



"Improving Food and Nutrition Security in the Philippines through school interventions"

30 April 2018

Ms. Cherry Lou D. De Mesa
OIC- Schools Division Superintendent
Department of Education, Cavite Province

Dear SDS De Mesa:

Greetings from the International Institute of Rural Reconstruction (IIRR)!

Once again, we want to express our gratitude for your continuous support to the project entitled "Improving Food and Nutrition Security in the Philippines through school interventions".

The action research is gaining towards its target objectives on fine tuning and scaling up the Integrated School Nutrition Model in the Philippine public schools' system. It has reached the phase where it generated data and information useful to DepEd program planners and other agencies supporting school nutrition programs. Hence, the project is organizing a half day conference to present results to key stakeholders and media. Through an exhibit, the conference will also showcase innovations and good practices of Lighthouse schools in implementing the Integrated School Nutrition Model.

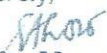
In this context, we would like to invite the following teachers from Lighthouse schools to take part in the exhibit:

Name	School
Reynaldo Quijano	Julugan ES
Eric Orbon	Sunnybrooke ES
Allan Manibo	Lapidario ES
Carolino Ersando	Indang ES

Approximately 220 delegates from the Department of Education, Department of Agriculture, Department of Social Welfare & Development, other relevant agencies, and media are expected to come to the said event. It will be held on May 8, 2018, 8:00 am- 1:30 pm, at IIRR Y.C James Yen Center in Silang, Cavite. Attached herewith is the activity design for your reference, program will follow.

For inquiries or clarification, you may directly contact Ms. Kirstein D. Itliong, research assistant at +63 916 6649163 or kirstein.itliong@iirr.org. Thank you so much!

Sincerely,


Emilita Monville Oro

Director, Philippine Country Program
Regional Center for Asia
International Institute of Rural Reconstruction

TO: **All Concerned Personnel**

May 7, 2018

*For your information, guidance and approval as attendance to
any activity of school-based personnel and learners is within your discretion.
For Official Time Only. No Government / School Funds shall be used.*

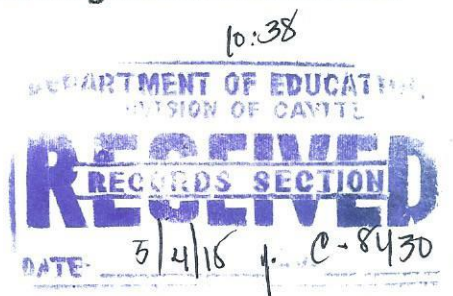

CHERRYLOU D. DE MESA
Schools Division Superintendent



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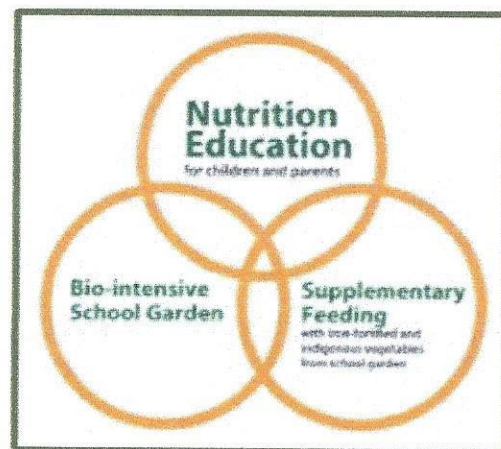
Activity Design

