TERMS OF REFERENCE (ToR).
Technical Review of the DAT Nutrition Manual.

1. Background & Context

The Diabetes Awareness Trust (DAT) is a non-profit organization established in March 2017 & formerly registered in December 2021 to enlighten Kenyans on healthy living and the prevention and management of Diabetes and other Non-Communicable Diseases (NCDs). DAT's mission is to reduce suffering and prevent new cases of NCDs through information dissemination, nutrition education, advocacy, and experience-sharing.
In addition to diabetes, DAT also prioritizes hypertension, cancer, and arthritis as key NCDs affecting Kenyan communities.

DAT is implementing the FoodFarmacy Initiative, Building Healthier Communities through Agroecology and Nutrition Advisory, which integrates preventive health, community nutrition education, and sustainable food systems approaches to address diet-related NCDs. The Initiative operates at the intersection of health facilities, community health promoters, agroecology practitioners, and consumer awareness platforms.

To fulfill this mission and facilitate effective implementation of its programmes, DAT has drafted a Nutrition Manual intended to strengthen the delivery of nutrition services and equip health workers, community health promoters, and Programme staff with practical, context-relevant knowledge for both preventive and clinical nutrition interventions. The Manual is designed as an operational tool to support facility-based nutrition counselling, community outreach sessions, group education forums, and individualized dietary management of NCDs. It also seeks to bridge clinical nutrition guidance with locally available, culturally appropriate, and affordable food options in Kenya

2. Objective of the Consultancy

The consultant will conduct a comprehensive technical review and validation of the Nutrition Manual to ensure it is evidence-based, clinically accurate, user-friendly, and aligned with Kenya Ministry of Health (MOH) standards and global best practices.

The review will ensure alignment with:

- Kenya National Guidelines for Prevention and Management of NCDs.
- Kenya Food-Based Dietary Guidelines and the 10 Food Groups framework.
- WHO recommendations on diet and NCD prevention.
- Relevant County-level nutrition and public health implementation frameworks.

The consultant will also assess the Manual's practicality, cultural relevance, gender sensitivity, and suitability for use in both rural and urban settings.

3. Scope of Technical Review

The consultant is expected to review and refine the following the manual that includes:

- Clinical Management of NCDs: Validate Medical Nutrition Therapy (MNT) strategies for Diabetes Mellitus (Types I, II, and Gestational), Hypertension (including the DASH diet), Arthritis, and Cancer prevention.
- Life-Cycle Nutrition: Review the application of the FATVAAH principle for children under five and the specific requirements for lactating mothers.
- Food Safety & Systems: Evaluate sections on agroecology, household food security strategies, and food safety challenges.
- Practical Application: Refine guidelines for Meal Planning and Cooking Methods to ensure maximum nutrient retention.
- Assess technical accuracy of food handling, storage, contamination risks, and mitigation strategies.
- Review sample meal plans to ensure affordability, local availability, seasonality, and cultural appropriateness.
- Assess clarity of portion sizes, food substitutions, and counselling tools for frontline workers.
- Alignment with national regulatory frameworks governing traditional medicine and herbal products.
- Assess whether key messages can be translated into simplified, action-oriented materials that reflect behaviour change techniques.
- The consultant will engage selected stakeholders (virtually or physically) to obtain and integrate technical feedback, ensuring alignment with county-level implementation realities and ongoing public health nutrition programming.

4. Duration of Assignment

The assignment is expected to be completed within One month from the date of contract signing. A detailed work plan with milestones shall be agreed upon at inception.

5. Consultant Qualifications.

- Education: Must hold a Master's Degree in Food, Nutrition and Dietetics, Public Health, or a related clinical field.
- Experience: Proven track record in developing or reviewing Nutrition Manual / Guides, Clinical guidelines for NCDs in the Kenyan context.
- Expertise: Deep familiarity with the 10 Food Groups framework and MOH dietary diversity targets.
- Having Registered as a member with the Kenya Nutritionists and Dieticians Institute (KNDI) is an added advantage.

6. Deliverables

- Technical Review Report: Outlining gaps identified and corrections made.
- Validated Final Manual: A clean, professional version ready for organizational use.
- Job Aids/Summary Sheets: Simplified versions of complex protocols like the FATVAAH principle or DASH diet.
- Recommendations on integrating behavioral insights and Social Behavior Change strategies into the Manual and related communication materials (e.g., fliers, counselling tools, and community education resources).

7. Application Procedure

Interested and qualified applicants are invited to submit the following to procurement@diabetesawarenesstrust.org by **Thursday 26th February, 2026.**

1. An Expression of Interest (EoI) detailing understanding of the assignment, methodology, and work plan.
2. A financial proposal.
3. A CV or organizational profile demonstrating relevant experience.