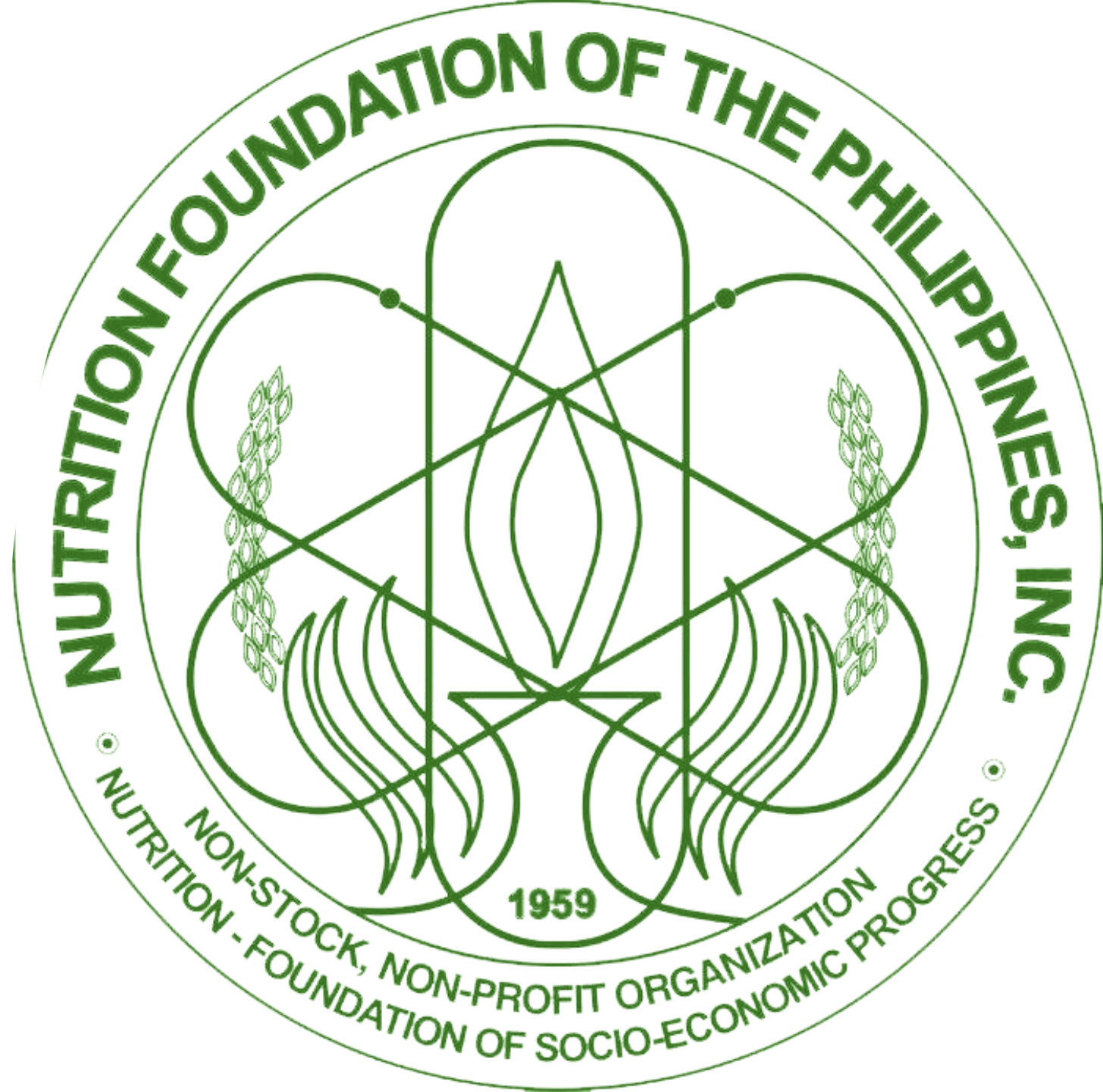


Nutrition promotion and intervention activities amid COVID-19 pandemic

Maria Lourdes A. Vega, RND,
MSN

Executive Director, Nutrition
Foundation of the
Philippines



Outline of the presentation

NFP's nutrition promotion initiatives during COVID-19C

- Community nutrition practicum

Initiatives of other organizations

- Policy issuances on health and nutrition in COVID-19
- Online breastfeeding counseling
- Food Share Program

Learnings



Community
Outreach



Nutri-Garden
School Program



Community
Nutrition
Practicum



Nutrition and
Health Kiddie Class



Symposia



Consultancy





Community
Outreach



Nutri-Garden
School Program



Community
Nutrition
Practicum



Nutrition and
Health Kiddie Class



Symposia



Consultancy

Objective

Students should

- gain knowledge
 - develop positive attitude and skills
- in applying theories into practical situations in managing community-based nutrition programs, projects, and activities within the framework of the local nutrition and development plan.



Community
Outreach

Nutri-Garden
School Program



Community
Nutrition
Practicum

Nutrition and
Health Kiddie Class



Symposia

Consultancy

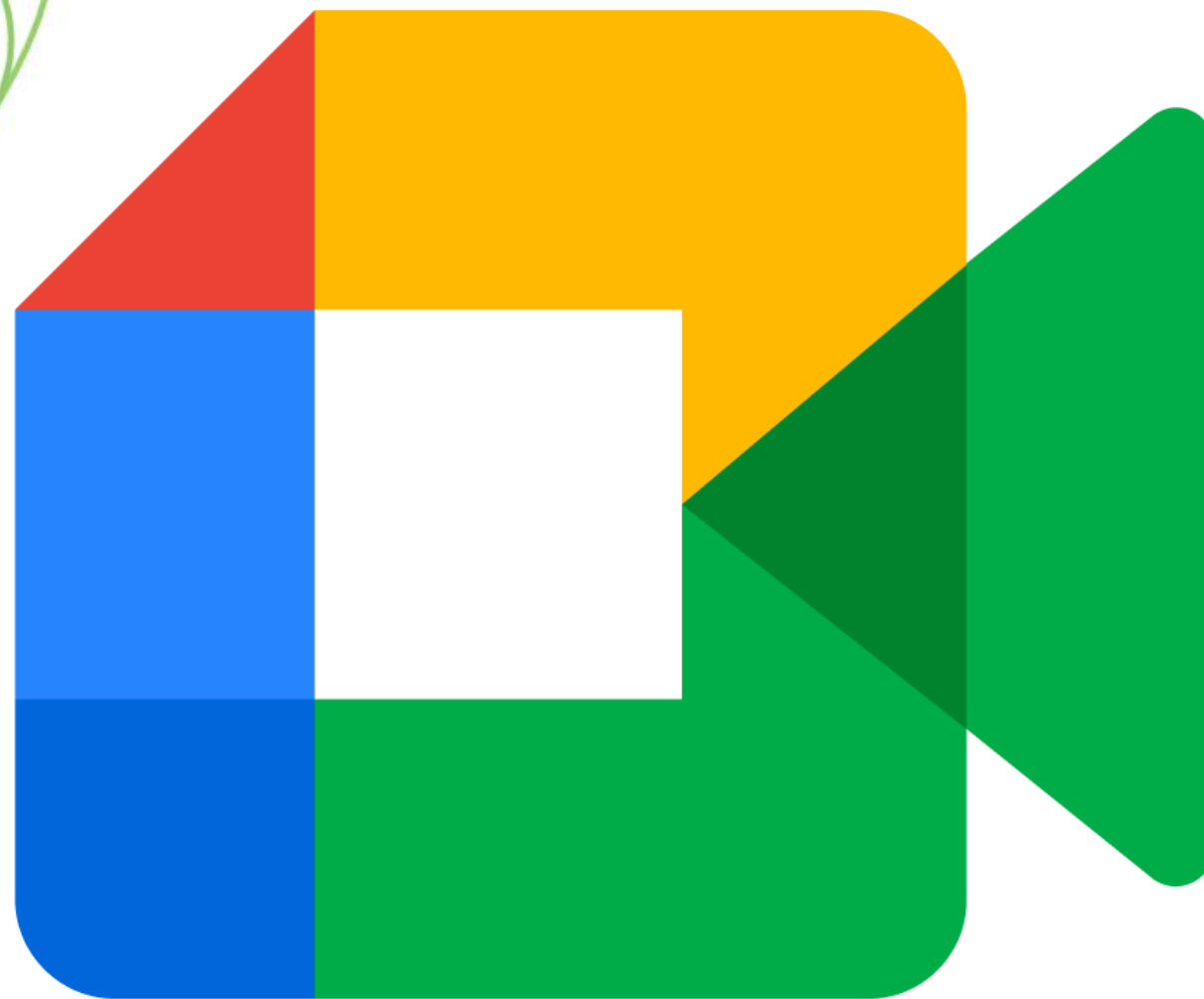


NUTRITION FOUNDATION OF THE PHILIPPINES, INC.

PHILIPPINE COPYRIGHT 2019 BY
NUTRITION FOUNDATION OF THE PHILIPPINES, INC.

