطة، والبروتينات الى احماض امينية
٧ الامعاء الدقيقة	العصارة المعوية	الطحن مع التحول الى طادة سهلة الاقصاص	اقصاص العناصر الغذائية وتحولها الى الدورة العامة
٨ الامعاء الغليظة			سحب الماء من بقايا الطعام المهضوم لتحويله الى براز

المرجع: التغذية بالنسبة الى الانتاج الزراعي، ج، س، ديمار



جـ العناية بالطفل

=====

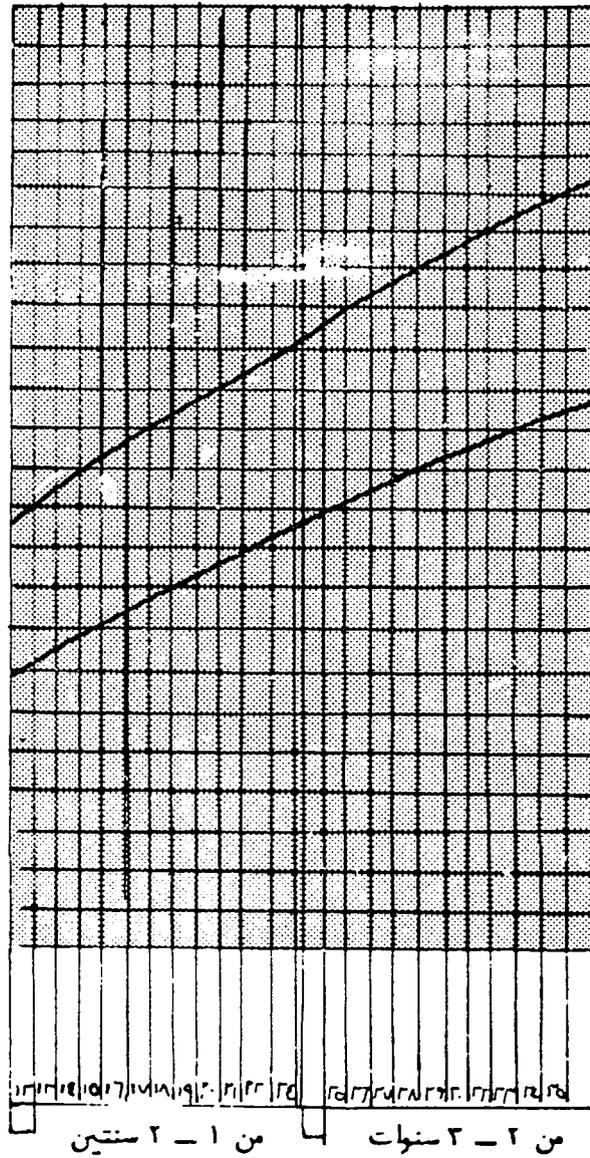
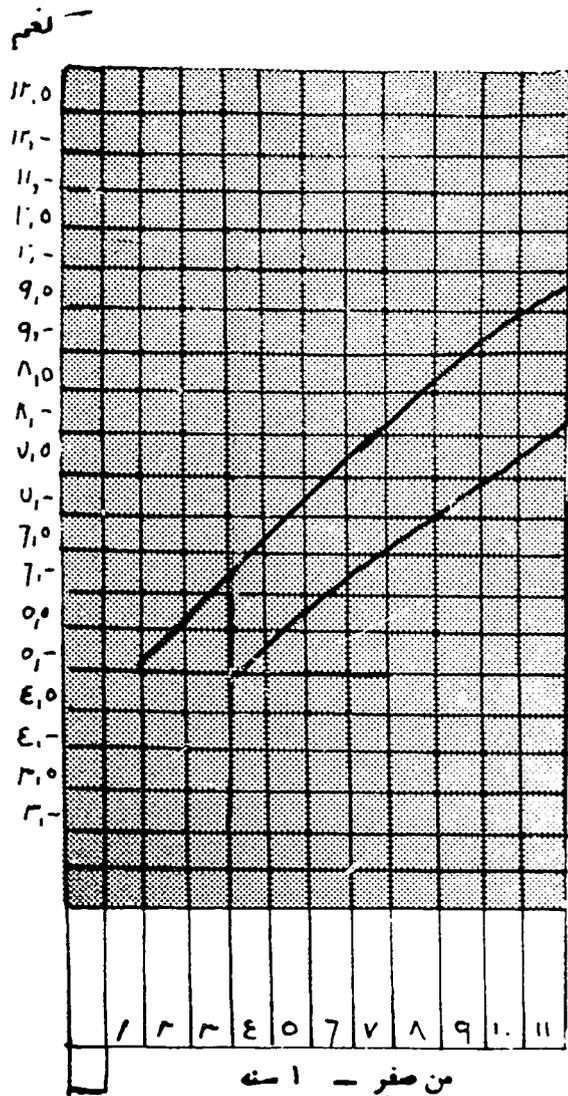
٢٥- الوزن كقياس للنمو

يُعتبر وزن الطفل طبيعياً إذا استمر ضمن الخطتين الظاهريتين في بطاقة الوزن.

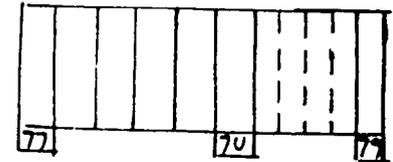
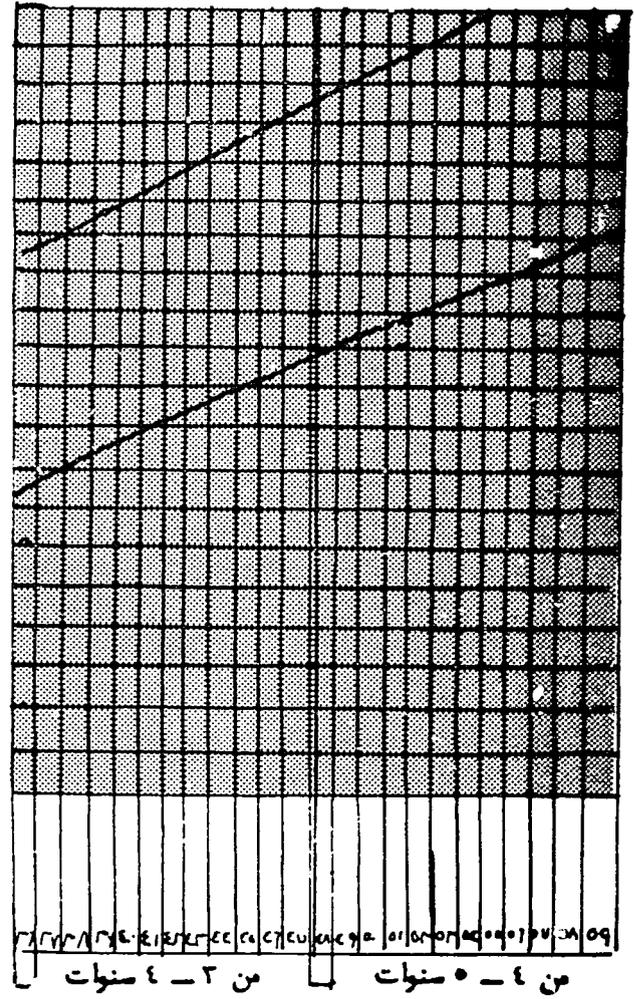
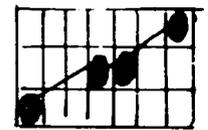
المسور : بطاقة وزن - وهذه يمكن استعمالها
أيضاً كسجل للتطعيم ، ولتدهن تاريخ
صحة الطفل وعائلته .

بيان لوزن الطفل

تسجيل جميع امراض الطفل او المولود
الذي يلمسه .



لتسجيل الوزن يجب ملء المربع
الخاص وابطال النقط كما
يوضح الرسم .



لعل البيان : سجلوا شهر الولاد في كل
مربع طون بعدها المربعات
الاخرى (المنه ثم الشهر) .

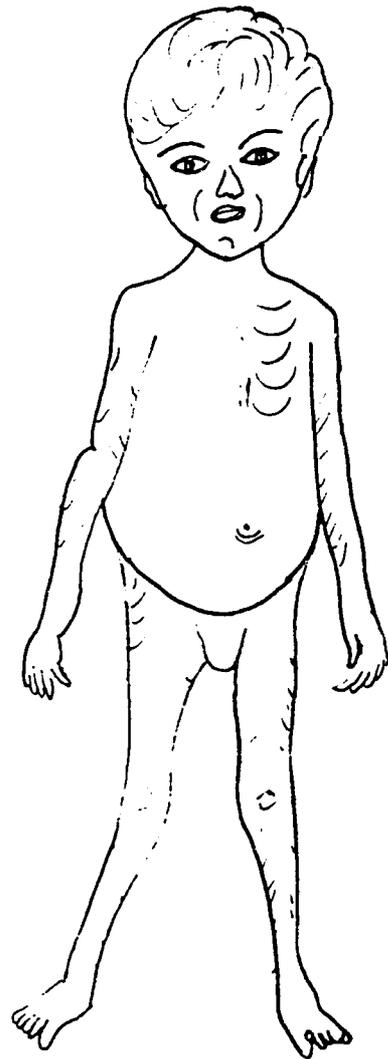
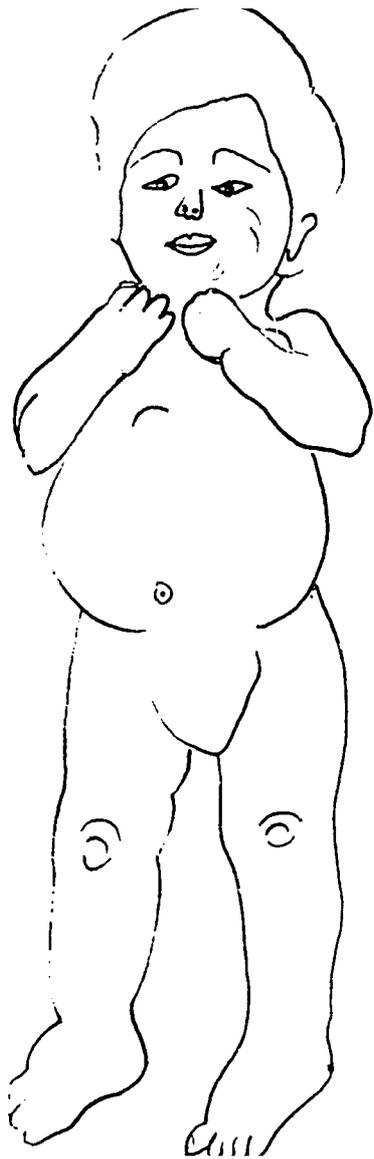
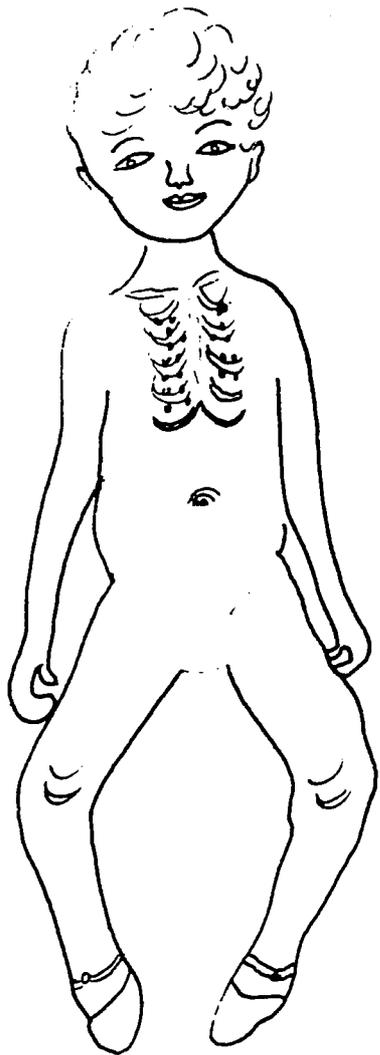
٢٦- يحتاج اطفالنا الى الرطبة الكافية والتغذية الجيدة لضأن سلامة نموهم

يسبب سوء التغذية تدهورا في الصحة •

الصبر : طفل صاب بالمرازموس الخصب من نقص السمعات الحراية والبروتين

طفل صاب بالكواشوركور الخصب من نقص البروتين

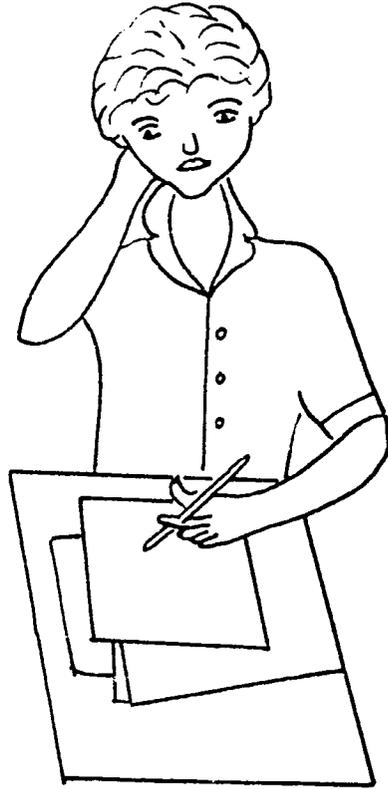
طفل صاب بالكساح الخصب من نقص فيتامين (د) •



٢٧- يصح الاطفال الذين يتناولون غذاءً جيداً رجالاً اتقوا الهبة سليمي العقل

- يكون الطفل الصحيح الهبة وقاد الذهن وقادرا على التعلم من والديه وط يحيط به .
- وفي المدرسة يكون اقدر على التعلم والذاكرة ، وفي سن الشباب يكون قادرا على العمل بهمة ونشاط لاطالة نفعه وطائلته .

