



## FOOD SECURITY AND AGRICULTURE CLUSTER

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### MINIMUM FOOD RATION STANDARD – update 20 March 2015

A major food shortage throughout much of Vanuatu is expected as a result of Cyclone Pam. Serious protein-energy malnutrition and micronutrient deficiencies that will inevitably follow the cyclone damage and will add greatly to the burden of disease and mortality, slow - or even impede altogether - socioeconomic recovery, and make intense additional demands on scarce resources.

The tables below should be considered the minimum guidelines for all Emergency Food Aid. This information has been derived from global standards and domestic nutrition expertise. It is essential that all food distributions follow this standard to ensure equitable assistance across all affected islands.

To ensure rapid distribution to affected communities, an initial distribution of 15 days' worth of food will be provided. This package is based on foods that are immediately available in Vanuatu until the complete package can be fully sourced.

#### 15 DAY EMERGENCY RATION; per person

##### Priority Area 1 (worst-affected):

Rice: 5kg pp for 15 days  
 Tinned Fish: 1 x 425g tin/pp for 15 days  
 Tinned Meat: 1x 200g tin/pp for 15 days  
 Instant Noodle: 2x 85g packet/pp for 15 days

##### Priority Area 2:

Rice: 5kg pp for 15 days  
 Tinned Meat: 1x 200g tin/pp for 15 days  
 Instant Noodle: 2x 85g packet/pp for 15 days

A ration is based on providing 2,100 kcal per person per day: Individual energy requirements are estimated for different population groups according to age, gender, weight and physical activity level. This mean per capita energy requirement is not specific to any age or sex group and should therefore not be considered as the requirement of a particular individual. The estimate of 2,100 kcal/person/day was also designed to include the needs of pregnant and lactating women within the population<sup>1</sup>.

Minimum emergency food rations	1 day		5 days	
	1 person	5 people	1 person	5 people
Rice	400g	2kg	2kg	10kg
Canned fish in oil or canned corned beef	100g	500g	500g	2.5kg
Biscuits	50g	250g	250g	1.25kg

<sup>1</sup> Contact the FSAC for age-sex specific requirements

This option provides 100% energy (2,100 kcal/ day), 100% protein and 80% fat daily adult requirements. In the event that rice is unavailable due to procurement and shipping timeframes, an alternative package may be required in some instances. In this instance, the food package is outlined below.

Minimum emergency food rations – no rice	1 day		5 days	
	1 person	5 people	1 person	5 people
Flavoured noodles	600g	3kg	3kg	15kg
Canned fish in oil or canned corned beef	100g	500g	500g	2.5kg
Biscuits	50g	250g	250g	1.25kg

A final option may be necessary in locations where there is insufficient water supply to cook rice or noodles. For this instance, the minimum food package is outlined below.

Alternate minimum food rations – no water	1 day		5 days	
	1 person	5 people	1 person	5 people
High energy biscuits	300g	1.5kg	1.5kg	7.5kg
Canned fish in oil or canned corned beef	100g	500g	500g	2.5kg
Biscuits	50g	250g	250g	1.25kg

Vanuatu FSAC endorses all international guidance<sup>2</sup> on meeting the special nutritional needs of the most vulnerable persons (infants, young children, pregnant and breastfeeding women, sick, elderly).



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<sup>2</sup> <http://www.unhcr.org/45fa745b2.pdf>