COMMUNITY NUTRITION PRACTICUM MANUAL





COMMUNITY NUTRITION
PRACTICUM **2021**

Considerations

Practicum site should have good internet signal

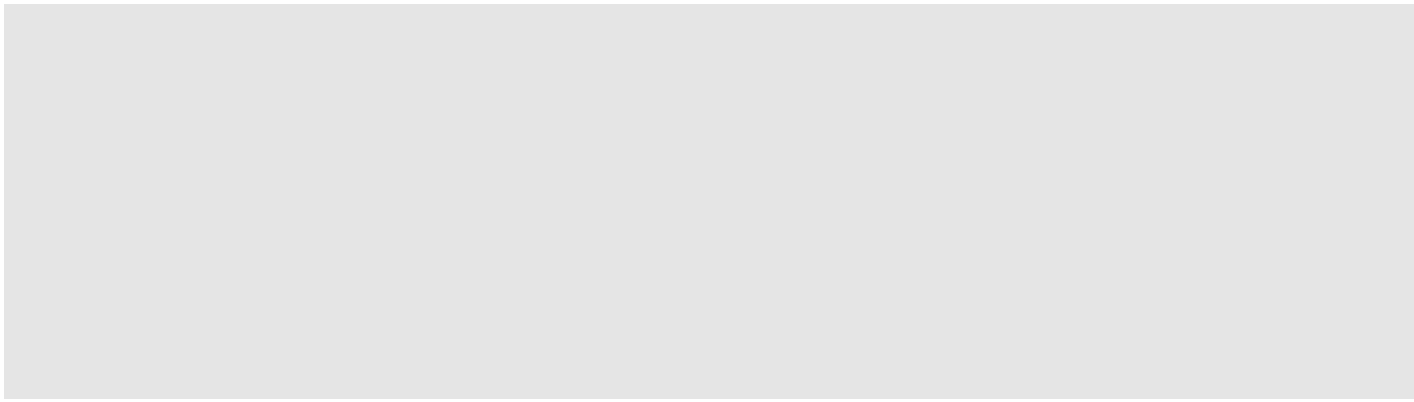
Nutrition workers in the field are busy with pandemic-related actions, i.e., vaccination

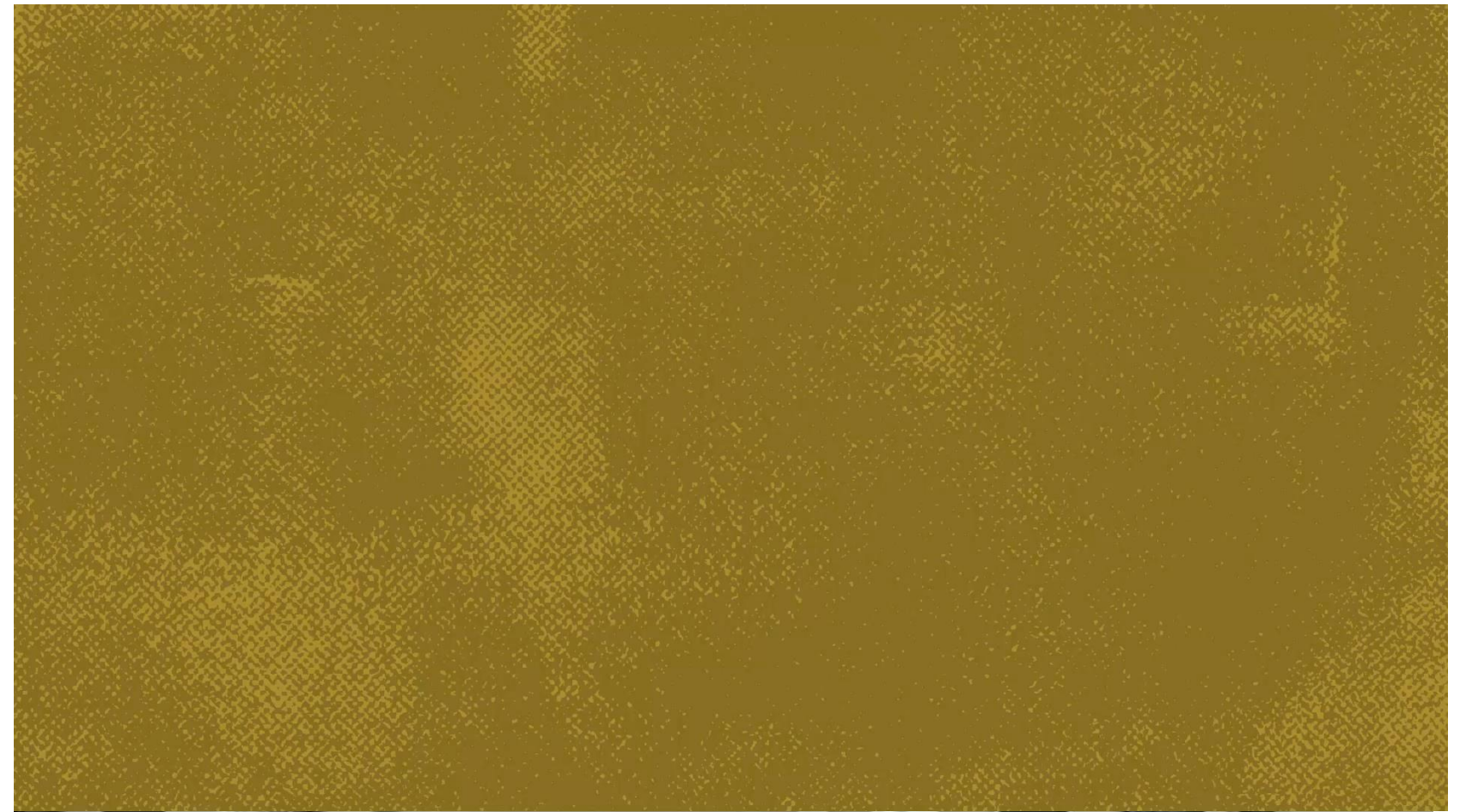
School policies on how long students should be in synchronous online activities

Students or practicumers also have challenges in internet connectivity (both signal and cost)

NFP limitations on platform (Google Business standard account)

Adjustments done





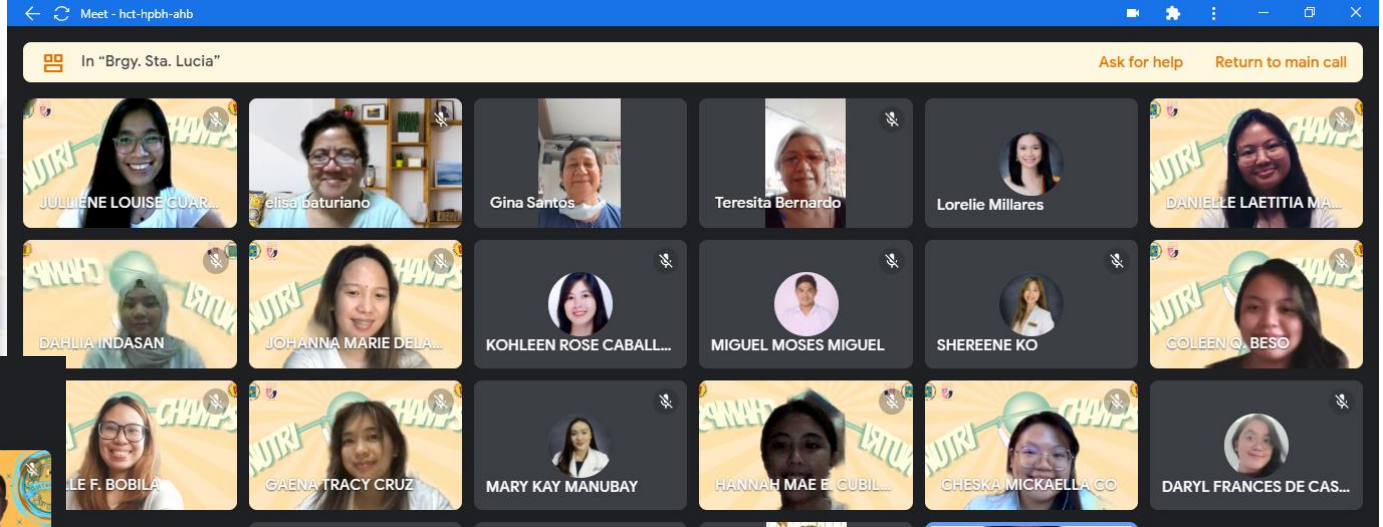


REC



In "Brgy. Hulong Duhat" Ending in 10 min

Ask for help Return to main call



In "Brgy. Aguho" Ending in 1 hr 7 min

Ask for help Return to main call



REC You have extensions installed that may affect the quality of your call

Learn more Dismiss





Attachment 2. Household Baseline Information form

NUTRITION FOUNDATION OF THE PHILIPPINES, INC.
Dr. Juan Salceda, Jr. Bldg. 107 E. Rodriguez St. Boulevard, Quezon City

Name of interviewer: _____
Date of interview: _____
Mode of interview: _____

System to be decided on by the group
Assigned Code _____

Informed consent of the respondent.

Ako po si _____ Ako ay isang senior student ng nutrition. Ginagawa ko po itong interview na ito para sa aking practicum. Ang layunin amin ay mamamunin ang kalagayang pangkalahatang ng isang pamilya at itataguyod ang katatagan ng mga sangkap ng isang programa at proyektong. Ang impormasyon na itataguyod ay gagamitin lamang sa amin para sa layunin ito. Ang ita aminang personal information ay aminang itataguyod.

Ang pagtataguyod ito ay mga magandang katuturan ko sa patnayan na kayo ay patnayang na magandang katuturan sa aminang itataguyod survey at itataguyod ang aminang layunin. Saang-ayon ba kayo? (Let the respondent answer). Salamat po. Magmamuna sa po kayo.