الصـور : طفل صحيح الهبة يلعب بنشاط ،
طالب يؤدى واجباته المدرسية ،
بالغ يقوم بمطسه .



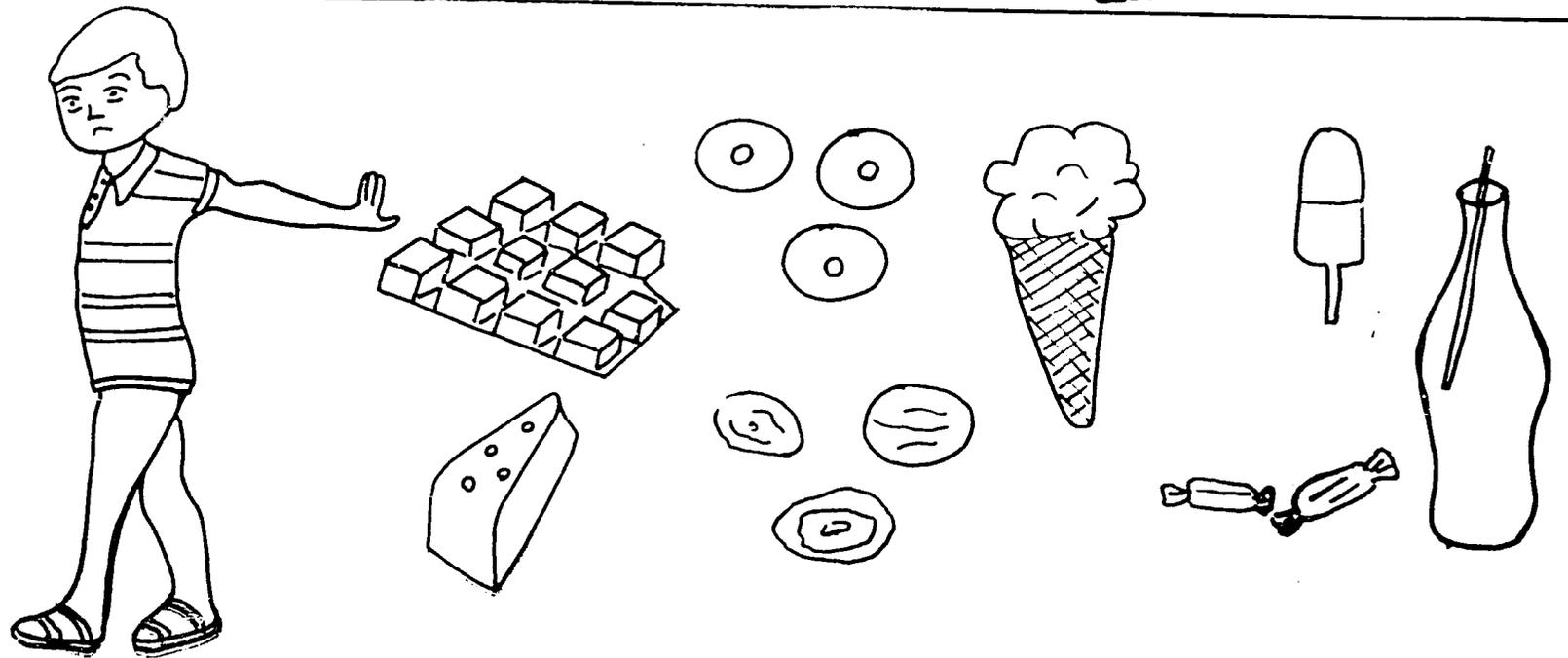
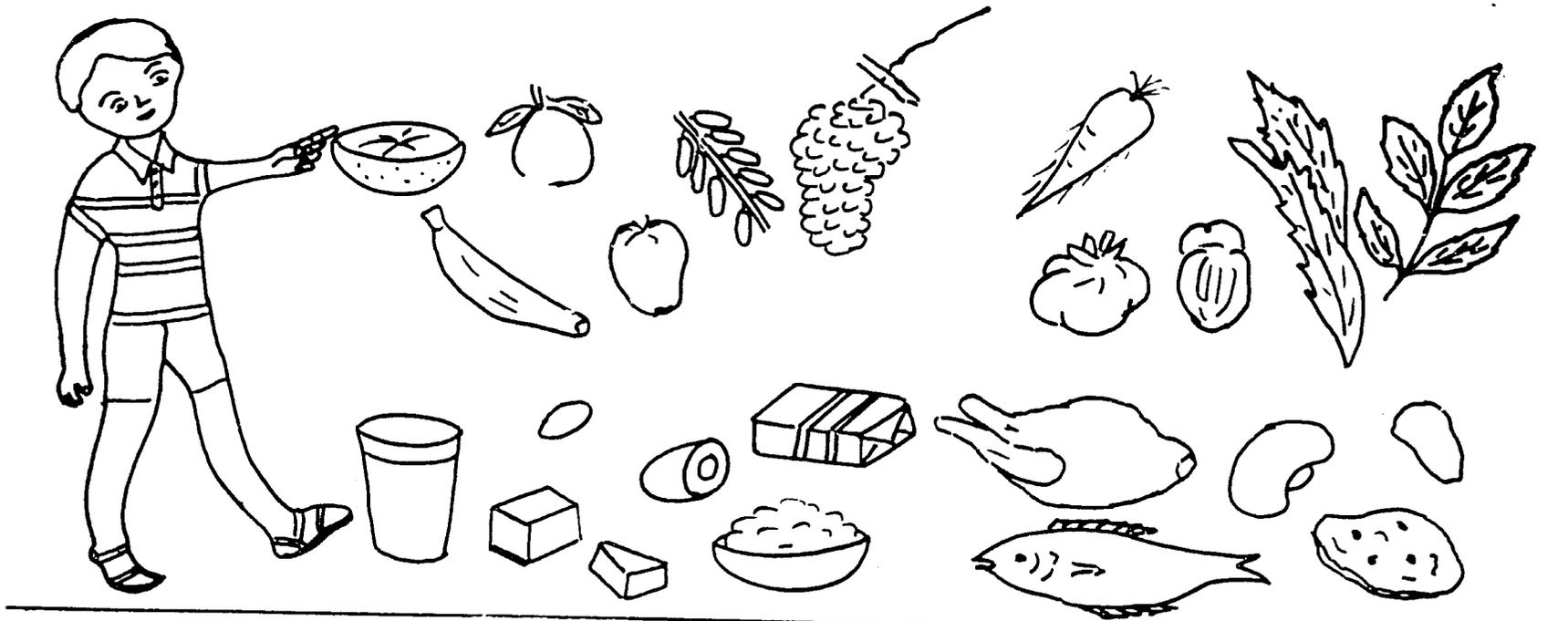
٢٨- تكتسب العادات الغذائية الصحية منذ الطفولة

هناك طادات غذائية جيدة واخرى غير مستحمنة .

فط هو اختصارك ؟

الصـور : ولد يشجع على تناول الاطعمة الجيدة

واخرلا يشجع على تناول الاطعمة محدودة القيم الغذائية .

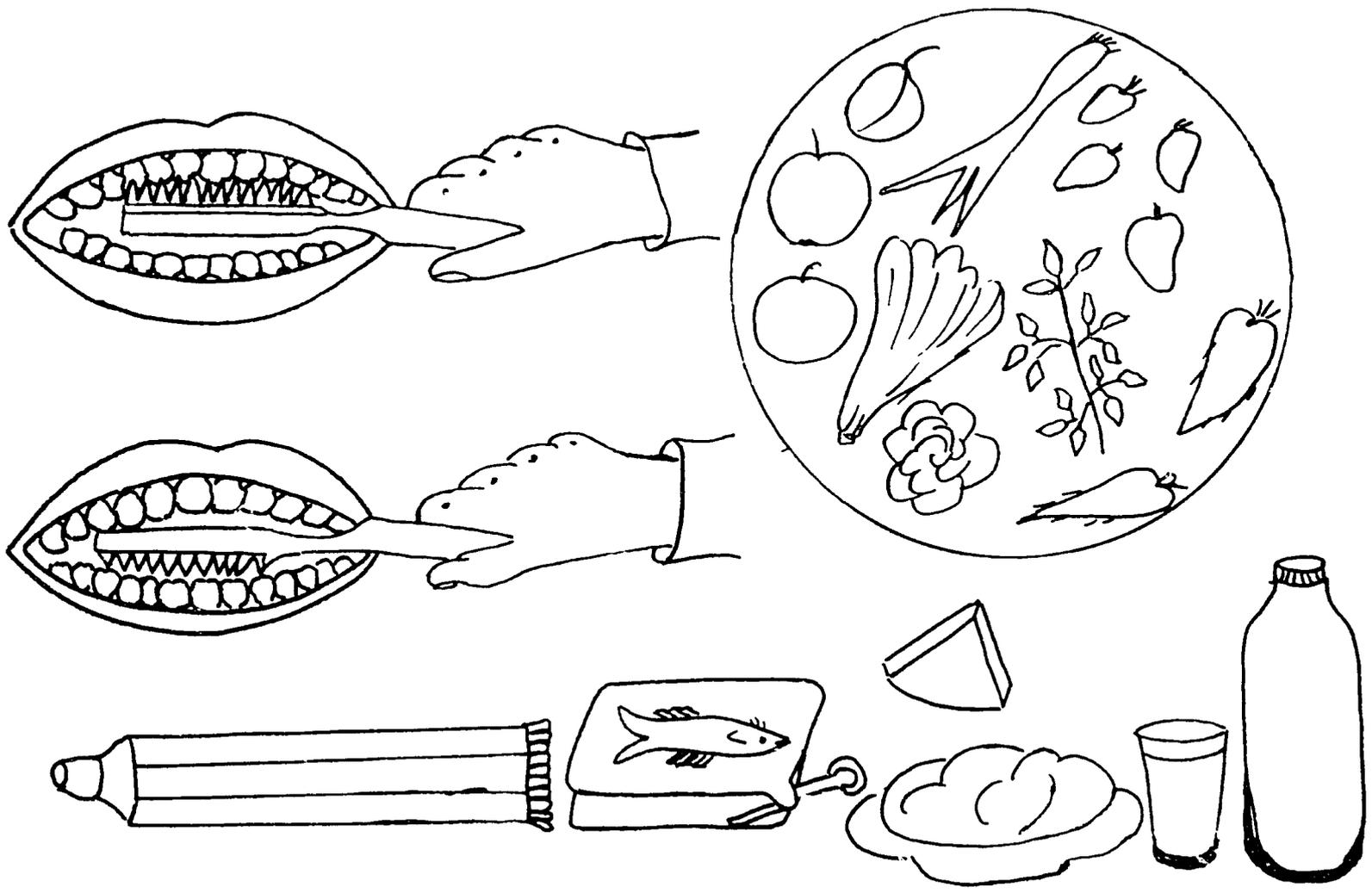


٢٩- اسناننا بحاجة الى عناية وحماية خاصة

- ضع الادوية المكونة من الخضروات والفواكه النيئة يساعد على حفظ الاسنان سليمة من التلف .
• تنظيف الاسنان بالفرشاة بانتظام .
• العناية بحفظها سليمة ونظيفة .
(تنظيف الاسنان بالفرشاة يجب ان يبدأ من اللثة الى طرف السن بحركة دائرية بمعدل ثلاث مرات لال -خمسة) .
• تجنبى الاكثار من تناول الحلويات والسكر .

المصدر : ١- اسنان

- ٢- فرشاة اسنان وطريقة استعمالها
٣- بعض الخضروات والفواكه النيئة للمضغ .

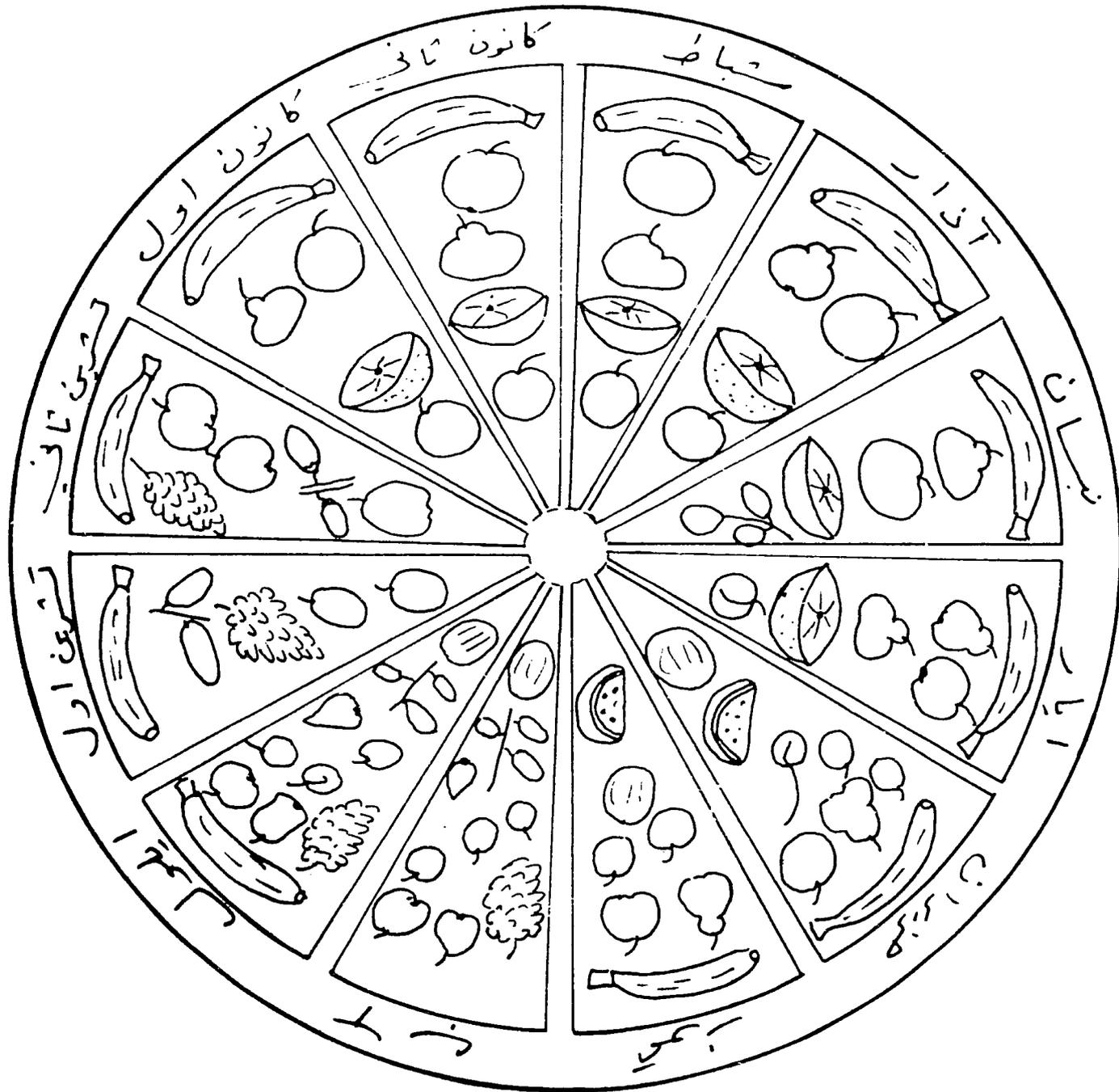


125

٣٠ الفواكه على مدار السنة

- تخزين الفواكه على مدار السنة بكميات متفاوتة حسب مواسمها .
- استهلاك الفواكه الموسمية .
- تخزين وحفظ الفواكه واستهلاكها خارج الموسم .