Title of Activity	Fostering Healthy Schools with Integrated School Nutrition Program
Rationale	<p>In 2012 to 2015, IIRR in collaboration with DepEd Division of Cavite and FNRI-DOST implemented an action research project to strengthen the school nutrition program. The integrated school nutrition model that links school gardens, supplementary feeding and nutrition education (GarNESupp) was developed as an approach to address nutrition insults among school children. The model builds on existing nutrition interventions of DepEd with emphasis on sustainability and synergy of programs. Supplementary feeding included iron-fortified rice and indigenous vegetables from school gardens. To improve the consumption and acceptance of indigenous vegetables, standardized recipes of indigenous vegetables were developed and used in the feeding program. The school gardens were enhanced with agro-ecological technologies such as bio-intensive gardening to improve productivity and sustainability for use in the supplementary feeding and learning. Nutrition education was delivered in different modalities for children and caregivers to foster healthy eating habits for children both at school and home. During this phase, ways to bridge the various nutrition-related programs were implemented which resulted to positive nutrition outcomes in the selected study schools.</p> <p>A follow through 28-month action research project was launched in February 2016 that aims to fine tune and scale up the model in Philippines school system through a multi scalar approach and use schools as platform for nutrition and environmental learning and sharing. Fine tuning of the model includes the implementation of a 200-day feeding program to identify the value of additional 80 days. The scaling up relies largely on the 58 lighthouse schools (LS) established in Region IVA. LS are learning sites for other schools, action research sites and source of planting materials. This component of the program documented the processes and strategies involved in scaling up the model. Now that the project reached the phase where it generated data and information useful to DepEd program planners and other agencies supporting or implementing nutrition programs, the project is organizing an important event to present results to key stakeholders.</p>
Date and Venue	<p>May 8, 2018 Y.C. James Yen Center, Silang, Cavite</p>
Participants	<p>220 delegates</p> <div> <div> <p>DepEd Central Office</p> <ul style="list-style-type: none"> Office of the Secretary Undersecretary for External Partnership Services Undersecretary for Administration Bureau of Learner Support Services Bureau of Curriculum Development </div> <div> <p>DepEd Regional Offices</p> <p>DepEd CALABARZON Division Offices</p> <ul style="list-style-type: none"> Schools Division Superintendent School Governance & Operations Division Chief </div> </div> <div> <ul style="list-style-type: none"> School Health and Nutrition Curriculum Implementation Division Chiefs Education Program Supervisors, EPP/TLE <p>CALABARZON Lighthouse -School heads</p> <p>DSWD CALABARZON</p> <p>DSWD MIMAROPA</p> <p>Food & Nutrition Research Institute</p> <p>Department of Agriculture-BPI</p> <p>Department of Agriculture-Reg 4A</p> <p>Non-Government Organizations</p> <p>Media</p> </div>
Objectives	<p>The action research project on the Integrated School Nutrition Model is near to completing its research objectives and the planned Conference aims to achieve the following:</p> <ol style="list-style-type: none"> 1. Provide a platform to share the research results to program planners of DepEd and other organizations with nutrition and related interventions such as DSWD and DA 2. Mainstream food, nutrition and agriculture issues and breakthroughs through media 3. Identify ways forward on scaling out the Integrated Nutrition Model

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Project Summary

The 2013 national nutrition survey revealed that underweight prevalence among 5-10.0 years of age is higher (29.1%) than in other age group. For stunting (low height-for-age), although there's an improvement since the last survey in 2011, it is still at 29.9%; and wasting (low weight-for-height) is at 8.6%, about the same in 2011 at 8.5%. Clearly, this is a reason for concern and fortunately this situation has in recent years been brought to the attention of the country's planners, policy makers and legislators.



The integrated school nutrition model that links 3 interventions was developed to maximize the potential of schools as platform to address food and nutrition challenges. (i) **Supplementary feeding** used iron-fortified rice and indigenous vegetables from school gardens. Recipes with indigenous vegetables were developed and used. (ii) **School gardens** were enhanced with agro-ecological technologies such as bio-intensive gardening to improve productivity and sustainability of gardens. Various (iii) **Nutrition education** methodologies were conducted for children and caregivers. The model was developed through an action research project implemented in 2012 to 2015 in a single province with support from the International Development Research Centre. The model builds on existing nutrition interventions of the Department of Education (DepEd) with emphasis on sustainability and synergy of programs. The follow through 28-month action research project aims to



fine tune the model, to test a multi-scalar approach to scale up the model in Philippines school system, and to use schools as platform for nutrition and environmental learning and sharing. The partnership of International Institute of Rural Reconstruction (IIRR), DepEd and Food and Nutrition Research Institute - Department of Science and Technology (FNRI-DOST) resulted to achievement of significant milestones in the past 24 months.

Implementation guidelines were put together to support operationalization of the model and ensure strongly integrated components. Three sentinel research schools in Cavite province were selected for the purposes of rigorous data collection and further adaptation of the model. In the 3 sentinel research schools, the 120-day school feeding program resulted to a significant increase in the mean weight of students from baseline to endline. The extended feeding program or additional 80 days that was implemented in 3 sentinel research schools resulted to further significant increase in the mean weight and height of the students in both age groups and gender. Same result was also observed in the mean height of students in older age groups and gender. Mechanisms to ensure links of the 3 components were documents and will be used to enhance the guideline.

The scaling up relies largely on 58 lighthouse schools (LS) established in Region IVA. The region is composed of 5 provinces subdivided by DepEd into 20 school divisions catering to 2,732 public elementary schools. LS are learning sites for other schools and action-research sites for evidence-building. Data showed that LS are implementing the integrated model at different levels. Garden diversity has been achieved in most schools and the link between gardens to feeding and learning were evident. LS were able to train other schools within their respective districts/divisions. At the same time, these 58 LS are also school crop museums (CM). School crop museums are decentralized conservation sites and nurseries of hardy and nutritionally dense indigenous or local vegetables. Additional 237 crop museums in Region IVA were set up to complement the scaling out efforts. Various strategies and strategic events were carried out such as multi-stakeholder events, partnership with 2 other agencies, sharing of research in conferences and conventions to increase adoption and publicize the model. It is envisioned that the outcomes achieved in Region IVA through program integration will be scaled up to more regions in the coming months.