INFORMATION SHEET

Pangalan ng Interviewer: _____ Kasarian: _____ Pulayaw: _____
Tirahan: _____

Orinang / Edad: _____ Relihiyon: _____ Trabaho: _____

Aminang ug Edukasyon: _____
☐ Hindi nakapag-aral ☐ H.S. Graduate ☐ Post Graduate
☐ Elem. Undergraduate ☐ Vocational/ Technical ☐ College Undergraduate
☐ Elem. Graduate ☐ College Graduate
☐ H.S. Undergraduate

Pangalan ng Answer: _____ Kasarian: _____ Pulayaw: _____
Tirahan: _____

Orinang / Edad: _____ Relihiyon: _____ Trabaho: _____

Aminang ug Edukasyon: _____
☐ Hindi nakapag-aral ☐ H.S. Graduate ☐ Post Graduate
☐ Elem. Undergraduate ☐ Vocational/ Technical ☐ College Undergraduate
☐ Elem. Graduate ☐ College Graduate
☐ H.S. Undergraduate

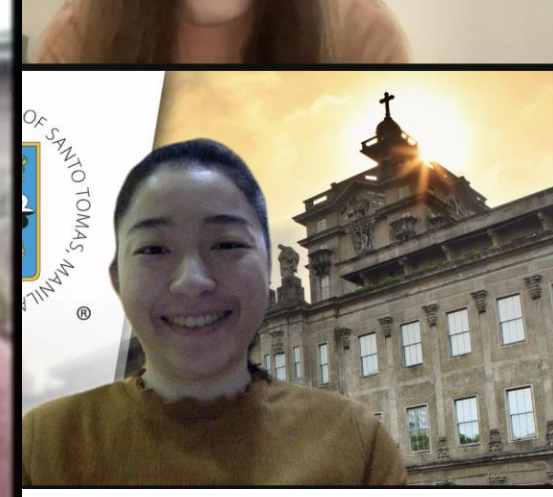
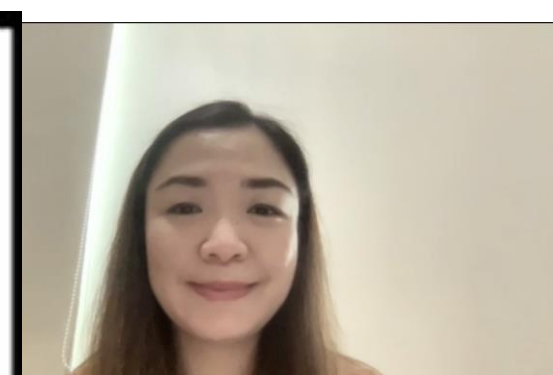
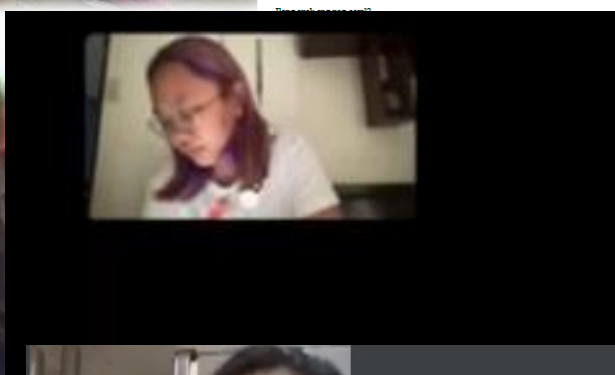
Ilang kanta mayroon sa loob ng babay? _____
 Ilan ang: _____
 Sanggol (0-11 buwan) _____ Adult (20 gulang, patas) _____
 Mga batang (1-6 taong gulang) _____ Elderly (60 gulang, patas) _____
 Mga batang (7-11 taong gulang) _____ Teenager (12-19 taong gulang) _____

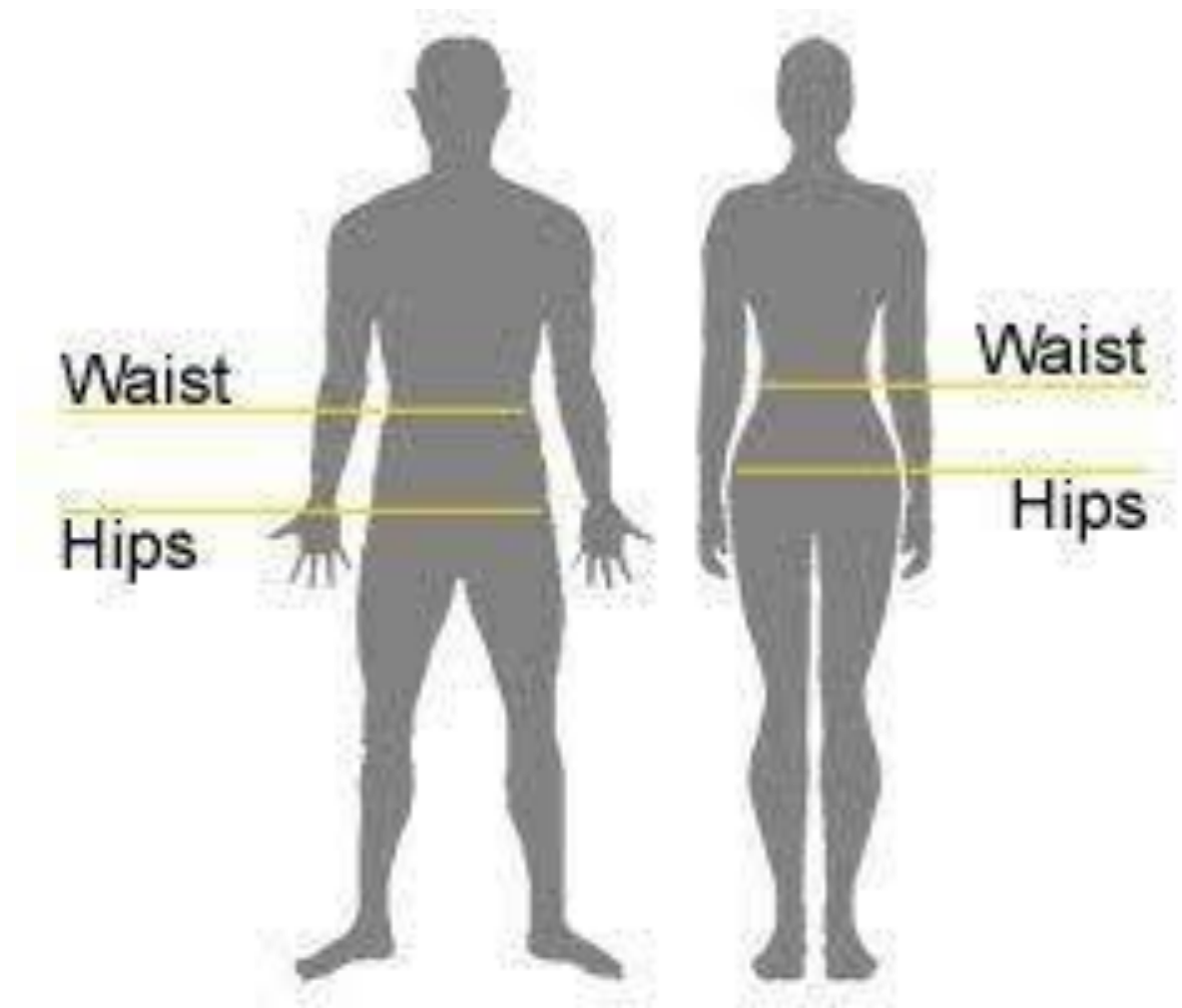
Ilan ang labanang bilang ng mga anak? _____
 Pano kayo nangangailangan? ☐ Caserain ☐ Normal ☐ Puroho _____
 Saan kayo nangangailangan? ☐ Bahay ☐ Ospital ☐ Lying-in ☐ Clinic/Health Center ☐ Other: _____

Used same tools

5 households of own choice/
student, including own
household

Assumed all the respondents of
one group = one village, what
nutrition interventions?





Used existing records



Online nutrition education or ONE

Nutrition Foundation of the Philippines, Inc.
Published by Yula Bringas • November 24 at 1:00 PM •

Hugas ng kamay? ✓
Face mask? ✓
Alcohol? ✓
Pagkain... panatilihin masustansya at malinis!... See more

Nutrition Foundation of the Philippines, Inc.
Published by Yula Bringas • November 23 at 1:00 PM •

Pihikan ba ang inyong anak? Nahihirapan ka bang pekainin si bunsong pagkain na masustansya?
Ang pagkakaroon ng mabuting nutrisyon habang lumalaki ay kinakailangan ng ating katawan upang maging malakas at malusog.
Paano nga ba mapakin ang bata ng wasto? Mayroon kami ibabahagi kung paano ang tamang pagpapakin sa mga bata para sa tamang paglaki. Ang pagkain ng tama at masustansya ay nagbibigay ng enerhiya na kailangan nila para sa mga aspektong mental, emosyonal at sosyo... See more

Nutrition Foundation of the Philippines, Inc.
Published by Yula Bringas • November 22 at 1:00 PM •

Tama na ba ang nutrisyon makukuha ni baby sa pagpapasuso hanggang sa kanyang paglaki?
Mga nanay! Atin pong suriin ang epekto ng pagkaing kailangan ni baby sa kanyang paglaki.
Alam niyo bang kailangan ipagpatuloy ang sustansyang nakukuha ni baby habang siya ay lumalaki? Bukod sa pagpapasuso kailangan din natin ipagpatuloy ang pagbibigay ng sustansya sa ating mga anak upang sila ay lumaki ng maayos at masigla... See more

Nutrition Foundation of the Philippines, Inc.
Published by Yula Bringas • November 19 at 1:00 PM •

Naghugas na ba kayo ng inyong mga kamay? Alam niyo ba na ito ang pinaka importante sa lahat bago kayo humarap sa pagpakinan? Halina't talakayin natin ang mga ibabaghi naging importanteng aspeto ng kaligtasan sa pagkain at ang inyong sariling kalinisan para sa wastong proteksyon hindi lang sa inyong mga anak kung di sa buong pamilya.
Isang maligayang araw Barangay Onse! Ipapamahagi namin ang pangalawang bahagi ng aming Infographic series na tungkol sa wastong kalinisan sa p... See more