المصدر : صورة تبين الفواكه في كل شهر من اشهر السنة

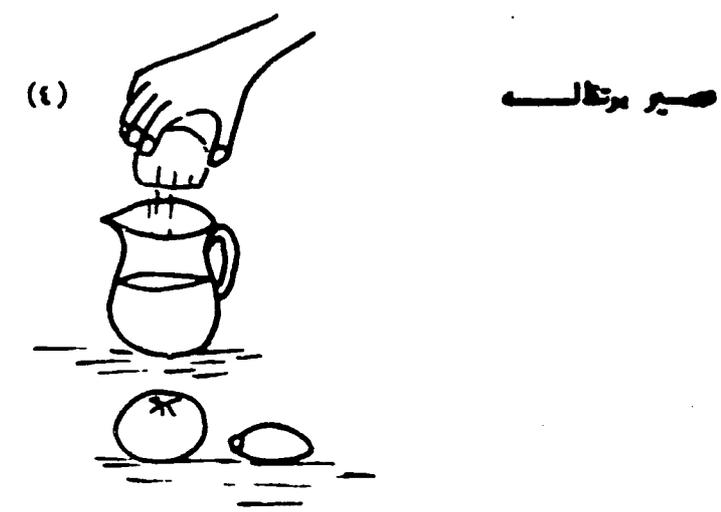
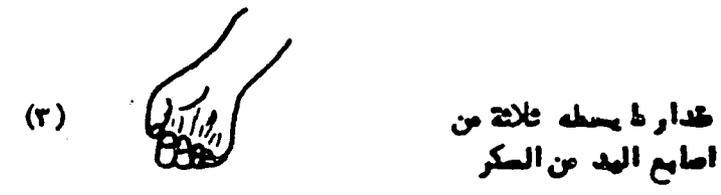


٣١ - ط يجب فطه فف حالة الاصابة بالاسهال.

الاسهال معناه فقدان الماء والطح من الجسم والتي يجب اعادةها للجسم
لضع حدوث الجفاف الذي قد يؤدى الى امراض خطيرة ورهط الوفاة .

الصـور : الخطوات التجمعة فف تحضير شراب الاسهال
لضع الجفاف .

شرب خام للصائمين بالاسهال



د) منتجات الاغذية المنزلية

=====

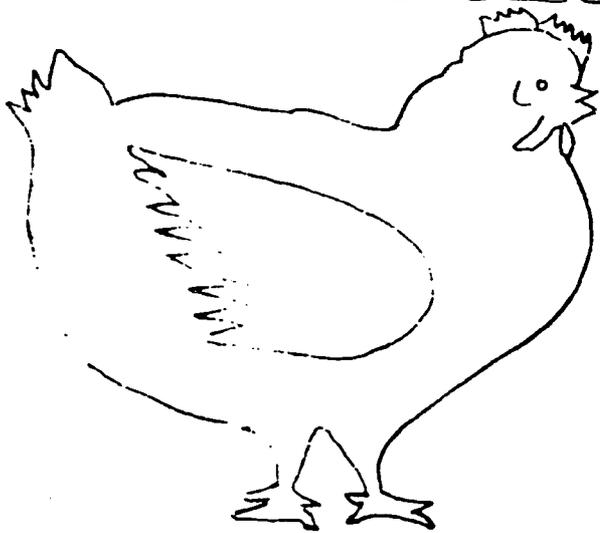
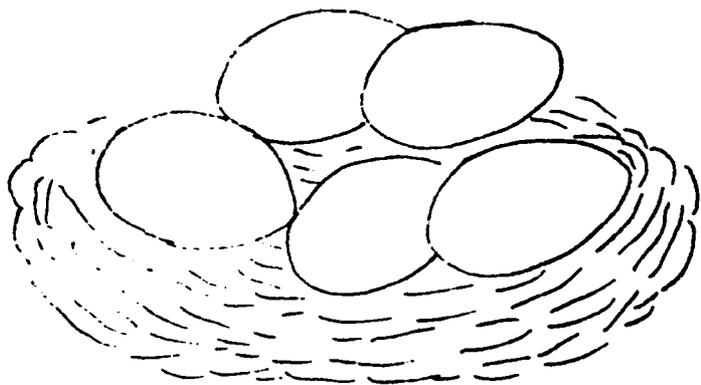
٣٢- تربية الدواجن - غذاء العائلة

توفر لنا اللحم الابيض والبيض •

المسور : ١- صوص ينقص من البيضه

٢- دجاجتان

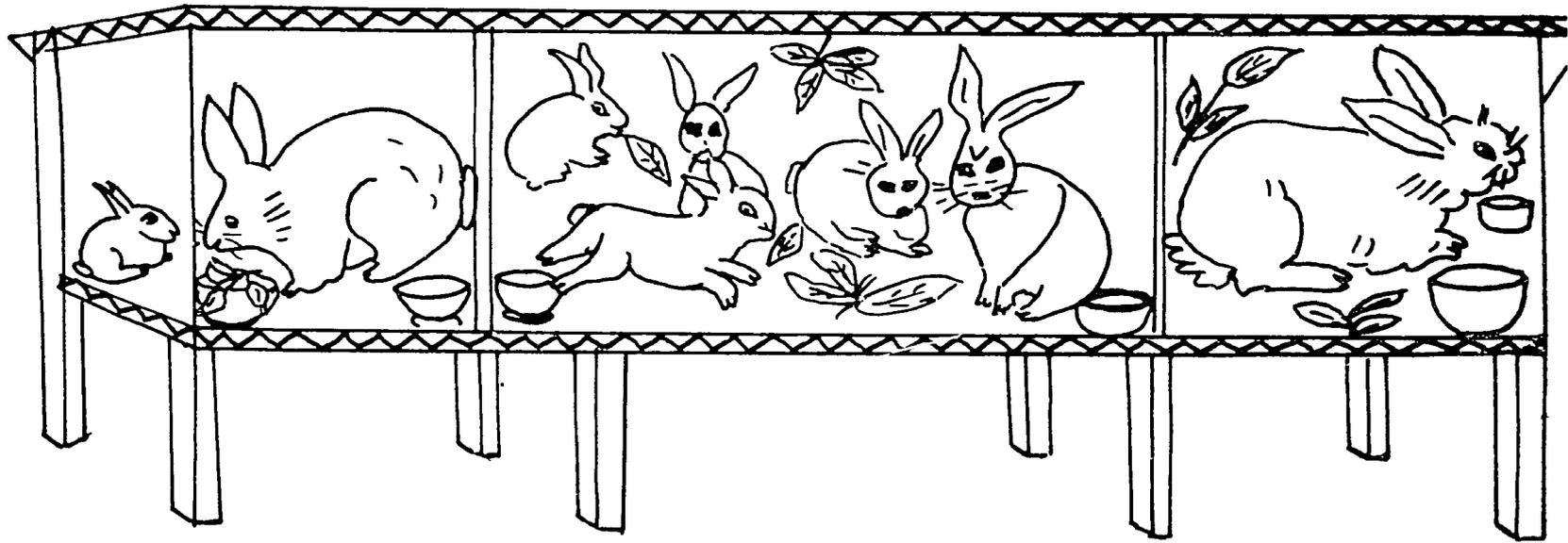
٣- سلة بيض •



٣٢ - تربية الارانب - تزود العائلة باللحم

زوج من الارانب يتكاثر بسرعة
منهد من الارانب يعني منهدا من اللحم للعائلة .

الصور : قص للارانب قسم بمواجز ،
واحد للذكر والثاني للانش وموالدها الصغار
والثالث لارانب الولده الصابة .



٣٤ - تهيئة الطعز - تزود المائلق بالحليب ومشتقاته

يحتاج الطعز الى طف ونناية جيدين .

الصـور : ا- فـنـزه رولـدما

آ- فـتـجـات حـلـيـبـيـا .

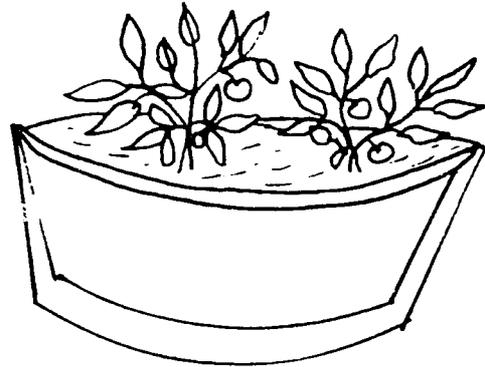
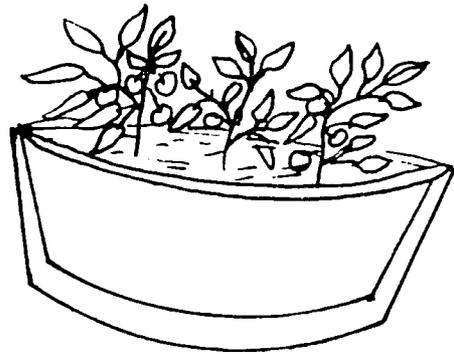


13/4

٣٥- زراعة خضراوات

ازرعى قطعة الارض المحيطة بالمنزل، وانذا لم يتوفر ذلك ازرعى
بالاصص او بالاحواض الخشبية.

الصور : نباتات من الهندوره فى الارض
واخرى فى اصص واحواض خشبية.



٣٦- من البذرة الى الشجرة ، ومن تمر الزيتون الى الزيت

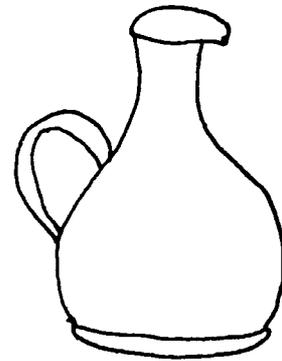
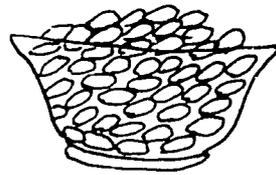
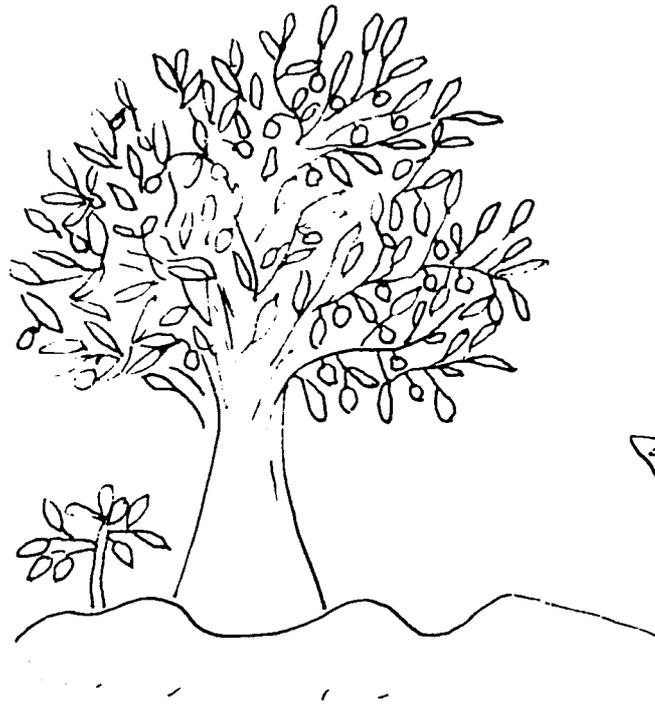
- تنمو اشجار الزيتون حتى في التربة الصخرية حيث لا ينمو غيرها
- تممر اشجار الزيتون سنين اولية
- توفر الزيت لا يزال واجيال

