



**DEPUTY DIRECTORS – GENERAL  
CHIEF DIRECTORS  
DISTRICT DIRECTORS  
CHIEF EDUCATION SPECIALISTS  
DEPUTY DIRECTORS  
CIRCUIT MANAGERS  
ASSISTANT DIRECTORS CO-ORDINATING NSNP IN DISTRICTS  
ALL NSNP STAFF AT HEAD OFFICE AND DISTRICTS  
PRINCIPALS OF SCHOOLS AND SGB CHAIRPERSONS  
RELEVANT STAKEHOLDERS**

**KZN NSNP CIRCULAR NO.36 OF 2022**

**SUBJECT: NEW DEVELOPMENTS IN THE IMPLEMENTATION OF THE NATIONAL SCHOOL NUTRITION PROGRAMME (NSNP) FOR THE FINANCIAL YEAR 2022/23**

1. The National School Nutrition Programme (NSNP) aims to enhance learning capacity and improve access to education by providing nutritious meals to needy learners in targeted public ordinary schools and identified special schools.
2. This circular aims to inform all NSNP relevant stakeholders of the new developments in the implementation of the programme for the 2022/23 financial year that are largely involving adjustments of raw quantities in the menu for primary and secondary schools.
3. The KwaZulu-Natal National School Nutrition Programme is experiencing such budget constraints that even the feeding allocation is not enough for the 2022/2023 financial year, yet the number of learners participating are increasing.
4. These constraints resulting in budget shortfalls resulted in the Department undertaking extensive reviews of the current menu. The reviews looked closely at the current raw quantities in the menu. The NSNP menu consists of raw prescribed quantities and prescribed cooked serving portions.
5. Upon interrogation of the current prescribed raw quantities, the finding was that the prescribed raw quantities are equal to the recommended quantities, which each child must consume in order to benefit the minimum nutritional requirement for a growing child. In other words, the raw quantities and cooked serving portions are similar when they are supposed to be incongruent.
6. This observation further led NSNP Directorate to also investigate the relationship between raw quantities and cooked serving portions/quantities. It was identified that prescribed raw quantities do not take into consideration that some raw items will exponentially expand during the preparation and cooking processes.
7. The evidence presented from this review revealed that raw quantities of some food items can be proportionately reduced in order to meet the required minimum requirements that each cooked food item should have, when cooked.
8. The reduction therefore is based on and restricted to the food items whose properties expand when cooked /prepared for consumption in the NSNP menu.
9. The NSNP conducted an observation study of the 2021/22 NSNP Menu to determine the range to adjust the quantities. The study observed and recorded the prepared raw quantities; the cooked yield and the portion size the learner receives on the plate.



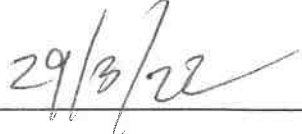
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10. The Provincial NSNP further conducted a cook-up experiment of the 2022/23 NSNP Menu recommended by Department of Basic Education. The aim of this experiment was to determine if the revised raw quantities prescribed would provide a healthy balanced meal. It also served as a crucial control measure; as in the experiment the NSNP compliant product as per NSNP Specification were utilized.
11. The results from the two experiments conducted therefore have informed the KZN NSNP Menu for 2022/23.
12. The reduction was further guided by the South Africa Food Based Dietary Guideline, the healthy eating hand-size portion mode and the proportion presented in the Recommended Daily Allowances (RDA Guides)
13. In light of the above, certain food items will be reduced by 10% - 15% and some items will remain the same.
14. It is important to note in terms of these reductions, that the KZN NSNP Menu will still meet the prescribed serving portions to achieve a healthy balance meal. Essentially, the cooked portions, the recommended daily allowances and the required daily nutritional content as per RDA guidelines will remain intact. However, raw food items and therefore will drop slightly.
15. Attached herewith are the final menu adjustments with quantities that will be used with effect from 01 April 2022.
16. In terms of this circular, emphasis should be made that Stock Control Sheets/Registers as part of management practices remain one of the important control measure to manage and account for the NSNP food stock delivered to schools on the monthly basis (Stock Control Register Template is herewith attached).
17. Therefore, all participating schools are required to adhere to the weekly and monthly completion and update of Stock Control Register the copies of which should also be submitted to NSNP District Offices for filing purposes while originals are kept at the school Nutrition File.
18. Lastly, while schools have returned to daily attendance, the current Summary Feeding Register as revised in August 2021 remain official and only this template must be used for accounting and recording of number of learners fed per month (Summary Feeding Register Template is herewith attached).
19. Where for some reasons food parcels would still be offered, affected schools should properly account for and record these appropriately on the Summary Feeding Register at the end of the feeding month and submit original copy together with the claim documents to the District Office while record of learner names that have benefited from food parcels should strictly kept at the school Nutrition File for Audit purposes.
20. Please note the cooking gas/wood allocation remains unchanged in 2022/23 due to budgetary constraints (please see attached herewith gas/wood sliding scale attached and other relevant documentation for implementation of NSNP).
21. The table below indicates the rates per learner per day for 2022/23 financial year (also refer to KZN NSNP Circular No.12 of 2022 for ease of reference).