Nutrition Foundation of the Philippines, Inc.
Published by Yula Bringas • November 20 at 1:00 PM •

"Nadadala ng bata ang kanyang nutrisyon hanggang sa kanyang pagtanda"
Gusto mo ba maging TOP 1 ang iyong anak? Alam mo ba na bilang isang magulang kaya mong maimpluwensyahan ang kanyang kakayahang mula sa kanyang first 1000 days of life? Halina't tahakin natin ang mga SIKRETO upang lumaki ng mahusay at masagana ang iyong sanggol.
Magandang Araw Barangay Onse! Inihahandog namin sa inyo ang ikatlong bahagi ng aming Infographic Series: Lakas WANTAWSAN sa First 1000 Days. T... See more

Nutrition Foundation of the Philippines, Inc.
Published by Yula Bringas • November 22 at 12:00 PM •

Masustansyang Buhay, mga taga Barangay Onse!
Nag-iisip kung paano mapanatiling masigla at maayos ang inyong mga anak ngayong mahigit anim na buwang gulang na siya'y paano umpisahan ang complementary feeding?
Halina't alamin ang mga impormasyong kailangan ng inyong mga sanggol tungkol sa complementary feeding! Aming inihahandog natin ang educational book para sa complementary feeding ng Masustansyang Pagpapakin, Alay natin Kay Barangay Onse Baby!... See more

Mga Datos patungkol sa Nutrisyunal na Implikasyon ng COVID-19 sa mga Bata

Sa panahon ngayon, parami ng parami ang mga batang kabilang sa vulnerable na grupo ang patuloy na nagiging malnourished na naidudulot ng hindi maayos na uri ng mga pagkain na kanilang kinakain at mga epekto dulot ng pandemyang ito (UNICEF, 2020).

Ang mga parami upang maiwasan ang pagdami ng kaso ng covid-19 ay patuloy na nakakadulot ng hindi kanaisip na epekto sa food systems, pagpapatuloy ng health and nutrition services, kabuhasan at patuloy na pagbabanta sa food security (UNICEF, 2020).

Sa mga datos na naitala sa taas, maaaring ang dietary quantity at quality ng mga bata ay patuloy na bumaba sa hindi magandang sitwasyon na matagal ng nakikita bago pa mag ka pandemya (UNICEF, 2020).

Tips kung paano mapakin ng Healthy ang Bata

- Upang hindi mabilis ang pagkawala ng bigat ng ibat ibang pagkain
- Bantayan ang mga simyang ng pagkagutom o pagkabugos
- Iwasan ang sapilitan ng pagkain at gawin na masaya sa hapag kainan
- Lagyan ng "shape" o "design" ang pagkain para ganahan ang bata
- Bigyan ng ligtas tubig at iwasan bigat ng matatamis na inumin.

Pak na Nutrisyon para sa Bata

Ang kahalagahan ng wastong nutrisyon

Pagkakaroon ng well-balanced diet ay makakatulong sa akumulado ng mga sustansya ang wastong pagkain ay makakatulong ng paglaki at maayos na timbang ng bata

Mga importanteng micronutrients para sa mga preschool

Ang kahalagahan ng wastong nutrisyon

Pagkakaroon ng well-balanced diet ay makakatulong sa akumulado ng mga sustansya ang wastong pagkain ay makakatulong ng paglaki at maayos na timbang ng bata

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Mga importanteng micronutrients para sa mga preschool

Wastong Kalinisan sa Paghanda ng Pagkain

Ang Food Safety?

Ang food safety ay ang larang paghanda, paglala at pag-iingat ng mga pagkain upang maiwasan ang ulanang food-borne diseases na pangkat na mabala sa mga ito.

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Nutrisyon para sa mga Sanggol

270 Days: Pregnancy

Ang paghahanda ng wastong pagkain sa 270 days of pregnancy ay makakatulong sa paglaki at maayos na timbang ng bata

Ang Food Safety?

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Nutrisyon para sa mga Sanggol

270 Days: Pregnancy

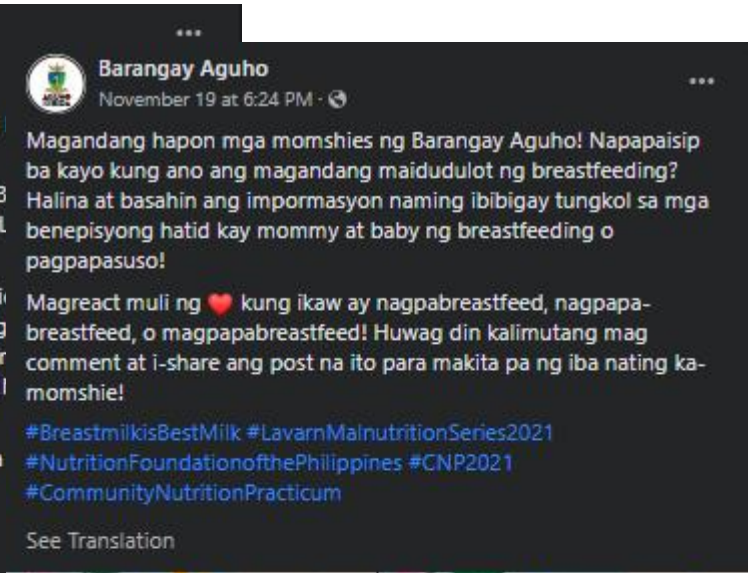
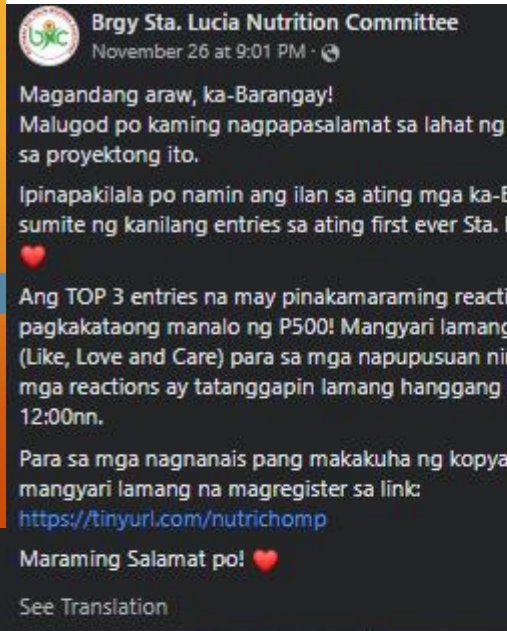
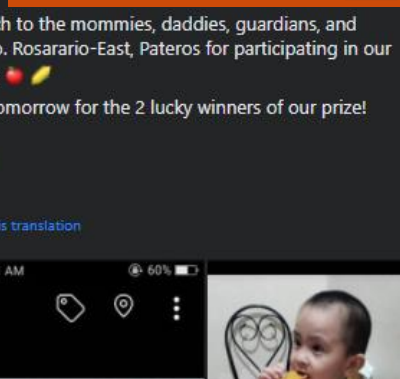
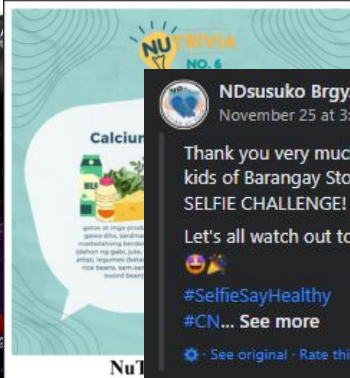
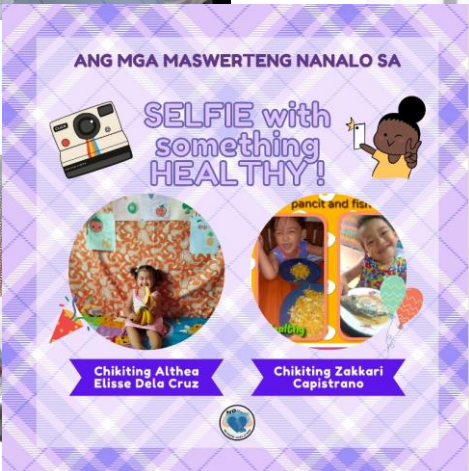
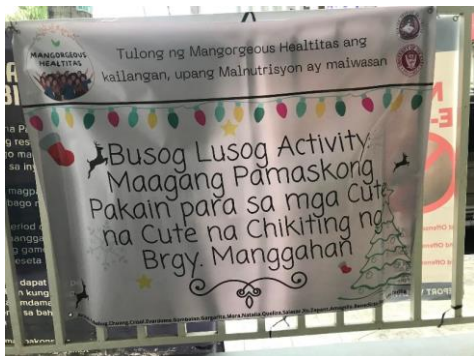
Ang paghahanda ng wastong pagkain sa 270 days of pregnancy ay makakatulong sa paglaki at maayos na timbang ng bata