المسور : ١- نواة زيتون تطورت الى شتلة

٢- شجرة زيتون في تربة صخرية

٣- طبق زيتون

٤- ابريق زيت





CRS-NUTRITION CENTER
JERUSALEM
WEST BANK

خدمات الرعاية الكاثوليكية - قسم التغذية
القدس
الضفة الغربية

A P P E N D I X M A T E R I A L S

x x x x x x x x x x

x x x x x x x

x x x x

x

Total Number of Classes held, of Mothers Reached and of
Children Beneficiaries during 1976, 1977, 1978 and to Sept.1979

NAME OF SOCIETY	(a) Having completed a course of 20 lessons.			(b) Now participating in Mothers' Classes.			Total No. of Classes Completed	Total No. of Mothers Reached	Total No. of Children under 5 years
	No. of Classes	No. of Mothers	No. of Children under 5 years	No. of Classes	No. of Mothers	Addit. No. of Child. under 5 years			
1. Spafford Children's Center, Old City of Jerusalem	17	375	898	-	-	-	17	375	898
2. Greek Catholic Infant Welfare Center, Old City of Jerusalem.	9	177	331	-	-	-	9	177	331
3. Arab Women's Union, Wad El-Joz, East Jerusalem.	1	23	53	d i s c o n t i n u e d			1	23	53
4. Sawahreh El-Sharkiyeh Charitable Society.	4	95	190	d i s c o n t i n u e d			4	95	190
5. (i) El-Amal Charitable Society, Abu-Dis.	11	250	574	-	-	-	11	250	574
(ii) Al-Jahaleen sub-center.	6	89	166	-	-	-	6	89	166
(iii) Arab El-Dahouk sub-center.	-	-	-	1	10	25	1	10	25
6. EL-Bireh Red Crescent Society.	14	292	838	1	25	63	15	317	901
7. Bir-Zeit Ladies Charit.Society	4	78	165	1	20	39	5	98	204
8. Beit-Jala Ladies Society.	7	171	350	1	20	55	8	191	405
9. (i) Jericho Ladies Charitable Society.	13	263	519	-	-	-	13	263	519
(ii) El-Uja sub-center.	7	106	238	-	-	-	7	106	238

NAME OF SOCIETY	(a) Having completed a course of 20 lessons.			(b) Now participating in Mothers' Classes.			Total No. of Classes Completed	Total No. of Mothers Reached	Total N of Childre under 5 years
	No. of Classes	No. of Mothers	No. of Children under 5 years	No. of Classes	No. of Mothers	Addit. No. of Child. under 5 years			
10. Hebron Ladies Charit.Soc.	11	246	569	-	-	-	11	246	569
11. Hebron Red Crescent Soc.	9	199	482	-	-	-	9	199	482
12. Halhul Ladies Charit.Soc.	10	198	430	-	-	-	10	198	430
13. Bani Na'im Charit.Society.	10	195	430	-	-	-	10	195	430
14. Doura Charitable Society.	9	200	443	-	-	-	9	200	443
15. Dahriyeh Charitable Society.	11	237	518	-	-	-	11	237	518
16. Beit-Ula Charitable Society.	5	112	246	-	-	-	5	112	246
17. Nuba Charitable Society.	5	100	187	-	-	-	5	100	187
18. Yatta Charitable Society.	10	219	542	1	16	33	11	235	575
19. Samou' Charitable Society.	6	126	308	1	15	33	7	141	341
20. Si'ir Charitable Society.	6	94	262	-	-	-	6	94	262
21. Till Charitable Society.	5	101	221	-	-	-	5	101	221
22. Assirah El-Qibliyeh Charitable Society.	6	86	186	-	-	-	6	86	186
23. Beita Charitable Society.	12	258	557	-	-	-	12	258	557
24. (i) Salfit Charit.Society	13	272	499	-	-	-	13	272	499
(ii) Farkha sub-center.	1	23	51	-	-	-	1	23	51
25. Al-Murabitat Charit.Society, Qalqilya.	10	248	563	-	-	-	10	248	563
26. (i) Tubas Charit.Society	8	176	320	-	-	-	8	176	320
(ii) Aqqaba sub-center.	-	-	-	-	-	-	-	-	-
27. Zababdeh Charitable Society.	4	76	182	-	-	-	4	76	182
28. Friends of the Community, El-Bireh.	6	112	287	2	36	78	8	148	365

NAME OF SOCIETY	(a) Having completed a course of 20 lessons.			(b) Now participating in Mothers' Classes.			Total No. of Classes Completed	Total No. of Mothers Reached	Total of Childr under 5 year
	No. of Classes	No. of Mothers	No. of Children under 5 years	No. of Classes	No. of Mothers	Addit.No. of Child. under 5 years			
29. Qabatiah Ladies Charit. Soc.	5	97	180	-	-	-	5	97	180
30. Ya'bad Charitable Society.	5	105	217	-	-	-	5	105	217
31. Arraba Charitable Society.	3	55	136	-	-	-	3	55	136
32. (i) Burqin Ladies Charit.Soc.	5	106	240	1	20	60	6	126	300
(ii) Kufur Qud sub-center.	1	27	52	1	12	11	2	39	63
33. Yamoun Charitable Society.	4	81	184	1	22	45	5	103	229
34. Silat El-Harthieh Charit.Soc.	7	127	314	-	-	-	7	127	314
35. Jenin Red Crescent Society.	1	16	33	d i s c o n t i n u e d			1	16	33
36. Asdika' El-Marid Charitable Society, Jenin.	3	65	139	-	-	-	3	65	139
37. Bourin Charitable Society.	2	46	100	-	-	-	2	46	100
38. Beit-Kahel Charitable Society.	4	100	223	-	-	-	4	100	223
39. Tarqoumia Charitable Society.	3	64	144	1	15	40	4	79	184
40. Idna Charitable Society.	4	96	233	1	21	47	5	117	280
41. Kharas Charitable Society.	4	97	237	-	-	-	4	97	237
42. Surif Charitable Society.	7	150	364	-	-	-	7	150	364
43. Shuyukh Charitable Society.	5	104	284	-	-	-	5	104	284
44. Karawat Bani-Zeid Charit.Soc.	3	71	171	-	-	-	3	71	171
45. Nablus Community Center.	6	114	222	1	25	37	7	139	259
46. Jaba' Charitable Society.	1	21	34	-	-	-	1	21	34
47. Beit-'Awwa Charitable Society.	-	-	-	2	44	93	2	44	93
TOTAL:	323	6739	15112	16	301	659	339	7040	15771

SUMMARY of Attendance in Mothers' Classes

NAME OF SOCIETY	No. of Classes			No. of Mothers			Number of Lessons Attended													
	Total	Year			Total	Year			20			18-19			16-17			15 a. below		
		I	II	III		I	II	III	I	II	III	I	II	III	I	II	III	I	II	III
1. Spafford Children's Center, Old City of Jerusalem.	17				375															
		4				78			11			40			11			16		
			5				120		59			35			16			10		
			8				177			94			74			8			1	
2. Greek Catholic Infant Welfare Center, Old City of Jerusalem.	9				177															
		2				50			18			29			1			2		
			4				69		22			40			-			7		
			3				98			19			25			14			-	
3. Arab Women's Union, Wad El-Joz, East Jerusalem.	1				23															
		-				-			-			-			-			-		
			1				23		6			2			3			12		
			-				-					-			-			-		
4. Sawahreh El-Sharkiyeh Charitable Society.	4				95															
		3				81			22			37			13			9		
			1				14		2			2			5			5		
			-				-					-			-			-		
5. (i) El-Amal Charitable Society, Abu-Dis.	11				250															
		-				-			-			-			-			-		
			6				168		29			63			51			25		
			5				82		23			41			17			1		
(ii) Al-Jahaleen sub-center.	6				89															
		-				-			-			-			-			-		
			3				45		33			10			2			-		
			3				44			21			23					-		

NAME OF SOCIETY	No. of Classes			No. of Mothers			Number of Lessons Attended													
	Total	Year			Total	Year			20			18-19			16-17			15 a. below		
		I	II	III		I	II	III	I	II	III	I	II	III	I	II	III	I	II	III
10. Hebron Ladies Charit. Society.	11				246															
		5				108			35			28			20				25	
			3				72			26			24			12				10
11. Hebron Red Crescent Charitable Society.	9				199															
		5				115			20			56			18				21	
			2			46			2			13			13				18	
2. Halhul Ladies Charit. Society.	10				198															
		5				100			33			54			13				-	
			3			66			20			32			7				7	
3. Bani Na'i Charit. Society.	10				195															
		5				92			8			36			23				25	
			2			33			1			6			8				18	
4. Doura Charitable Society.	9				200															
		4				99			15			46			24				14	
			2			45			8			27			6				4	
5. Dahriyeh Charitable Society.	11				237															
		2				45			6			23			10				6	
			5			110			20			39			36				15	
			4			82			7			40			31				4	

11/12

NAME OF SOCIETY	No. of Classes			No. of Mothers			Number of Lessons Attended														
	Total	Year			Total	Year			20			18-19			16-17			15 a. below			
		I	II	III		I	II	III	I	II	III	I	II	III	I	II	III	I	II	III	
16. Beit-Ula Charitable Society.	5				112																
		1				26			5			5			5				11		
			3				65			13			17			18				17	
			1					21		2			-			5				14	
17. Nuba Charitable Society.	5				100																
		1				29			5			10			9				5		
			3				52			9			18			13				12	
			1					19		-			4			8				7	
18. Yatta Charitable Society.	10				219																
		1				24			1			6			7				10		
			3				71			3			27			20				21	
			6					124			18			58			23			25	
19. Samou' Charitable Society.	6				126																
		1				17			4			7			1				5		
			3				60			6			13			20				21	
			2					49			13			29			7			-	
20. Si'ir Charitable Society.	6				94																
		1				15			2			7			4				2		
			1				14			6			7			1				-	
			4					65			10			35			16			4	
21. Till Charitable Society.	5				101																
		1				23			4			7			6				6		
			2				46			23			13			7				3	
			2					2			2			18			10			2	

NAME OF SOCIETY	No. of Classes			No. of Mothers			Number of Lessons Attended														
	Total	Year			Total	Year			20			18-19			16-17			15 a. below			
		I	II	III		I	II	III	I	II	III	I	II	III	I	II	III	I	II	III	
22. Assirah El-Qibliyeh Charitable Society.	6				86																
		1				19			13			3			1				2		
			4				63			20			27			10				6	
23. Beita Charitable Society.	12				257																
		3				74			42			3			9				20		
			5				112			63			34			10				5	
24. (i) Salfit Charit. Society.	13				272																
		1				32			16			13			3				-		
			10				203			77			89			31				6	
(ii) Farkha sub-center.	1				23																
		-				-			-			-			-				-		
				1			23			11			7			5				-	
25. Al-Murabitat Charit. Society, Qalqilya.	10				248																
		1				30			12			9			7				2		
			7				176			74			50			44				8	
26. (i) Tubas Charit. Society.	8				176																
		-				-			-			-			-				-		
			6				136			90			26			11				9	
			2				40			18			20			1				1	

NAME OF SOCIETY	No. of Classes			No. of Mothers			Number of Lessons Attended												
	Total	Year		Total	Year		20			18-19			16-17			15 a. below			
		I	II		III	I	II	III	I	II	III	I	II	III	I	II	III		
37. Bourin Charitable Society.	2			46															
		-																	
			1			31		4			11		11					5	
38. Beit-Kahel Charitable Society.	4			100															
		-																	
			1			25		10			8		6					1	
39. Tarqoumia Charitable Society.	3			64															
		-																	
			3			75		7			26		26						16
40. Idna Charitable Society.	4			96															
		-																	
			1			26		2			4		18					2	
41. Kharas Charitable Society.	4			97															
		-																	
			3			71		5			30		25						11
42. Surif Charitable Society.	7			150															
		-																	
			1			20		8			7		4						1
			6			130		35			54		28						13

NAME OF SOCIETY	No. of Classes			No. of Mothers			Number of Lessons Attended													
	Total	Year			Total	Year			20			18-19			16-17			15 a. below		
		I	II	III		I	II	III	I	II	III	I	II	III	I	II	III	I	II	
43. Shuyukh Charitable Society.	5				104															
		-				-			-			-			-			-		
			2					50		16		21			9				4	
44. Karawat Bani-Zeid Charitable Society.				3				54		16			21			12				
	3				71															
		-				-			-			-			-			-		
45. Nablus Community Center.				3				71		38			25			5				
	6				114															
		-				-			-			-			-			-		
46. Jaba' Charitable Society.				6				114		31			48			27				
	1				21															
		-				-			-			-			-			-		
47. Beit-'Awwa Charitable Society.				1				21		7			10			3				
TOTAL:	323	63	117	143	6748	1394	2474	2880	404	849	834	527	836	1202	237	470	609	226	319	2

KEY TO FAMILY NUTRITION LESSONS & DEMONSTRATIONS

FAMILY NUTRITION LESSONS:

1. Introduction to the Course.
2. The Basic Food Groups.
3. Blended Foods.
4. The Energy Foods.
5. The Growth Foods.
6. Protective Foods to Keep us Healthy.
7. The Importance of Sunshine.
8. Family Health Begins at Home
Protection of the child against dangers at home.
9. Personal Hygiene and Health.
10. Keeping the Cooking Area Clean.
11. How to Store and Cook Foods to Preserve
the Nutrients.
12. Safe Water to Meet Family Needs, Diseases caused
by Unsafe Water. The Danger of Dehydration.
13. Foods for the Pregnant Woman.
14. Foods for the Nursing Woman
Breast Feeding.
15. Weaning Foods.
16. How to feed Children between 6-12 months.
17. Feeding Children between 1-5 years
Feeding Children during Sickness & Convalescence.
18. Feeding School Children.
19. Feeding the Adolescents.
20. Feeding Other Family Members.
Review and Evaluation.