| SCHOOL LEVEL                  | RATE PER LEARNER           |
|-------------------------------|----------------------------|
| 1. Primary & Combined Schools | R 3.08 per learner per day |
| 2. Special (LSEN) Schools     | R 3.08 per learner per day |
| 3. Secondary Schools          | R 3.68 per learner per day |

Kindly bring the contents of this circular to all concerned.

  
Mr. GN Ngcobo  
Head of Department: Education

Date: 



| 2022/23<br>NATIONAL SCHOOL NUTRITION PROGRAMME MENU – PRIMARY SCHOOLS |                                    |                         |              |        |         |       |       |
|---|------------------------------------|-------------------------|--------------|--------|---------|-------|-------|
| Day   | Food item                          | Raw                     | Portion Size | Energy | Protein | Cost  |       |
|   |                                    | Quantity                | Served       | KJ     | G       | Per L |       |
|   | UHT Milk/Pasteurized Milk or Amasi | 150ml                   | 3/5 cup      | 384    | 4.8     | 1.60  |       |
| Monday  | Phuthu                             | 40g                     | 1 cup        | 1200   | 9       | 0.65  |       |
|   | Fruit in Season                    | medium                  |              | 400    | 0.0     | 0.83  |       |
|   |                                    |                         |              |        |         |       | R3.08 |
|   | Sugar Beans                        | 25g                     | ½ cup        | 530    | 10      | 1.60  |       |
| Tuesday   | Samp                               | 35g                     | 1 cup        | 900    | 6       | 0.65  |       |
|   | Yellow vegetables in season        | 50g                     | ½ cup        | 120    | 0.7     | 0.83  |       |
|   |                                    |                         |              |        |         |       | R3.08 |
|   | Soya Mince Relish (Beef Flavor)    | 35g                     | ½ cups       | 256    | 5       | 1.60  |       |
| Wednesday   | Boiled Rice                        | 30g                     | 1 cup        | 900    | 9       | 0.65  |       |
|   | Green vegetables in season         | 50g                     | ½ cup        | 120    | 0.7     | 0.83  |       |
|   |                                    |                         |              |        |         |       | R3.08 |
|   | Sugar Beans                        | 25g                     | ½ cups       | 530    | 10      | R1.60 |       |
| Thursday  | Phuthu                             | 40g                     | 1 cup        | 1200   | 12      | R0.65 |       |
|   | Yellow vegetables in season        | 50g                     | ½ cup        | 120    | 0.7     | R0.83 |       |
|   | <b>Or Veg Breyani &amp; Dhall</b>  | 5g lentils<br>10g Dhall |              |        |         |       | R3.08 |
|   | Canned Fish                        | 40g                     | ½ cup        | 307    | 9.3     | R1.60 |       |
| Friday  | Rice                               | 30g                     | 1 cup        | 900    | 9       | R0.65 |       |
|   | Green vegetables in season         | 50g                     | ½ cup        | 120    | 0.7     | R0.83 |       |
|   | Tomatoes                           | 5g                      |              |        |         |       |       |
|   |                                    |                         |              |        |         |       | R3.08 |

NB:

- *Specification for Oil and Seasonings include iodized salt, pepper, curry powder, mixed herbs or spices to improve the taste of food in all menu options. Allocation per learner as per **SLIDING SCALE – ANNEXURE A**. Only fortified maize meal must be used.*
- Safe drinking water must be provided in all classrooms
- Fruit must be served weekly (apples, bananas, pears, oranges)
- Specifications onions will be as follows – Onions – 5g.
- Use full cream UHT milk in areas where it is socially acceptable instead of Pasteurized Amasi
- Sugar - may be used sparingly with pumpkin optionally (maximum 1kg per week)
- Use NSNP compliant soya must be strictly adhere to.