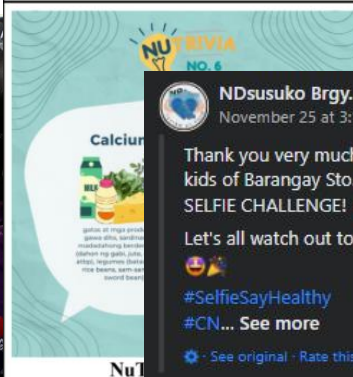
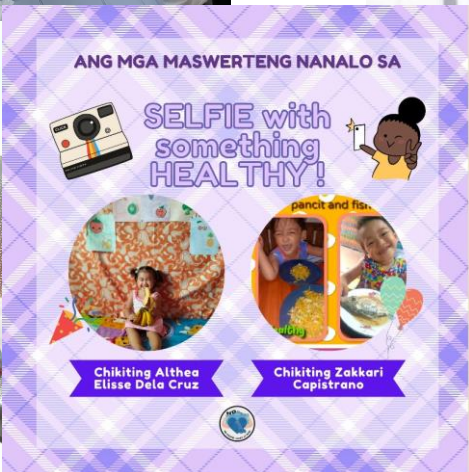
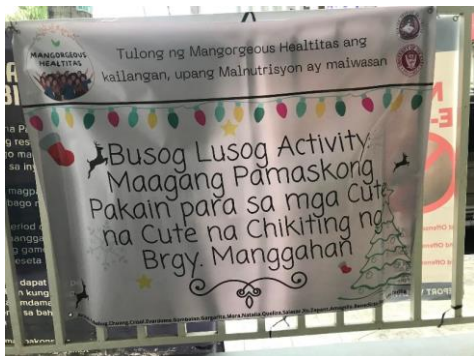
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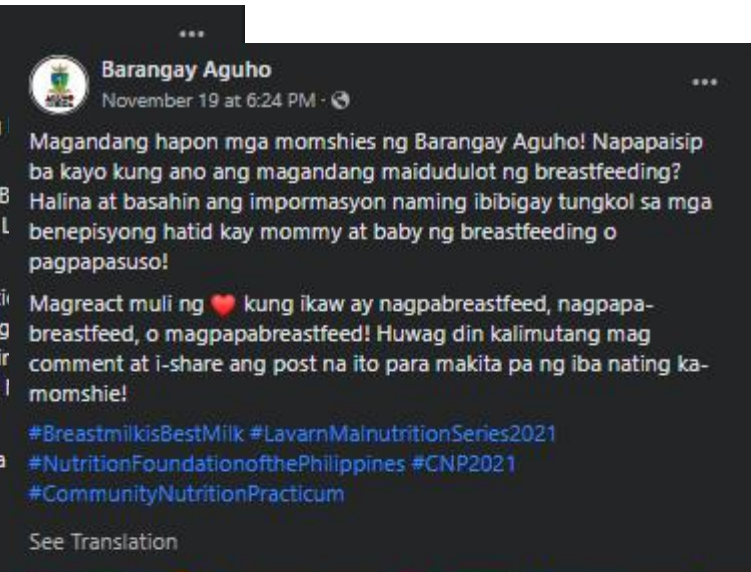
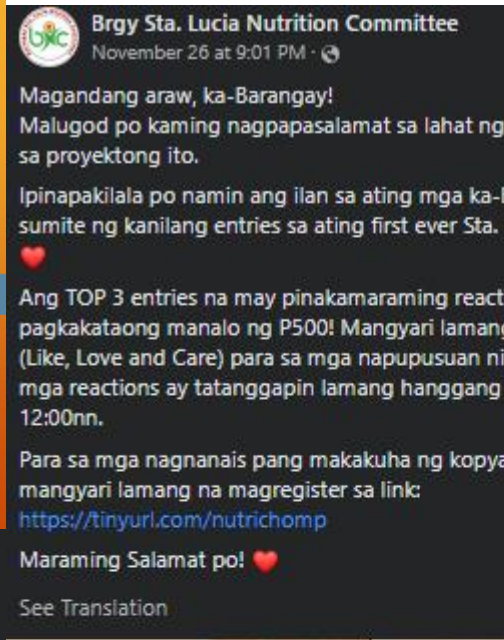
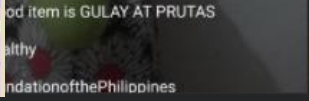
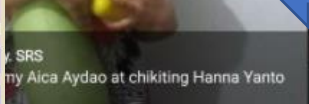




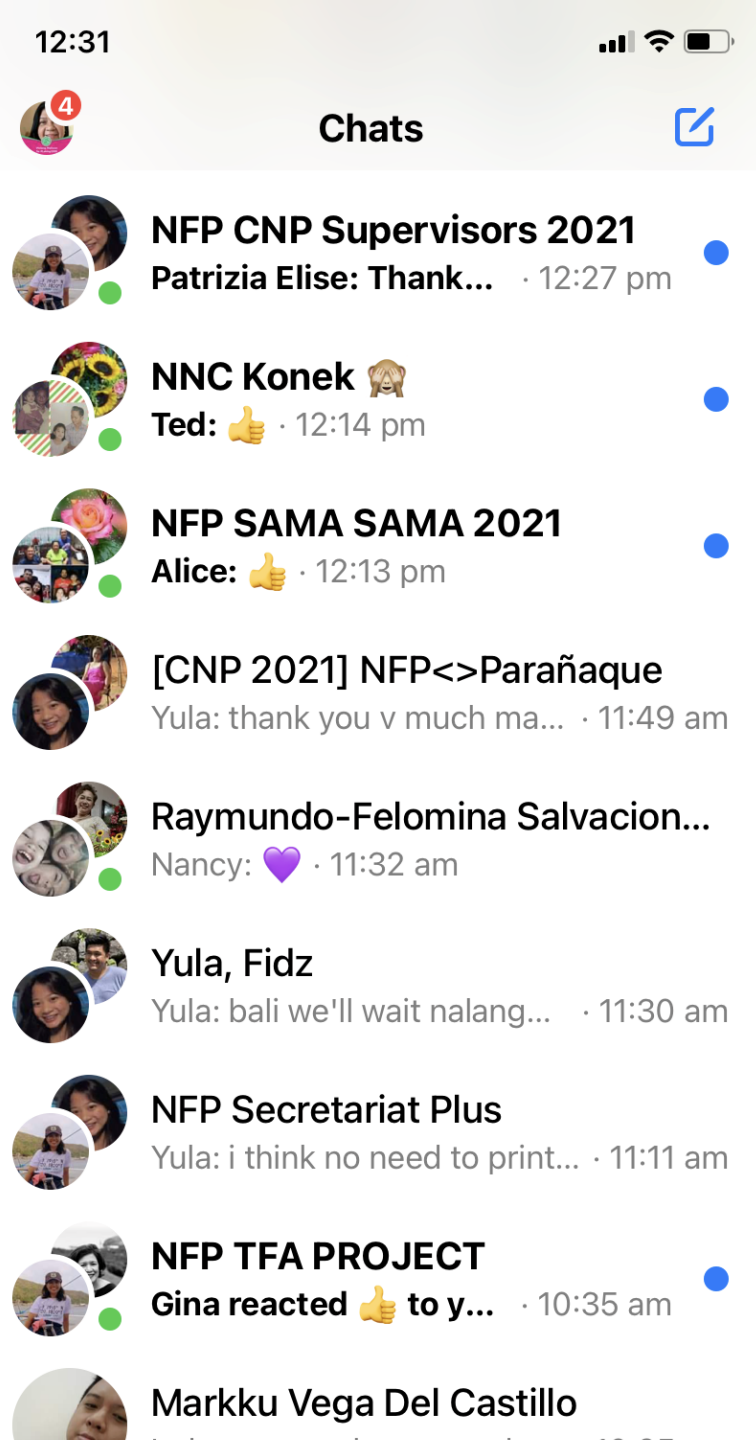
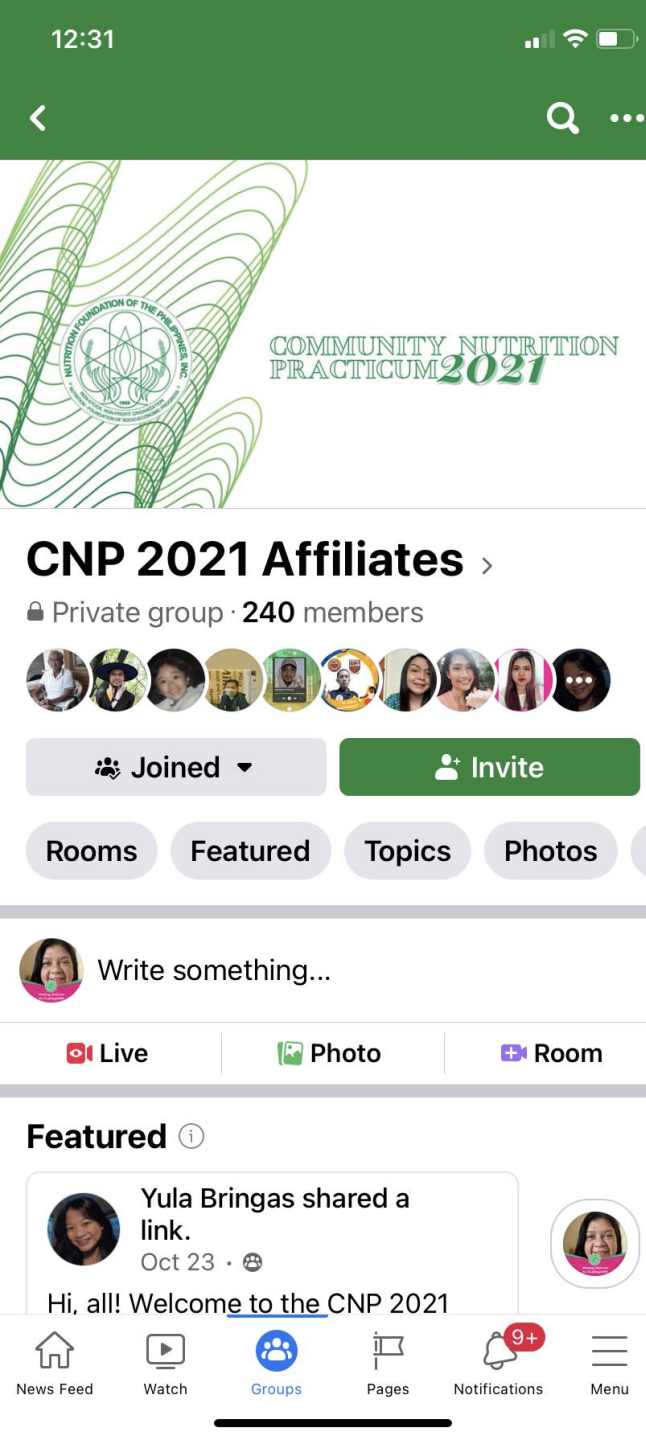
Thank you very much to the mommies, daddies, guardians, and kids of Barangay Sto. Rosario-East, Pateros for participating in our SELFIE CHALLENGE! 🍌🍌🍌
Let's all watch out tomorrow for the 2 lucky winners of our prize!