PRACTICAL DEMONSTRATIONS:

- Demonstration of a scale, weightcharts and commodities.
- Preparation of a dish of bulgur, lentils, carrots & parsley.
- Preparation of a blended food mix, e.g. CSM or WSB.
- Preparation of a gruel or porridge, CSM-pudding.
- Preparation of chickpeas and bulgur.
- Display of foods rich in Vitamins C and A, Iron and Calcium
Preparation of CSM-pudding with fruit juice and a fresh salad.
- Display of whole milk, enriched skim milk. Preparation of bulgur
with milk and butter. Exposure of a child's legs and arms.
- Display of covered waste receptacles,composts, incinerators etc...
- Demonstration of cleaning eyes,ears,nose,combing child's hair.
- Demonstration of orderly preparation of a meal.
- Display of containers for storage of food. Preparation of a
dish of legumes, cereals and vegetables.
- Preparation of fluids to protect a child against Dehydration.
- Preparation of CSM with raisins.
- Preparation of WSB soup with vegetables.
Demonstration of how to hold and burp the baby & rest on stomach.
- Demonstration of fruit juice diluted with boiled water.
- Demonstration of mashed boiled eggs, pureed double & triple mixes.
- Preparation of pureed food mixtures and nutritious drinks.
- Preparation of nutritious sandwiches.
- Preparation of rice with legumes & green leafy vegetables.
- Preparation of a balanced meal for the family.
- Preparation of a milk dish.

CHANGING PRACTISES
=====

PRACTISES IN NEED OF CHANGE	No. of Mothers Interviewed			No. in Need of Change			% of Inter- viewed in Need of Change			Nos. Changed			%			Failure to Change			%		
	Year			Year			Year			Year			Year			Year					
	I	II	III	I	II	III	I	II	III	I	II	III	I	II	III	I	II	III	I	II	III
1. The use of raw eggs	1421			411			29			375			91,2			36			8,8		
		2316			868			37			788			90,8		80			9,2		
			2958			1548		52				1206		78			342				22
2. The use of bicarbonate of soda in preparing legumes.	1421			1089			76			1030			94,6			59			5,4		
		2316			1310			56			1201			91,7		109			8,3		
			2958			1739		58				1365		78			374				22
3. The discarding of soaking water for legumes and cereals.	1421			1362			96			1301			95,5			61			4,5		
		2316			2148			92			1977			92		171			8		
			2958			2761		93				2294		83			467				17
4. The use of excessive amount of water in boiling vegetables, and discarding of this water.	1421			650			45			616			94,8			34			5,2		
		2316			680			29			677			99,6		3			0,4		
			2958			647		21				589		91			59				9
5. The advance preparation of raw salads, fruit drinks etc. and the boiling of vegetables longer than necessary.	1421			1120			78			1062			94,8			58			5,2		
		2316			1443			68			1379			95,6		64			4,4		
			2958			1745		59				1407		80			388				20
6. The lack of green leafy vegetables in the daily family diet.	1421			561			39			524			93,4			37			6,6		*
		2316			1135			49			980			86,3		155			13,7		
			2958			1533		51				1167		76			366				24
7. The bundling up of children with no exposure to the sun.	1421			972			68			790			81,25			182			18,75		
		2316			1361			59			1116			82		245			18		
			2958			2006		67				1392		69			614				31

* Seasonal variations depending upon time questions asked.

SUMMARY of Weight Surveillance

Nuba	Yatta	Samou'	Si'ir	Till	Assirah El-Qibliyen	Beita	Salfit	Al-Murabitat, Qalqilya	Tubas	Zababdeh	Friends/Com. El-Bireh	Qabatiah	Ya'bad	Burqin	Yamoun	Silat El-Harthieh	Jenin Red Crescent
31	50	33	18	39	50	79	133	147	91	27	27	18	20	28	10	30	4
4	9	6	1	2	3	11	13	12	1		4	3	3		1	3	3
	1		1					2			2			1			
4	19	11	2	9	2	40	12	7	2	1	2	8	4	4	4	5	2
14	15	12	11	11	13	29	21	24	22	4	3	8	8	4	4	2	
2	2	1				3	2	2				3		1	1	1	
												1					
												1					
2	10	4		1		4	3	1			3	1	1				
5	9	2	1	1	2	21	6	9	4		1	2	2	4	6	3	1
1	1	2	2	2		6	5	6	10	2	1	1					
	2					4			1								
	1	1															
		2				2											
	3	3			2	1		1	1								
	1	2		3	1	7		1	1			1					
	1			2		6					1					1	
											1						

12/1

SUMMARY of Weight Surveillance

Asdika, El-Marid, Jenin	Bourin	Beit-Kahel	Targoumia	Idna	Kharas	Surif	Shuyukh	Karawat Bani-Zeid	TOTAL
5	17	14	11	9	11	35	37	13	2135
	3	4	3	7	3	2	5	2	176
				1			2		17
									1
									1
		3	8	6	12	6	5	9	414
2	4	12	6	6	6	12	5	2	564
		3			1		1	1	54
							1		10
									1
									1
1		1	2	1				1	80
	4		1	7	1	2	3		192
	2	3	1	2		3	1		111
		1	1	1	1	1	1		28
									6
									2
				1				1	18
			1	2	1	2			36
		4	1		2		2	2	58
						1			23
									1

SUMMARY of Weight Surveillance

	Spafford Center	Greek Cath. Inf. Welf. Center	Sawahreh El-Sharkiyeh	El-Amal ABU-DIS	Al-Jahaleen sub-center	El-Bireh Red Crescent	Bir-Zeit	Beit-Jala	Jericho	El-Uja sub-center	Hebron Ladies	Hebron Red Crescent	Halhul	Bani Na'im	Doura	Dahriyeh	Beit-Ula
70-75 decreas. to 60-65																1	
65-70 remain. 65-70					1	1				1	2						
65-70 increas. to 70-75	1				2	1	1			1	1	1		1			
65-70 increas. to 75-80			2	1	3	1				2	1	1	2	2			
65-70 increas. to 80-90	2				2	3		1		1	1	1	1	3	2	3	1
65-70 increas. to 90-100						1			1				1				
65-70 decreas. to 60-65											1	1	1				
60-65 remain. 60-65					1					1					1		
60-65 increas. to 65-70												2		1			
60-65 increas. to 70-75											1	2		1			
60-65 increas. to 75-80	1				3									1	2	1	
60-65 increas. to 80-90					4				1	1		2	1		2		
60-65 increas. to 90-100						1										1	
60 and below 60 and below												2					
60 and below 70-75					1												
60 and below increasing to 75-80	1												1				1
60 and below to 80-90																1	
60 and below increasing to 90-100																1	
TOTAL:	128	149	69	180	49	270	81	123	140	69	156	152	145	121	125	151	75

SUMMARY of Weight Surveillance

Nuba	Yatta	Samou'	Si'ir	Till	Assirah El-Qibliyeh	Beita	Salfit	Al-Murabitat, Qalgilya	Tubas	Zababdeh	Friends/Com. El-Bireh	Qabatiah	Ya'bad	Burqin	Yamoun	Silat El-Harthieh	Jenin Red Crescent
								1									
			1			1											
	2			2							1						
	4	1	1	1		3									1		
	2	3		4		1	3	1	1					1	1		
			1	1	1	3	1					1					
	1																
	1					2		1				1					
							1										
	1		1			1		1				1					
						2					1				1		
						1				1							
						1			1								
63	135	83	40	78	74	228	200	215	136	35	47	50	38	43	29	45	10

SUMMARY of Weight Surveillance

Asdika El-Marid, Jenin	Bourin	Beit-Kahel	Tarqoumia	Idna	Kharas	Surif	Shuyukh	Karawat Bani-Zeid	T O T A L
									2
									7
			1						15
				1	2				29
		1				1		1	41
			1			1	1		14
									3
									3
			1						4
					1		1		7
									8
				1					17
				2					5
									2
									6
		1							8
				1					4
									3
8	30	47	38	48	41	66	65	32	4107

Number of Children and Main Reasons for Drop-out

NAME OF SOCIETY	Number of Children				Reasons for Decline					
	Regist- ered for Weighing (1)	Reached 5 years (2)	Weighed 1 year or more (3)	Remaining after one or more years of Weighing(4)	Died (5)	Sick or Mother sick (6)	Moved (7)	Other Reasons or Unknown (8)	Total fall out (9)	% fall out (10)
1. Spafford Children's Center, ^x Old City of Jerusalem.	368	92	146	128	4	2	4	8	18/146	12,3
2. Greek Catholic Infant Welfare Center, Old City of Jerusalem.	211	17	155	149	1			5	6/155	3,9
3. Arab Women's Union, Wad El-Joz, East Jerusalem.	24									
4. Sawahreh El-Sharkiyeh Charitable Society.	127	31	96	69	2	1	6	18	27/96	28
5. (i) El-Amal Charit.Society, Abu-Dis.	253	5	207	180						
(ii) Al-Jahaleen sub-center.	83	-	49	49			3	24	27/207	13
(iii) Arab Al-Dahouk sub-center.	9	-	-	-					-	0
6. El-Bireh Red Crescent Society.	477	27	325	270	5	3	17	30	55/325	17
7. Bir-Zeit Ladies Charit.Society.	113		90	81	1		6	2	9/90	9,9
8. Beit-Jala Ladies Society.	193		132	123	2		3	4	9/132	6,8
9. (i) Jericho Ladies Charit.Soc.	263	10	194	140			17	37	54/194	27,8
(ii) El-Uja sub-center.	125	4	111	69	3		33	6	42/111	37,8
10. Hebron Ladies Charit. Society.	255		212	156	1	2	30	23	56/212	26
11. Hebron Red Crescent Charit.Soc.	205	2	183	152	3		9	19	31/183	16,9
12. Halhul Ladies Charit. Society.	198	7	182	145	2	2	10	23	37/182	20,3
13. Bani Na'im Charitable Society.	199	1	152	121	2		3	26	31/152	20,4

^x Children weighed only up to two years of age.

NAME OF SOCIETY	Number of Children				Reasons for Decline					
	Registered for Weighing (1)	Reached 5 years (2)	Weighed 1 year or more (3)	Remaining after one or more years of Weighing (4)	Died (5)	Sick or Mother sick (6)	Moved (7)	Other Reasons or Unknown (8)	Total fall out (9)	% fall out (10)
14. Doura Charitable Society.	219	10	171	125	1		19	26	46/171	26
15. Dahriyeh Charitable Society.	261	18	201	151	4		14	32	50/201	24,8
16. Beit-Ula Charitable Society.	132	7	98	75	1		4	18	23/98	23,7
17. Nuba Charitable Society.	105		88	63	3		6	16	25/88	28
18. Yatta Charitable Society.	237		14	135			3	6	9/144	7,5
19. Samou' Charitable Society.	152	3	113	83	2		1	27	30/113	26,5
20. Si'ir Charitable Society.	91		41	40	1				1/41	2,4
21. Till Charitable Society	105		90	78			3	9	12/90	13,3
22. Assirah El-Qibliyeh Charit.Soc.	93	4	81	74			1	6	7/81	8,6
23. Beita Charitable Society.	304	4	269	228			10	31	41/269	15
24. (i) Salfit Charitable Society. (ii) Farkha sub-center.	266 23	7	222 -	200	2		5	15	22/222	9
25. Al-Murabitat Charit.Soc.Qalqilya	265		225	215			4	6	10/225	4,4
26. (i) Tubas Charitable Society. (ii) Aqqaba sub-center.	186	1	143 -	136	1		1	5	7/143	4,9
27. Zababdeh Charitable Society.	74		36	35				1	1/36	2,5
28. Friends of the Community, El-Bireh	163		72	47				25	25/72	34,7
29. Qabatiah Charitable Society.	97		52	50				2	2/52	3,8
30. Ya'bad Charitable Society.	105		45	38				7	7/45	15,5
31. Arraba Charitable Society.	55		9	-				9	9/9	100
32. (i) Burqin Ladies Charit.Soc. (ii) Kufur Qud sub-center.	126 39		44 -	43	1				1/44	2,2
33. Yamoun Charitable Society.	104		33	29			2	2	4/33	12

NAME OF SOCIETY	Number of Children				Reasons for Decline					
	Regist- ered for Weighing	Reached 5 years	Weighed 1 year or more	Remaining after one or more years of Weighing	Died	Sick or Mother sick	Moved	Other Reasons or Unknown	Total fall out	% fall out
	(1)	(2)	(3)		(5)	(6)	(7)	(8)	(9)	(10)
34. Silat El-Harthieh Charit. Soc.	121		45	45						
35. Jenin Red Crescent Society.	16		16	10				6	6/16	37,5
36. Asdika' El-Marid Charit. Soc.	62		14	8				6	6/14	44
37. Bourin Charitable Society.	48		33	30			2	1	3/33	9
38. Beit-Kahel Charitable Society.	101		48	47			1		1/48	2
39. Tarqoumia Charitable Society.	84		44	38			2	4	6/44	13,6
40. Idna Charitable Society.	121		51	48	1		1	1	3/51	5,9
41. Kharas Charitable Society.	98		48	41	2		1	4	7/48	14,6
42. Surif Charitable Society.	153		71	66		2		3	5/71	7
43. Shuyukh Charitable Society.	99		70	65	1	1	3		5/70	7
44. Karawat Bani-Zeid Charit. Soc.	72		34	32			2		2/34	6
45. Nablus Community Center.	119		-							
46. Jaba' Charitable Society	21		-							
47. Beit-'Awwa Charitable Society.	44		-							
	746	250	4885	4107	46	13	226	493	778/4885	16*

* Column 1 = Column 2 + 3 + newly registered
 Column 3 = Column 4 + 5 - 8
 Column 4 = Total number included in Appendix 5

CRS/JWB AID 75-2 NUTRITION PROJECT
GRANT NO. AID/NESA-G-1182

BUDGET EXPENDITURE STATEMENT

PROGRAM: JERUSALEM AND WEST BANK

<u>Name of Budget Item</u> <u>Under Grant</u>	<u>Approved Budget</u> <u>for 4 years & 3 months</u>	<u>Expenditures up to</u> <u>September 30, 1979</u>
	<u>US\$</u>	<u>US\$</u>
1. PERSONNEL	271,220.-	230,586.77
2. TRAVEL	48,280.-	46,573.62
3. PRINTING	4,540	13,234.32
4. NON-EXP. ITEMS	18,230.-	17,704.30
5. EXP. ITEMS	<u>33,550.-</u>	<u>30,103.11</u>
	<u>\$ 375,820.-</u>	<u>\$ 338,202.12</u>
	=====	=====

The above Budget Expenditure Statement represents Expenditures effected by ^{AND KNOWN TO} CRS, Jerusalem/West Bank ;
The amount does not include any Expenditures charged by CRS, New York to the Grant except those of which we have received notices of withdrawal by CRS/New York.
The cost of growth charts equivalent to US\$ 500.- is to be charged to (5) expendable items under Grant.