| 2022/23<br>NATIONAL SCHOOL NUTRITION PROGRAMME MENU - SECONDARY SCHOOLS |                             |                           |                     |           |         |            |       |
|---|-----------------------------|---------------------------|---------------------|-----------|---------|------------|-------|
| Day   | Food item                   | Raw Quantity              | Portion Size Served | Energy KJ | Protein | Cost Per L | Total |
|   | Pasteurized Milk or Amasi   | 200ml                     | 4/5 cup             | 528       | 6.4     | 2.00       |       |
| Monday  | Phuthu                      | 50g                       | 1 ½ cups            | 1877      | 9.9     | 0.83       |       |
|   | Fruit in Season             | Medium                    |                     | 400       | 0.3     | 0.85       |       |
|   |                             |                           |                     |           |         |            | R3.68 |
| Tuesday   | Sugar Beans                 | 35g                       | ¾ cup               | 589       | 6.8     | 2.00       |       |
|   | Samp                        | 40g                       | 1 ½ cups            | 1650      | 7.9     | 0.83       |       |
|   | Yellow vegetables in season | 60g                       | ½ cup               | 172       | 0.9     | 0.85       | R3.68 |
|   | Soya Mince Relish (Beef )   | 40g                       | ¾ cups              | 243       | 3.8     | 2.00       |       |
| Wednesday   | Boiled Rice                 | 40g                       | 1 ½ cups            | 1288      | 6.4     | 0.83       |       |
|   | Green vegetables in season  | 60g                       | ½ cup               | 136       | 0.8     | 0.85       |       |
|   |                             |                           |                     |           |         |            | R3.68 |
| Thursday  | Sugar Beans Relish          | 35g                       | ¾ cups              | 589       | 6.8     | 2.00       |       |
|   | Phuthu                      | 50g                       | 1 ½ cups            | 1877      | 9.9     | 0.83       |       |
|   | Yellow vegetables in season | 60g                       | ½ cup               | 172       | 0.9     | 0.85       |       |
|   | Or Veg Breyani & Dhall      | 10g Lentils<br>20 g Dhall |                     |           |         |            | R3.68 |
|   | Canned Fish                 | 60g                       | 3/4 cup             | 345       | 15.8    | 2.00       |       |
| Friday  | Rice                        | 40g                       | 1 ½ cups            | 1288      | 6.4     | 0.83       |       |
|   | Green vegetables in season  | 60g                       | ½ cup               | 136       | 0.8     | 0.85       |       |
|   | Tomatoes                    | 10g                       |                     |           |         |            |       |
|   |                             |                           |                     |           |         |            | R3.68 |

N. B

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- Sugar - may be used with pumpkin optionally (maximum 1kg per week)
- Use NSNP compliant soya must be strictly adhered to.



**KWAZULU –NATAL DEPARTMENT OF EDUCATION MENU SLIDING SCALE**

**1. Cooking Oil allocation per feeding day**

**SAFBDG -Use fats sparingly: choose vegetable oils, rather than hard fats**

| Number learners    | Primary 22/23 | Secondary 22/23 |
|--------------------|---------------|-----------------|
| <b>1-200</b>       | 500ml         | 700ml           |
| <b>201- 400</b>    | 700ml         | 800ml           |
| <b>401 - 600</b>   | 1000ml        | 1200ml          |
| <b>601 - 800</b>   | 1200ml        | 1400ml          |
| <b>801- 1000</b>   | 1400ml        | 1700ml          |
| <b>1001 -1500</b>  | 1800ml        | 2000ml          |
| <b>1501 - 2000</b> | 2200ml        | 2500ml          |
| <b>2000+</b>       | 2500ml        | 2500ml          |

**2. Salt allocation per feeding day**

**SAFBDG- Use salt and foods high in salt sparingly**

| School Enrollment  | Primary 22/23 | Secondary 22/23 |
|--------------------|---------------|-----------------|
| <b>1-200</b>       | 100g          | 100g            |
| <b>201- 400</b>    | 150g          | 150g            |
| <b>401 - 600</b>   | 200g          | 200g            |
| <b>601 - 800</b>   | 250g          | 250g            |
| <b>801- 1000</b>   | 300g          | 300g            |
| <b>1001 -1500</b>  | 400g          | 400g            |
| <b>1501 - 2000</b> | 500g          | 500g            |

**3. Curry powder guide per feeding day**

| School Enrollment | Primary 22/23 | Secondary 22/23 |
|-------------------|---------------|-----------------|
| <b>1-200</b>      | 100g          | 100g            |
| <b>201-400</b>    | 100g          | 100g            |
| <b>401 -600</b>   | 150g          | 150g            |
| <b>601- 800</b>   | 200g          | 200g            |
| <b>801- 1000</b>  | 300g          | 300g            |
| <b>1001 -1500</b> | 500g          | 500g            |