#SelfieSayHealthy
#CN... See more
🔗 See original · Rate this translation

SMART 12:31 AM 60%







Challenges

Unstable internet services

Focal person not responding to messages

In-charge of FB page not too conversant on being an administrator

Not sure if targets actually viewed the posts

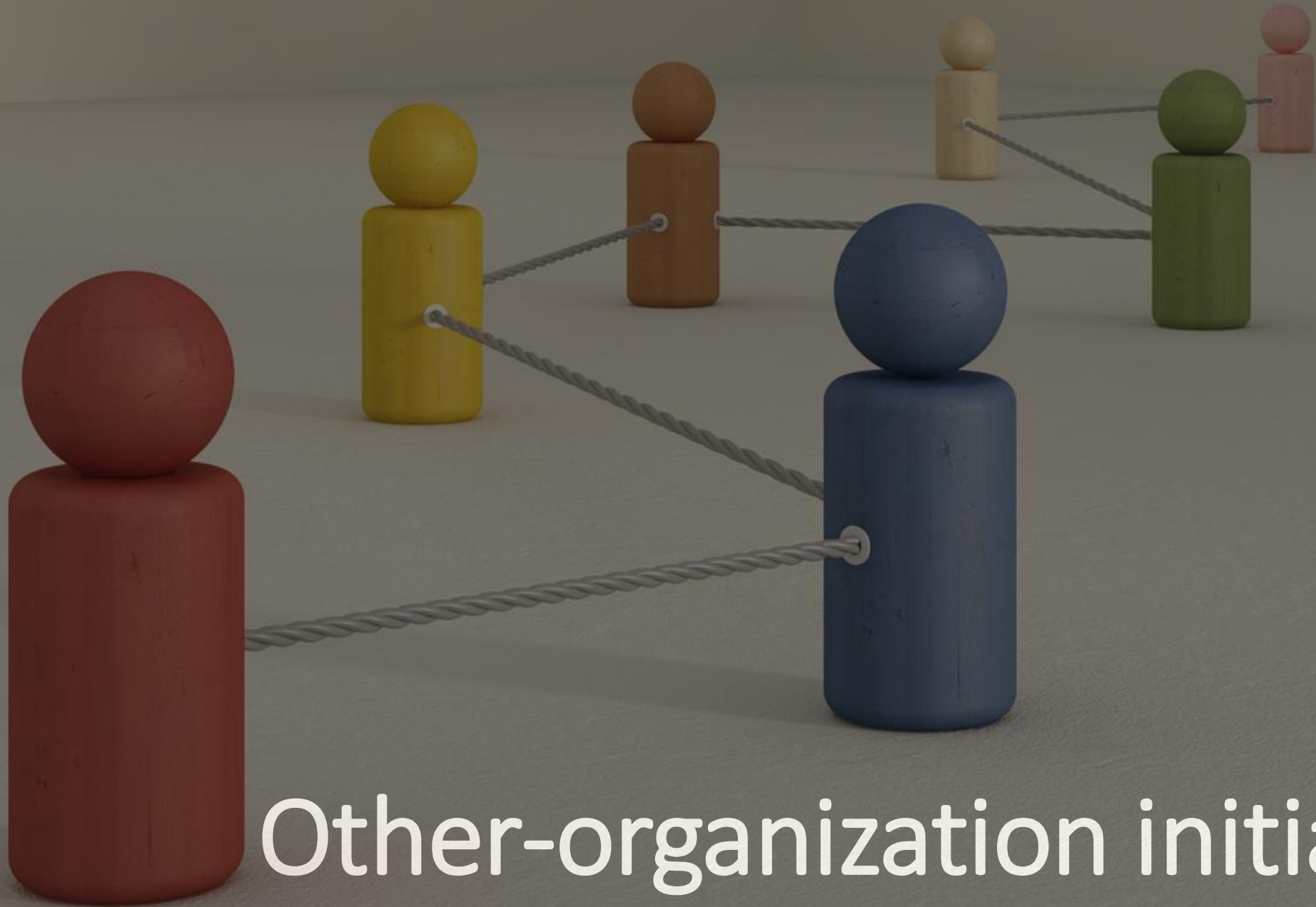
“Security” of live documents in Google Drive – could be erased, could be revised

Nonetheless . . .

- Learnings surfaced (at least for both NFP and the affiliates)
- The FB posts and videos are tools that the local government unit can continue to use – e.g., videos in waiting areas of health centers
- The draft barangay plan could be useful
- Students will not be delayed in finishing their course



we did it
we did it
we did it



Other-organization initiatives

Policy issuances

Nutrition actions relative to COVID-19

Nutritious foods in food packs

Continued delivery of services (health, agriculture, social services) – *infection control, home-based delivery, and integration of services (delivery at the same time, e.g., immunization and vitamin A supplementation)*

Reiteration of “no-milk” donation policy

Unhindered movement of foods from source to market, and those in the agriculture sector, but still with infection control protocols

Policy issuances

- **Nutrition Cluster Advisory 1.** Nutrition Cluster Guidelines on LGU Nutrition Actions Relative to COVID-19
- **Nutrition Cluster Advisory 2.** Nutrition Cluster Recommendations on Healthful and Nutritious Family Food Packs and Sustainable Food Sources
- **DOH Memorandum 2020-0165** Interim Guidelines for Registered Nutritionist-Dietitians on the Management of Suspected, Probable and Confirmed COVID-19 Patients and the Provision of Healthy Diet to Hospital Workforce
- **DOH Memorandum 2020-0166.** Guidelines on the Preparation and Handling of Food in Temporary Treatment and Monitoring Facilities for COVID-19 Patients
- **DOH Department Circular No. 2020-0167** on the Continuous Provision of Essential Health Services During COVID-19 Epidemic
- **DOH DM 2020-0231** - Guidelines on the Standardized Regulation of Donations, Related to Executive Order 51, series of 1986 (The Philippine Milk Code), to Health Facilities and Workers, Local Government Units, Non-Government Organizations, and Private Groups and Individuals in Support to the Response to Emergencies, Disasters, and Situations Where Health and Nutrition of Mothers, Infants, and Young Children are Affected
- **DOH DM 2020-0319** - Interim Guidelines on Covid19 Management of Pregnant, Women, Women About to Give Birth and Newborns
- **DOH DM 2020-0237** – Interim Guidelines for the Delivery of Nutrition Services in the Context of COVID 19 Pandemic

Policy issuances

- **DSWD MC No 12.** Guidelines in the Implementation of the Supplementary Feeding Program During the Community Quarantine or Other Similar Emergencies
- **DepED Order No. 23 S 2020.** Operational Guidelines on the School-Based Feeding Program for School Year 2020-2021
- **DA MC 06** - Implementing Guidelines for the Delivery of Food and Other Agricultural Commodities To, From, and Passing Through the NCR During the Thirty Day Community Quarantine
- **DA MC No. 7** Supplemental Circular Based on the Memorandum Issued by the Executive Secretary on Enhanced Community Quarantine, Ensuring Unhampered Movement of All Cargoes, Agriculture and Fishery Inputs, Food Products and Agribusiness Personnel Nationwide
- **DA MC 08-** Implementing Guidelines for the Implementation of Urban Agriculture Program
- **DA MC No. 9** Supplemental Circular Based on the Memorandum Issued by the Executive Secretary on Enhanced Community Quarantine, Ensuring Unhampered Movement of All Cargoes, Agriculture and Fishery Inputs, Food Products and Agribusiness Personnel Nationwide

Continuity of Service Delivery During the COVID-19 Pandemic

Responses: continued, stopped, initiated, or not applicable

Least disrupted: Vitamin A supplementation and growth monitoring for children, IFA/MMS supplementation and weight monitoring as part of ANC.

Most disrupted services: cooking demonstrations and IYCF/breastfeeding education in groups





More fresh foods

• Eggs • Fish • Vegetables

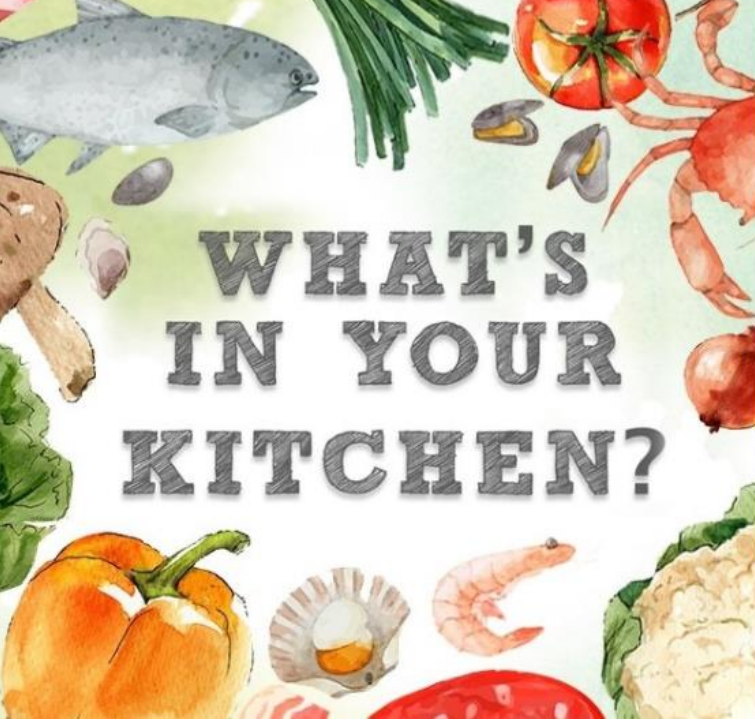
Food distribution



More fresh foods

• Eggs • Fish • Vegetables

Food distribution



WHAT'S IN YOUR KITCHEN?