LOCATION OF CENTERS PARTICIPATING IN CRS-NUTRITION EDUCATION PROJECTJerusalem Area:

1. Spafford Children's Center, Old City of Jerusalem
2. Greek Catholic Infant Welfare Center, Old City of Jerusalem
3. Arab Women's Union, Wad El-Joz, East Jerusalem (discontinued)
4. Sawahreh El-Sharkiyeh Charitable Society (discontinued)
5. (i) El-Amal Charitable Society, Abu-Dis
(ii) Al-Jahaleen sub-center
(iii) Arab El-Dahouk sub-center.

Ramallah Area:

6. El-Bireh Red Cresoent Society
7. Bir-Zeit Ladies Charitable Society
28. Friends of the Community, El-Bireh
44. Karawat Bani-Zeid Charitable Society.

Bethlehem Area:

8. Beit-Jala Ladies Society.

Jericho Area:

9. (i) Jericho Ladies Charitable Society
(ii) El-Uja sub-center.

Hebron Area:

10. Hebron Ladies Charitable Society
11. Hebron Red Crescent Charitable Society
12. Halhul Ladies Charitable Society
13. Bani Na'im Charitable Society
14. Doura Charitable Society
15. Dahriyeh Charitable Society
16. Beit-Ula Charitable Society
17. Nuba Charitable Society
18. Yatta Charitable Society
19. Samou' Charitable Society
20. Si'ir Charitable Society
38. Beit-Kahel Charitable Society
39. Tarqoumia Charitable Society
40. Idna Charitable Society
41. Kharas Charitable Society
42. Surif Charitable Society
43. Shuyukh Charitable Society
47. Beit-'Awwa Charitable Society.

LOCATION OF CENTERS PARTICIPATING IN CRS NUTRITION EDUCATION PROJECT (cohtd.)

Northern District
=====

Nablus Area:

- 21. Till Charitable Society
- 22. Assirah El-Qibliyeh Charitable Society
- 23. Beita Charitable Society
- 37. Bourin Charitable Society
- 45. Nablus Community Center.

Tulkarem Area:

- 24. (i) Salfit Charitable Society
(ii) Farkha sub-center.
- 25. Al-Murabitat Charitable Society, Qalqilya.

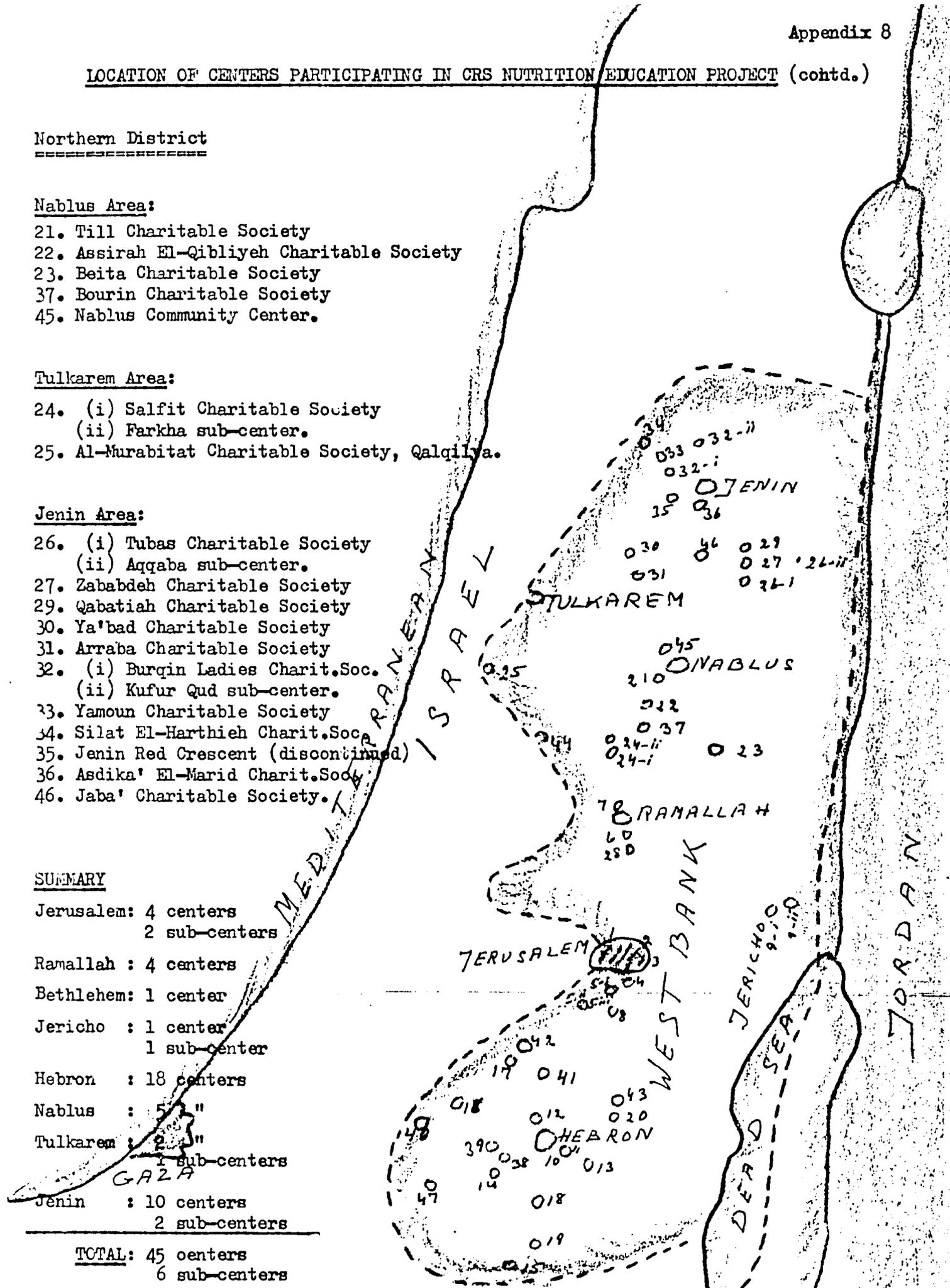
Jenin Area:

- 26. (i) Tubas Charitable Society
(ii) Aqqaba sub-center.
- 27. Zababdeh Charitable Society
- 29. Qabatiah Charitable Society
- 30. Ya'bad Charitable Society
- 31. Arraba Charitable Society
- 32. (i) Burqin Ladies Charit.Soc.
(ii) Kufur Qud sub-center.
- 33. Yamoun Charitable Society
- 34. Silat El-Harthieh Charit.Soc.
- 35. Jenin Red Crescent (discontinued)
- 36. Asdika' EL-Marid Charit.Soc.
- 46. Jaba' Charitable Society.

SUMMARY

- Jerusalem: 4 centers
2 sub-centers
- Ramallah : 4 centers
- Bethlehem: 1 center
- Jericho : 1 center
1 sub-center
- Hebron : 18 centers
- Nablus : 5 "
- Tulkarem : 2 "
1 sub-centers
- Jenin : 10 centers
2 sub-centers

TOTAL: 45 oenters
6 sub-centers



DESCRIPTIVE SUMMARY OF THE CHARITABLE SOCIETY-CENTERS

In response to a request for a descriptive summary of the Charitable Society Centers, with which the Nutrition Education Project cooperated, the Project staff made a review of a number of Society Centers.

The emphasis is placed on major changes and improvements that occurred during the four year period, and the ability of the Societies to carry on the nutrition education program.

Spafford Children's Center in the Old City of Jerusalem added a new activity to its already busy program, a craft class for pre-school children, whose mothers participated in the nutrition education program. Under the guidance of a volunteer the children were kept busy with creative play, which allowed their mothers to give undivided attention to the instructions. The children's achievements were put on display as a further learning experience and encouragement to the mothers. The program provided a stimulating experience for the children, who looked forward to the days when the class for their mothers would be held so they could also "be in class".

The Spafford Center with its dedicated staff is well prepared to carry on the nutrition education program for mothers.

Greek Catholic Infant Welfare Center in the Old City of Jerusalem, was one of the first Centers that joined in the nutrition education program activities. The introduction of a nutrition education program for mothers necessitated an expansion of the cramped quarters to accommodate both mothers and children enrolled in the new program. A space on the ground floor was converted into a spacious, well arranged classroom, furnished and equipped to hold a group of 20-25 mothers and their pre-school children. Suitable arrangements were made for instructions, practical food demonstrations and display of visual aids. The mounting and framing of the posters that were prepared in the Nutrition Training course was further proof of the importance which was attached to the new activity by this efficient Center.

Other developments that took place included arrangements for a day-care center, beautifully decorated for the enjoyment of the children. The roof of the building was turned into a "play-ground" where the children could enjoy fresh air and sunshine.

This Center recently introduced yet another service, a dental clinic for the benefit of the children in this poor section of the Old City.

The Greek Catholic Infant Welfare Center has well demonstrated its ability to carry on an educational program for the benefit of mothers and children.

El-Bireh Red Crescent Society, was one of the most active Societies cooperating with CRS Nutrition Education Project. A large number of mothers' classes were held and more children weighed than in any other Center.

With the expanded activities the available facilities soon became too cramped. The Society therefore decided to construct a new building with a space for all its activities including two rooms specially arranged for the holding of classes for mothers and for the weighing of the children. Adequate space was allocated for the storage of the commodities to be distributed to the participants.

Plans for further expansion of the activities include the construction of an additional floor with a delivery room and services.

El-Bireh Red Crescent Society has well demonstrated its capabilities to continue nutrition education programs for mothers.

The Society of the Friends of the Community in El-Bireh having become aware of the Nutrition Project activities through the El-Bireh Red Crescent Society, expressed a desire to be involved in a similar program.

The nutrition education program became instrumental in activating the Society in other fields of interest also. The Municipality being aware of the many activities of the Society donated a piece of land for the construction of a new building. Space will be allocated for the holding of classes for mothers, for the weighing of the children and for storage of commodities.

There are also plans for a play room for the children who accompany their mothers to the classes.

The Society displayed its interest in continuing the nutrition education program by giving the nutrition teacher an administrative position at the Center in addition to her teaching responsibilities.

Beita Charitable Society having become aware of the need for essential services for pregnant and nursing mothers and infants, embarked on the construction of an MCH-Center. Three rooms and a storeroom for commodities have been built. Lack of funds have so far prevented the completion and furnishing of the building. The effort demonstrated the concern of the Society for the well-being of the community and the importance it attached to mother child health programs.

With occasional supervision by the Nutrition Project staff Beita Charitable Society is well able to continue educational programs for mothers and to expand the activities to out reach programs in neighbouring villages, as is now being planned.

Salfit Charitable Society has an active program. This Society was also faced with an increasing number of mothers and children enrolled in the nutrition program. This was one of the major reasons that prompted the Society to construct a new building. There is a large hall, and a kitchen for use of the nutrition program and a storeroom for the commodities. The Charitable Society in Salfit also managed to expand its activities to a sub-center in a small village where nutrition and literacy classes were held.

Salfit Charitable Society can be expected to carry on the work with only occasional supervision.

Hebron Ladies Society was one of the first to join the CRS sponsored nutrition program. The Society had to vacate the building used for its many activities. A new large building is under construction with financial support from an American agency. Special accommodation will be provided for the holding of classes for mothers and for the weighing of children and for storage of commodities. In the meantime temporary rather cramped quarters are being used for the Society activities.

Being an active Society with well trained staff, it is able to carry on the activities with little or no supervision from CRS staff.

Hebron Red Crescent Society added a re-hydration Center to its activities for children. A twelve-bed facility was made available for children suffering from dehydration. One of the former trainees in a CRS sponsored nutrition training course was in charge of the program, that operated daily from 7:30 a.m. to 4:00 p.m.

Hebron Red Crescent Society was also able to acquire a piece of land for the construction of a new Center to hold the various activities, including nutrition classes for mothers.

The Society has among its members the very active Social Welfare Officer in Hebron, which will ensure the continuation and expansion of the work for mothers and children.

Surif Charitable Society soon found its Center inadequate for the holding of classes for mothers. Another floor was added to the building, providing space for the nutrition program activities.

Nuba Charitable Society also found it necessary to expand its facilities. Another floor was added to the building to accommodate classes for mothers, for the weighing of the children and for storage and distribution of the commodities.

Other Societies in the villages in the Hebron area, such as Kharas, Idna and Beit-Kahel found their Centers too cramped for the expanded program. The Societies made adjustments in the allocation of space, doubling up the use of some of the rooms for the additional activities.