The idea for this project came about due to community quarantine during the Covid-19 pandemic. As **home economists**, we hope to contribute in our little own way. We envision that through this repository, people will find it easier to search for recipes suited to their needs.

#WhatsInYourKitchen



What's in your Kitchen?

10 RECIPES GAMIT ANG MGA PAGKAING MULA SA RELIEF PACKS PARA SA PAMILYANG PILIPINO



TOKWA PANCIT BIHON GUISADO

SERVES 6

PARAAN NG PAGLULUTO

1. Ilin ang mantika sa kawali.
2. Igapo ang sibuyas at bawang at lutin nang 1 minuto.
3. Idagdag ang meat loaf at tokwa at lutin nang 2 minuto.
4. Idagdag ang karot, labuhas ang tubig. Hayagang kumulo at lutin nang 2 minuto.
5. Idagdag ang Sogito beans at lutin nang 1 minuto.
6. Idagdag ang repolyo at lutin nang 1 minuto. Hwang labuhas. Kung natutuyuhan, dagdag ang karot labuhas.
7. Timplahan ng patis ayan sa panlasa.
8. Hanguin ang mga gulay at ilagay sa bandela. Hayagang sobaw sa kawali.
9. Pakukin ang sobaw. Idagdag ang pancit at lutin nang mabubili. Dagdag ang tubig kung natutuyuhan.
10. Haluin ang gulay sa pancit. Magrabig ng 1 tasa para sa pang-labaw.
11. Ilagay sa plato. Ipatang ang hinabang gulay. Budburan ng ketsap.
12. Ilin habang mainit kasama ang kalamanit.

Kantabay sa Nuhayen: Ang meat loaf ay mayroong carbohydrate (mabubili ng enerhiya), protein (hanguin sa karamihan), fat (hanguin sa function ng dugo), zinc (resistensya, pangkalo ng kalamit) A (kalamit) ng mga at resistensya, pangkalo ng kalamit. Ang meat loaf ay mayroong din sa karamit ng kalamit. Ang meat loaf ay mayroong din sa karamit ng kalamit. Ang meat loaf ay mayroong din sa karamit ng kalamit.

ANG SARDINAS AT GULAY

SERVES 6

PARAAN NG PAGLULUTO

1. Ilin ang mantika sa kawali.
2. Igapo ang sibuyas, bawang at luya nang 1 minuto.
3. Idagdag ang sardinas at lutin nang 1 minuto.
4. Idagdag ang gata at hayaang kumulo.
5. Idagdag ang kalabasa at talong. Haluin at lutin nang 3 minuto.
6. Idagdag ang sitaw. Haluin at lutin nang 2 minuto.
7. Timplahan ng patis ayan sa panlasa.
8. Ilin habang mainit.

Kantabay sa Nuhayen: Taglay ng sardinas ang omega-3 fatty acids (mabubili ng enerhiya), protein (hanguin sa karamit), calcium at kalamit (D) (hanguin sa function ng dugo), zinc (resistensya, pangkalo ng kalamit) A (kalamit) ng mga at resistensya, pangkalo ng kalamit. Ang omega-3 fatty acids ay mayroong din sa karamit ng kalamit. Ang omega-3 fatty acids ay mayroong din sa karamit ng kalamit.

SARDINAS, UPO AT MISO

SERVES 6

PARAAN NG PAGLULUTO

1. Ilin ang mantika sa kawali.
2. Igapo ang sibuyas at bawang nang 1 minuto.
3. Igapo ang sardinas, kasama ang upo at lutin nang 1 minuto.
4. Idagdag ang upo at lutin. Lutin nang 2 minuto.
5. Idagdag ang habag at hayaang kumulo.
6. Idagdag ang miso. Lutin nang 2 minuto.
7. Timplahan ng patis ayan sa panlasa. Ilin habang mainit.

Kantabay sa Nuhayen: Ang sardinas taglay ang omega-3 fatty acids (mabubili ng enerhiya), protein (hanguin sa karamit), calcium at kalamit (D) (hanguin sa function ng dugo), zinc (resistensya, pangkalo ng kalamit) A (kalamit) ng mga at resistensya, pangkalo ng kalamit. Ang omega-3 fatty acids ay mayroong din sa karamit ng kalamit. Ang omega-3 fatty acids ay mayroong din sa karamit ng kalamit.

SARDINAS, UPO AT MISO

SERVES 6

PARAAN NG PAGLULUTO

1. Ilin ang mantika sa kawali.
2. Igapo ang sibuyas at bawang nang 1 minuto.
3. Igapo ang sardinas, kasama ang upo at lutin nang 1 minuto.
4. Idagdag ang upo at lutin. Lutin nang 2 minuto.
5. Idagdag ang habag at hayaang kumulo.
6. Idagdag ang miso. Lutin nang 2 minuto.
7. Timplahan ng patis ayan sa panlasa. Ilin habang mainit.

Kantabay sa Nuhayen: Ang sardinas taglay ang omega-3 fatty acids (mabubili ng enerhiya), protein (hanguin sa karamit), calcium at kalamit (D) (hanguin sa function ng dugo), zinc (resistensya, pangkalo ng kalamit) A (kalamit) ng mga at resistensya, pangkalo ng kalamit. Ang omega-3 fatty acids ay mayroong din sa karamit ng kalamit. Ang omega-3 fatty acids ay mayroong din sa karamit ng kalamit.

Ang mga recipe na ito ay inihanda ni Asst. Prof. Luz Felicidad Callanta at ini-lay-out ni Bb. Abigail Machica ng Kolehiyo ng Ekonomiyang Pantahanan, Unibersidad ng Pilipinas - Diliman.... See more







Online counseling on infant and young child feeding (IYCF)

Meron ka bang tanong tungkol sa pagpapasuso o pagpapakain sa sanggol na anim (6) na buwan pataas?



Kailangan mo ba ng kausap tungkol dito, Momshies?

WORRY NO MORE

Ang mga City/Municipal Nutrition Program Coordinators ng Metro Manila na licensed Nutritionist-Dietitians at trained sa Infant and Young Child Feeding (IYCF) ay handang makinig at magbigay ng payo tungkol sa pagpapasuso at pagbibigay ng complementary food sa mga sanggol edad 6 na buwan pataas.

I-PM lang ang iyong IYCF concern sa **National Nutrition Council - NCR** Facebook Page gamit ang format na ito:

- Complete Name
- Age
- Contact details
- Area of residence
- Pregnant or breastfeeding?
- Problem or concern



National Nutrition Council - NCR

TARA MOMSHIES, KWENTUHAN TAYO!
PM IS THE KEY! 

ANG PROYEKTONG ITO AY HANDOG SA INYO NG C/DNPC OF METRO MANILA ASSOCIATION, INC. AT NATIONAL NUTRITION COUNCIL - NCR.



ONLINE COUNSELING ON INFANT AND YOUNG CHILD FEEDING



I-PM lang ang iyong IYCF concern (sa pagpapasuso or pagpapakain sa sanggol anim (6) na buwan pataas) sa **National Nutrition Council - NCR** Facebook Page gamit ang format na ito:

- Complete Name
- Age
- Contact details
- Area of residence
- Pregnant or breastfeeding?
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National Nutrition Council - NCR

TARA MOMSHIES, KWENTUHAN TAYO!
PM IS THEY KEY! 