The continuation of the nutrition education program at these centers that more recently joined the program will require supervision and guidance by the Nutrition Project staff.

Dahriyeh Charitable Society started to hold classes for mothers in a rented building with three rooms. One of the rooms, used for a kindergarten was utilized also for the holding of mothers' classes. The children had to be dismissed early to make room for the mothers' classes.

When a new building was erected a large room, equipped with running water was allocated to the nutrition program activities, and additional space provided for the weighing of the children.

When the Society joined the nutrition education program none of its members or staff was trained for that purpose. A trained person from another Society had to be employed. The Dahriyeh Charitable Society has since had four persons trained by the Nutrition Project. Supervision and guidance by the Project staff continues to be necessary.

Halhul Charitable Society is constructing a new building, that will include a room to be used for the increasing number of mothers attending nutrition classes.

The Society has competent personnel to continue the program.

Samou' Charitable Society, started to hold classes for mothers in very cramped quarters. The classes met in the room used as a kindergarten. There was no water available. The weighing of the children had to be carried out in the same room, disrupting the kindergarten program. The storeroom was small and totally inadequate for the commodities to be stored.

With the assistance of the CRS sponsored Rural Development Project, a new building was erected. A large room equipped with running water was placed at the disposal of the nutrition education program. With the increasing number of mothers attending the Center, the Society decided to start an MCH service for the benefit of mothers and children. The Society is serving a small poor village "off the beaten track", with few people available to conduct classes for mothers. There continues to be need for supervision and guidance by the Project staff.

Yatta Charitable Society, started its activities in one small room, used for the kindergarten and the classes for mothers. The children had to be dismissed early to make the room ready to receive the mothers and children enrolled in the program. There was no running water in the room. The storage facilities for the commodities were totally inadequate.

This very active Society embarked on the construction of a spacious Center for all the various activities. This was accomplished with the assistance of the CRS Rural Development Project. The new Center provided ample accommodation for classes in nutrition, for the weighing of the children, storage of commodities and for a number of other activities carried out by the Society. The Center provided accommodation also for the holding of a CRS sponsored nutrition training course that was held for candidates from the Hebron area.

The Society has become aware of the need for an MCH service for mothers and children in this large village, with a population of 15-20,000 inhabitants.

Space is available for use as an MCH center, though equipment and furnishings were still lacking at the time of writing. A proposal, for the financing of the essential items, presented to CRS is under consideration.

Yatta Charitable Society with its active Board can be expected to continue the work begun. Supervision by CRS Project staff will still be required for some time.

Jericho Charitable Society was one of the first Societies to join the Nutrition Project activities. The Society has contributed many services to the community. With the expansion of the activities to include classes for mothers, it was soon found that the Center became too small for all the mothers and children participating in the program. The new activities were transferred to another place where the Society was running a kindergarten. A large room equipped with running water was allocated to the classes for mothers and the weighing of the children.

The Jericho Charitable Society, having realized the importance of the nutrition program for the mothers and the children, decided to extend the activities to a sub-center in El-Uja. A small room without any running water was used at first. Water had to be fetched from a distance. As the number of mothers participating in the program increased the Society managed to place a larger room at the disposal of the program and to assist with the provision of water to the Center.

Jericho Charitable Society has the interest and ability to continue the activities begun in cooperation with CRS Nutrition Project. Continued supervision and encouragement may be needed for some time yet.

Abu-Dis, El-Amal Charitable Society became aware of CRS Nutrition Project activities in a neighbouring community. This led the president of the Society to contact CRS, expressing a desire to join in the activities.

The Society became an active collaborator with the Nutrition Project. As the Society wanted to start a program for mothers before there were any persons trained to conduct the classes, the Society accepted the services of two graduates from a CRS sponsored nutrition training course. These two young women travelled from Hebron to Jerusalem and then to Abu-Dis to conduct classes until the Society managed to have some of their own people trained in the next training course held by CRS.

Aware of the need for a program reaching the bedouine women living in tents on land belonging to Abu-Dis village, the Society approached the Nutrition Project for assistance with a program among these women. This became a very interesting activity. The women faithfully attended the lessons and brought their children for weighing. Their interest having been aroused, the women requested literacy classes so that they could learn to read and write.

This outreach program from Abu-Dis to the bedouines in Al-Jahaleen encouraged another tribe in Abu-Dahouk to start classes for the women, under the sponsorship of Abu-Dis, El-Amal Charitable Society. The women met with the instructor in the tents under as primitive conditions as one could imagine.

These latter programs that were more recently started will require continued assistance by the Nutrition Project staff.

Si'ir Charitable Society began to hold classes for mothers in the same room where sewing and knitting classes were held. There was no water available. With the expansion of the activities the Society found it necessary to find better facilities to serve the community.

The Society managed to construct a new building in the same compound with assistance of the Rural Development Project. This new building provided space for the holding of mothers' classes, for the weighing of the children and for an MCH service.

CRS assistance was sought for the equipping and furnishing of some of these activities. The new building also has room for literacy classes for both men and women. The old building continued to be used for knitting and sewing classes and also for storage and distribution of commodities.

Occasional supervision by Nutrition Project staff continues to be necessary as the earlier graduate is no longer in service and a more recently graduated employee assumed responsibility for the classes in nutrition for mothers.

As can be seen from this review some of the Centers have achieved many improvements since the time when CRS started to collaborate with them. New buildings have been constructed or additions have been made to old buildings. Facilities for MCH services have been included and equipment provided, sometimes with assistance from CRS.

Some of the Societies are well able to continue the activities for mothers and children without further support from CRS, while others continue to need occasional supervision and guidance by the CRS Project staff. A few Societies still require much supervision and guidance as their staff was only recently trained for these new activities.

The continued interest expressed by the Charitable Societies on the West Bank is worth admiration and encouragement.

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Country Program: Jerusalem

Project No.: 75/2

CONTRACT/GRANT NO.: AID/NESA G-1182

Date of Inventory: September, 1979

Funding Sources: Grant Jerusalem Program
US Govt. Contract a/o.

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ 1182/1	Filing Cabinet, grey, metal, 4 drawers, lockable.	1	97.14	15.10.75	Nut.Ed.Center
2	-do-	1	97.14	27.10.75	-do-
3	Supply Cupboard, grey, metal, 4 shelves, lockable.	1	67.14	15.10.75	-do-
4	Supervisor's Desk, grey, metal, 7 drawers, brown formica top.	1	121.43	"	-do-
5	Supervisor's Chair, black plastic covered, armrests and wheels.	1	40.-	"	-do-
6	Accountant's Desk, grey, metal, 7 drawers, brown formica top.	1	121.43	"	-do-
7	Accountant's Chair, black plastic covered, armrests and wheels.	1	40.-	"	-do-
8	Teacher's Desk, grey, metal, 7 drawers, brown formica top.	1	121.43	27.10.75	-do-
9	Teacher's Chair, black plastic covered, armrests and wheels.	1	40.-	15.10.75	-do-
10	Teacher's Desk, grey, metal, 7 drawers, brown formica top.	1	121.43	27.10.75	-do-
11	Teacher's Chair, black plastic covered, armrests and wheels.	1	40.-	15.10.75	-do-
12	Assistant Teacher's Desk, grey, metal, 5 drawers, brown formica top.	1	78.57	27.10.75	-do-
13	Assistant Teacher's Chair, black plastic covered, armrests and wheels.	1	40.-	"	-do-
14	Assistant Teacher's Desk, grey, metal, 5 drawers, brown formica top.	1	78.57	"	-do-
15	Assistant Teacher's Chair, black plastic covered, armrests and wheels.	1	40.-	4.11.75	-do-

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/16	Secretary's Desk, grey, metal, 3 drawers, brown formica top.	1	78.57	27.10.75	Nut.Ed.Cente:
17	Secretary's Chair, black plastic covered, armless with wheels.	1	31.43	15.10.75	-do-
18	Typing Table, grey, metal, brown formica top.	1	57.14	17.10.75	-do-
19	Chair (Typing), black plastic covered, armless with wheels.	1	31.43	15.10.75	-do-
20	Conference Table, black metal legs, brown formica top.	1	38.57	17.10.75	-do-
21	-do-	1	38.57	"	-do-
22	Conference Chair, black metal legs, brown plastic covered, armless.	1	14.29	15.10.75	-do-
23	-do-	1	14.29	"	-do-
24	-do-	1	14.29	"	-do-
25	-do-	1	14.29	"	-do-
26	-do-	1	14.29	"	-do-
27	-do-	1	14.29	"	-do-
28	-do-	1	14.29	"	-do-
29	-do-	1	14.29	"	-do-
30	-do-	1	14.29	"	-do-
31	-do-	1	14.29	"	-do-
32	Reception Table, brace legs, brown formica top.	1	24.29	17.10.75	-do-
33	Reception Chair, black metal legs, armrests, brown plastic covered.	1	22.86	27.10.75	-do-
34	-do-	1	22.86	"	-do-
35	Conference Chair, black metal legs, armless, brown plastic covered	1	13.81	21.1.76	-do-
36	-do-	1	13.81	"	-do-

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/37	Bookshelf (not purchased).				
38	2nd Typing Table, grey, metal, 3 drawers, brown formica top.	1	28.57	27.10.75	Nut.Ed.Center
39	Baby Scale (Seca), white, with a capacity of 16 kg.	1	96.42	31.10.75	JERICHO Lad.Ch. Soc.
40	Bathroom Scale (Tomado), yellow, with a capacity of 130 kg.	1	12.85	"	SHUYUKH Charit.Soc.
41	Typewriter (English) Olivetti Linea 98, 18 in. long carriage, No.4227789.	1	476.-	14.11.75	Nut.Ed.Center
42	Typewriter (Arabic) Olivetti Linea 98, 14 in. medium carriage, No.P9461375.	1	476.-	17.5.76	-do-
43	Adding Machine (Casio R 210) electronic printing calculator serial No. C 3210928.	1	340.-	14.11.75	-do-
44	Mimeograph Machine (Gestetner 410) No.45A4635.	1	1020.61	22.3.75	-do-
45	Baby Scale (Seca), white with a capacity of 16 kg.	1	95.07	16.12.75	EL-BIREH Red Crescent.
46	-do-	1	95.07	22.12.75	JERUSALEM Greek Cath. Inf.W.Center.
47	-do-	1	95.07	"	JERUSALEM Spafford Child.Center.
48	-do-	1	95.07	"	EL-UJA Lad.Ch.Soc.
49	-do-	1	95.07	"	HEBRON Lad.Ch.Soc.
50	-do-	1	95.07	"	HEBRON Red Crescent.

1/16

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/51	Alarm Clock (Europa) within green box.	1	6.-	25.11.75	Nut.Ed.Cente
52	Electric Stove (Heater) Philips, Type HD 3260.	1	33.-	"	-do-
53	-do-	1	33.-	"	-do-
54	-do-	1	33.-	"	-do-
55	Household Scale with a capacity of 5 kg.	1	10.71	16.10.75	-do-
56	Woollen Rug (180cm x 150 cm)	1	21.43	20.10.75	-do-
57	-do-	1	21.43	"	-do-
58	-do-	1	21.43	"	-do-
59	-do-	1	21.43	"	-do-
60	-do-	1	21.43	"	-do-
61	-do-	1	21.43	"	-do-
62	-do-	1	21.43	"	-do-
63	-do-	1	21.43	"	-do-
64	Cash Safe, grey, metal.	1	6.14	9.10.75	-do-
65	Table for the Driver, brown formica top with grey legs.	1	27.14	27.10.75	-do-
66	Electric Stove (Heater), Amcor 2075.	1	49.29	9.12.75	-do-
67	Portable Typewriter (English) model Olivetti Studio 45, grey, No. 2219717, small carriage.	1	196.-	12.1.76	-do-
68	Conference Table, brown formica top, black metal legs.	1	31.76	21.1.76	-do-
69	Folding Table, brown formica top, aluminium legs.	1	30.38	"	-do-
70	Table for Gestetner Machine, grey, metal with a drawer and a divider.	1	115.29	22.3.76	-do-

111

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/71	Conference Table, brown formica top, black metal legs.	1	30.58	23.3.76	Nut.Ed.Center.
72	Conference Chair, brown plastic covered, armless.	1	13.29	"	-do-
73	-do-	1	13.29	"	-do-
74	-do-	1	13.29	"	-do-
75	-do-	1	13.29	"	-do-
76	-do-	1	13.29	"	-do-
77	Baby Scale (Seca), with a capacity of 16 kg.	1	94.41	2.4.76	BANI NA'IM Lad.Charit.Soc.
78	Bathroom Scale (Seca), black with a capacity of 150 kg.	1	18.35	"	HEBRON Red Crescent.
79	-do-	1	18.35	"	JERICHO Lad.Charit.Soc.
80	-do-	1	18.35	"	HEBRON Lad.Charit.Soc.
81	-do-	1	18.35	"	EL-BIREH Red Crescent.
82	-do-	1	18.35	"	DOURA Lad.Charit.Soc.
83	-do-	1	18.35	"	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX
84	-do-	1	18.35	"	SAWAHREH EL-SHARKIYEH Charit.Soc.
85	-do-	1	18.35	"	El-Amal Charit.Soc. ABU-DIS.

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/86	Bathroom Scale (Seca), black with a capacity of 150 kg.	1	18.35	2.4.76	NOUBA Charit. Soc.
87	-do-	1	18.35	"	YATTA Charit. Soc.
88	Paper Cutter Machine, mark Lion, brown, wood, with steel handle.	1	39.11	23.4.76	Nut.Ed.Center.
89	Gas Stove, mark Amgav.	1	27.10	8.3.76	EL-BIREH Red Crescent.
90	-do-	1	27.10	"	BIR-ZEIT Lad.Charit.Soc
91	-do-	1	27.10	"	EL-UJA Lad.Charit.Soc
92	-do-	1	27.10	"	HEBRON Lad.Charit.Soc.
93	-do-	1	27.10	"	BANI NA'IM Lad.Charit.Soc.
94	Office Window Shades, white material.		79.30	19.5.76	Nut.Ed.Center.
95	Picture Display Board, wood.	1	22.16	20.5.76	-do-
96	Baby Scale (Seca), with a capacity of 16 kg.	1	89.55	30.6.76	DOURA Lad.Charit.Soc.
97	-do-	1	89.55	"	El-Amal Charit. Soc. ABU DIS.
98	-do-	1	89.55	"	NOUBA Charit. Soc.
99	-do-	1	89.55	"	YATTA Charit. Soc.
100	-do-	1	89.55	"	BEIT-ULA Charit. Soc.
101	-do-	1	89.55	"	SAMOU' Charit. Soc.
102	-do-	1	89.55	"	DAHRIYEH Charit. Soc.
103	-do-	1	89.55	"	KARAWA BANI-ZEID Charit. Soc.

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/104	Hot Plate with Thermostat.	1	49.29	22.12.75	Nut.Ed.Center
105	Gas Stove with extra cylinder, mark Amgav.	1	53.52	"	DOURA Lad.Charit.Soc.
106	Conference Chair, brown plastic covered, armless.	1	13.56	27.7.76	Nut.Ed.Center
107	-do-	1	13.56	"	-do-
108	-do-	1	13.56	"	-do-
109	-do-	1	13.56	"	-do-
110	-do-	1	13.56	"	-do-
111	-do-	1	13.56	"	-do-
112	-do-	1	13.56	"	-do-
113	-do-	1	13.56	"	-do-
114	Bathroom Scale (Seca), red with a capacity of 150 kg.	1	16.09	30.9.76	BEIT-ULA Charit. Soc.
115	-do-	1	16.09	"	SAMOU' Charit. Soc.
116	-do-	1	16.09	"	DAHRIYEH Charit. Soc.
117	-do-	1	16.09	"	BEITA Charit. Soc.
118	-do-	1	16.09	"	SI'IR Charit. Soc.
119	-do-	1	16.09	"	TUBAS Charit. Soc.
120	Bathroom Scale (Seca), black with a capacity of 150 kg.	1	16.09	"	ASSIRAH EL-QIBLIYEH Charit. Soc.
121	-do-	1	16.09	"	SALFIT Charit. Soc.
122	-do-	1	16.09	"	Al-Murabitat QALQILYA.
123	-do-	1	16.09	"	TILL Charit. Soc.

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/124	Bathroom Scale (Seca), black with a capacity of 150 kg.	1	16.09	30.9.76	BANT NA'IM Charit. Soc.
125	-do-	1	16.09	"	BEIT-JALA Lad. Charit. Soc.
126	-do-	1	16.09	"	BIR-ZEIT Lad. Charit. Soc.
127	-do-	1	16.09	"	Friends of the Community; EL-BIREH.
128	-do-	1	16.09	"	HALHUL Lad. Charit. Soc.
129	-do-	1	16.09	"	BEIT-KAHEL Charit. Soc.
130	-do-	1	16.09	"	IDNA Charit. Soc.
131	-do-	1	16.09	"	TARQOUMIA Charit. Soc.
132	-do-	1	16.09	"	KHARAS Charit. Soc.
133	-do-	1	16.09	"	SURI Charit. Soc.
134	Baby Scale (Seca), with a capacity of 16 kg.	1	86.41	"	SAWAHREH EL-SHARKIYEH Charit. Soc.
135	-do-	1	86.41	"	BEITA Charit. Soc.
136	-do-	1	86.41	"	SI'IR Charit. Soc.
137	-do-	1	86.41	"	TUBAS Charit. Soc.
138	-do-	1	86.41	"	ASSIRAH EL-QIBLIYEH Charit. Soc.
139	-do-	1	86.41	"	SALFIT Charit. Soc.
140	-do-	1	86.41	"	Al-Murabihat QALQILYA.

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/141	Baby Scale (Seca), with a capacity of 16 kg.	1	86.41	30.9.76	BEIT-JALA Ladies Soc.
142	--do--	1	86.41	"	TILL Charit. Soc.
143	Table for the Driver, brown formica top with grey legs & a drawer.	1	29.80	"	Nut.Ed.Center.
144	Hole Punch (giant size), Sax 608.	1	20.86	20.10.76	--do--
145	Gas Stove, yellow, mark Amgav.	1	32.01	4.11.76	El-Amal Charit. Soc. ABU DIS.
146	--do--	1	32.01	"	YAPTA Charit. Soc.
147	--do--	1	32.01	"	KARAWA BANI-ZEID Charit. Soc.
148	--do--	1	32.01	"	Nut.Ed.Center.
149	--do--	1	32.01	"	MOUBA Charit. Soc.
150	--do--	1	32.01	"	BEIT-JALA Ladies Soc.
151	--do--	1	32.01	"	HEBRON Red Crescent.
152	--do--	1	32.01	"	JERUSALEM Spafford Child Center.
153	Electric Heater, Ancor.	1	57.85	10.1.77	Nut.Ed.Center.
154	Baby Scale (Seca), with a capacity of 16 kg.	1	84.09	17.2.77	BEIT-AMMA Charit. Soc.
155	--do--	1	84.09	"	Friends of the Community, EL-BIREH.
156	--do--	1	84.09	"	HALHUL Lad.Charit.Soc.

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/157	Baby Scale (Scoa), with a capacity of 16 kg.	1	84.09	17.2.77	BEIT-KAHEL Charit. Soc.
158	do	1	84.09	"	IDNA Charit. Soc.
159	do	1	84.09	"	TARQOUMIA Charit. Soc.
160	do	1	84.09	"	KHARAS Charit. Soc.
161	do	1	84.09	"	SURIF Charit. Soc.
162	do	1	84.09	"	SHUYUKH Charit. Soc.
163	do	1	84.09	"	Nut. Ed. Center
164	do	1	84.09	"	do
165	do	1	84.09	"	do
166	Gas Stove, yellow, mark Amgav.	1	29.57	25.3.77	TUBAS Charit. Soc.
167	do	1	29.57	"	ASSIRAF EL-QIBL_YEH Charit. Soc.
168	do	1	29.57	"	BEITA Charit. Soc.
169	do	1	29.57	"	SALFIT Charit. Soc.
170	do	1	29.57	"	Al-Murabitat QALQILYA.
171	do	1	29.57	"	TILL Charit. Soc.
172	do	1	29.57	"	Nut. Ed. Center
173	Clerk's Desk, grey, metal, 4 drawers, brown formica top.	1	107.75	29.3.77	Nut. Ed. Center

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/174	Wooden Cupboard with a divided shelf for files.	1	50.53	16.8.77	Nut.Ed.Center.
175	Dorland Medical Dictionary.	1	39.29	22.8.77	-do-
176	Household Scale with a capacity of 5 kg.	1	8.68	15.11.77	-do-
177	Gas Stove, yellow, mark Amgav.	1	22.96	20.12.77	Friends of the Community, EL-BIREH.
178	-do-	1	22.94	5.1.78	JERUSALEM Creek Cath. Inf.W.Center.
179	Bathroom Scale (Seca), black with a capacity of 150 kg.	1	10.28	12.1.78	-do-
180	-do-	1	10.28	"	YAMOUN Charit. Soc.
181	-do-	1	10.28	"	SILAT EL-HARTHIEH Charit. Soc.
182	-do-	1	10.28	"	BURQIN Lad.Charit.Soc
183	-do-	1	10.28	"	QABATIAH Lad.Charit.Soc.
184	-do-	1	10.28	"	ZABABDEH Charit. Soc.
185	-do-	1	10.28	"	YA*BAD Charit. Soc.
186	-do-	1	10.28	"	ARRABA Charit. Soc.
187	-do-	1	10.28	"	JENIN Red Crescent.
188	-do-	1	10.28	"	Asdika' El-Marid Charit. Soc., JENIN.
189	-do-	1	10.28	"	BOURIN Charit. Soc.

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/190	Baby Scale(Soehnle)with a capacity of 12 kg.	1	17.80	30.1.78	YAMOUN Charit. Soc.
191	-do-	1	17.80	"	SILAT EL-HARTHIEH Charit. Soc.
192	-do-	1	17.80	"	BURQIN Lad.Ch. Soc.
193	-do-	1	17.80	"	QABATIAH Lad.Ch. Soc.
194	-do-	1	17.80	"	ZABABDEH Charit. Soc.
195	-do-	1	17.80	"	YA'BAD Charit. Soc.
196	-do-	1	17.80	"	ARRABA Charit. Soc.
197	-do-	1	17.80	"	JENIN Red Crescent..
198	-do-	1	17.80	"	Asdika [*] El-Marid Charit. Soc. JENIN.
199	-do-	1	17.80	"	BOURIN Charit. Soc.
200	Camera with flash (Olympus)	1	157.53	"	Nut.Ed.Cent
201	Gas Stove, yellow, mark Angav.	1	25.11	21.2.78	YAMOUN Charit. Soc.
202	-do-	1	25.11	"	SILAT EL-HARTHIEH Charit. Soc.
203	-do-	1	25.11	"	BURQIN Lad.Ch. Soc.

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/204	Gas Stove, yellow, mark Angav.	1	25.11	21.2.78	QABATIAH Lad.Ch.Soc.
205	-do-	1	25.11	"	ZABABDEH Charit.Soc.
206	-do-	1	25.11	"	YA'BAD Lad.Ch.Soc.
207	-do-	1	25.11	"	ARRABA Charit.Soc.
208	-do-	1	25.11	"	JENIN Red Crescent
209	-do-	1	25.11	"	Asdika' El-Marid Charit.Soc. JENIN
210	-do-	1	25.11	"	BOURIN Charit.Soc.
211	Metal Drawer for Index Cards, grey.	1	8.76	23.5.78	Nut.Ed.Cent.
212	Bathroom Scale (Soehnle), orange, with a capacity of 130 kg.	1	12.36	22.6.78	KARAWAT BANI-ZEID Charit.Soc.
213	Gas Stove, yellow, mark Angav.	1	29.94	25.10.78	Nut.Ed.Center
214	Bathroom Scale (Soehnle), orange, with a capacity of 130 kg.	1	12.25	27.10.78	FARKHA Charit.Soc.
215	-do-	1	12.25	"	EL-UJA Lad.Ch.Soc.
216	-do-	1	12.25	"	BEIT-'AWWA Charit.Soc.
217	-do-	1	12.25	"	Nut.Ed.Center
218	Gas Cylinder, mark Angav.	1	17.28	30.11.78	-do-
219	-do-	1	17.28	"	-do-
220	Aluminium Ladder.	1	18.90	9.11.78	-do-

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/MESA/ G-1182/221	Gas Stove, yellow, mark Amgav.	1	32.24	9.12.78	Nut.Ed.Center.
222	-do-	1	32.24	"	NABLUS Com. Center
223	-do-	1	32.24	"	BEIT- ¹ AWWA Charit.Soc.
224	Bathroom Scale (Soehnle), red, with a capacity of 130 kg.	1	12.01	22.3.79	Nut.Ed.Center.
225	-do-	1	12.01	"	-do-
226	-do-	1	12.01	"	KUFUR QUD Lad.Charit.Soc.
227	-do-	1	12.01	"	Nut.Ed.Center.
228	-do-	1	12.01	"	-do-
229	Gas Stove, yellow, mark Amgav.	1	21.09	11.4.79	FARKHAH Charit.Soc.
230	-do-	1	21.09	"	Nut.Ed.Center.
231	-do-	1	21.09	"	-do-
232	-do-	1	21.09	"	KUFUR QUD Lad.Charit.Soc.
233	-do-	1	21.09	"	Nut.Ed.Center.
234	-do-	1	21.09	"	-do-
235	-do-	1	21.09	"	-do-
236	-do-	1	21.09	"	-do-
237	-do-	1	21.09	"	-do-
238	-do-	1	21.09	"	-do-
239	Assistant Teacher's Chair, black plastic covered, armrests and wheels.	1	41.36	29.5.79	-do-
240	Chevrolet-Chevette Car No.623-331 Saloon, 4 Cylinders 1600 cc.	1	6,526.13	22.6.79	-do-

INVENTORY OF PROPERTY PROCURED WITH OUTSIDE FUNDING

Property Number	Description	Number of Unit	Purchase Price US\$	Date of Purchase	Location
CRS/AID/NESA/ G-1182/241	Baby Scale (Salter) model 235 with a capacity of 25 $\frac{1}{2}$ kg. portable dial.	1	86.60	6.7.79	KUFUR QUD Lad.Charit.Soc.
242	-do-	1	86.60	"	Nut.Ed.Center.
243	-do-	1	86.60	"	-do-
244	-do-	1	86.60	"	-do-
245	-do-	1	86.60	"	-do-
246	-do-	1	86.60	"	-do-
247	-do-	1	86.60	"	-do-
248	-do-	1	86.60	"	-do-
249	-do-	1	86.60	"	-do-
250	-do-	1	86.60	"	-do-
251	-do-	1	86.60	"	-do-
252	-do-	1	86.60	"	-do-
253	-do-	1	86.60	"	-do-
254	-do-	1	86.60	"	-do-
255	-do-	1	86.60	"	-do-
256	-do-	1	86.60	"	-do-
257	-do-	1	86.60	"	-do-
258	-do-	1	86.60	"	-do-
259	-do-	1	86.60	"	-do-
260	-do-	1	86.60	"	-do-
261	-do-	1	86.60	"	-do-
262	-do-	1	86.60	"	-do-
263	-do-	1	86.60	"	-do-
264	-do-	1	86.60	"	-do-