www.nnc.gov.ph/regional-offices/luzon/national-capital-region



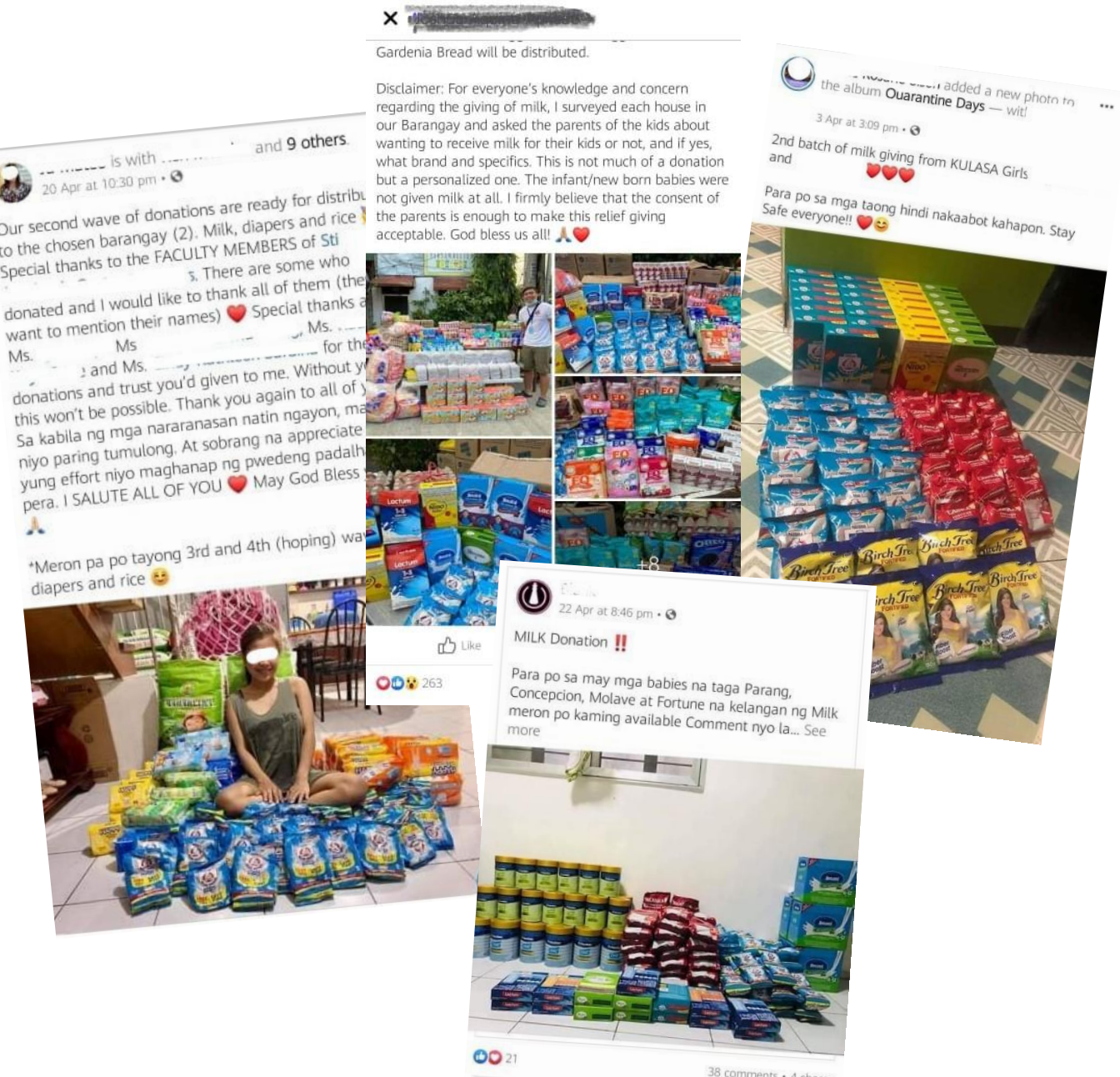
[/nnc.ncr](https://www.facebook.com/nnc.ncr)



ncr@nnc.gov.ph

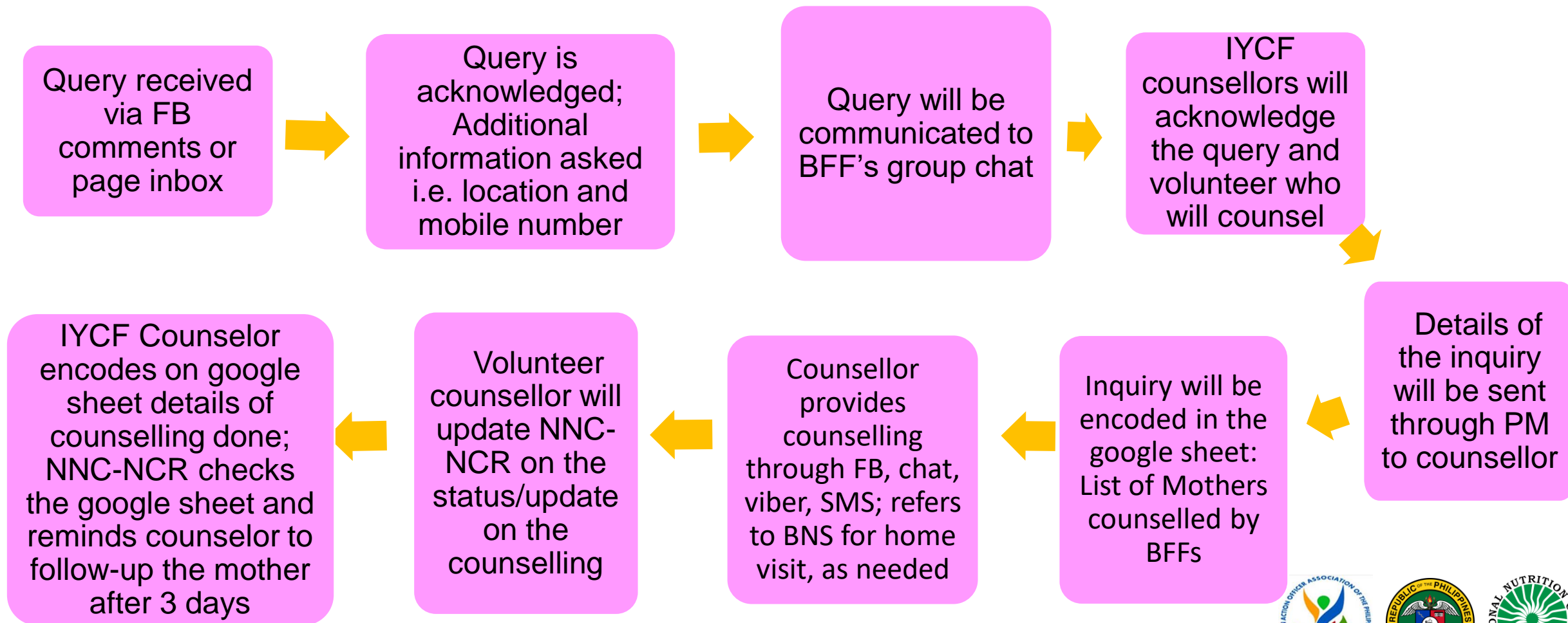
- Volunteer IYCF counselors called **Breastfeeding Friends (BFFs)**





- Metro Manila was in ECQ starting March 2020
- Rampant calls for milk donation

Mechanics of Online IYCF Counseling



	A	B	C	D	E	F	G	H	I	J	K	L	M
1	Record of mothers counseled by NCR BFFs												
2													
3				Mother's Information Details									
4	No.	Date Request Received (Mo/Day/Year)	Name of Mother	Facebook Account	Age	Contact Details	Area of Residence	Pregnant or Lactating	Problem or Concern	Date referred to NCR BFF (Mo/Day/Year)	Counseled by	Date Counseled (Mo/Day/Year)	Status
18	14	4/26/2020	Jovilyn Villanueva		27	9458832764	#12 San Guillermo Street bayanan muntinlupa city	lactating	Nagbebreastfeeding po ako. Mag-9 months na po ang baby ko pero hindi sya nataba.	4/27/2020	Ms. Dhang Rabino	4/27/2020	Done
	15	4/26/2020	Precious Jewel Ruda		31	9175592396	Gen. Trias, Cavite	lactating	ask ko Lang po if normal Lang sa 10months na matagal sya bago magdede ulit.. may ngipin na ponsya sa baba dalawa.. and I noticed medyo madalang sya sakin mag latch.. minsan inaabot .7hrs ...then minsan pag mag latch sya sakin kinakagat nya ako and fussy sya then ayaw na ulit sakin mag latch... Kaya gngawa ko Yung na collect konna let down Yun minsam pinapa Dede ko sknya kasi feeling dko d sya	4/27/2020	Ms. Tess Abando	4/27/2020	Done

Counselor's Notes

Indicate highlights of discussion, points emphasized and advise given to the mother. Include if mother was referred to other service or to BNS for home visit/lactation massage, etc. Also indicate the medium used for counseling (SMS, call, FB messenger, viber, etc.)

Google sheet tracker of mothers counseled online

	K	L	M	N	O	P	Q	R	S
1									
2									
3									
4	Counseled by	Date Counseled (Mo/Day/Year)	Status	Counselor's Notes	Follow-Up After Counseling		Additional Queries		Actions taken or Recommendations Name of person who assisted the n
					Date Followed-Up (Mo/Day/Year)	Findings/Feedback from the Mother	Date Received (Mo/Day/Year)	Details of Query Received	
18	Ms. Dhang Rabino	4/27/2020	Done	Advised mother to continue giving her baby complementary foods while continuing breastfeeding. Natural foods from the family's food can be given and not processed baby foods. Feed your child with love and lots of patience. I sent her examples of complementary foods as bfgd continues. Advised her also to monitor her child's weight and height monthly. I told her that I will refer her baby to BNS assigned at the health center to do the monthly weight & height monitoring.	5/1/2020	Mommy Jovilyn followed the advice given. She is giving the complementary foods I recommended slowly. This coming May 8, she will bring her child to the health center for immunization and will know his weight and height.			
	Ms. Tess Abando	4/27/2020	Done	The mother is a working mom and continue to express her breastmilk while she is at work. At home, she breastfeeds her baby especially now in ECQ, she has more time to feed her baby. When she is at work, she allows the caregiver to give the expressed BM to the baby. Mother clarified that her first question was regarding the expressed breast/milk stored in the fridge however fridge broke down and she noticed that some of the stored breastmilk thawed. Worried if the breastmilk is still safe to be given to baby. Advised that if the	4/30/2020	Followed advice and no problem encountered so far.			



Instructions ▾

Record of Mothers ▾

Client Feedback ▾



Google sheet tracker of mothers counseled online

Additional Queries		Actions taken or Recommendations given/ Name of person who assisted the mother	Testimonials/Thank you message of Mothers
Date Received (Mo/Day/Year)	Details of Query Received		
			<p>from Ms. Arellano</p> <p>Good am po sir Fidel. Thank you po sa response niyo nung nakaraan. naging okay na po ang pag latch ni baby habang lumalaki siya kaya hindi na po ako nasasaktan thank you very much po and godbless</p>

Testimonials/thank you message of mothers

Thank you po
NCR BreastFeeding Friends



Salamat po ng marami. Nakakatuwa po na may ganito po kayo. Maraming mommies po ang matutulungan.

GIANNE KARLA REALIZO
Breastfeeding Mother, Pasay City

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/nnc.ncr



ncr@nnc.gov.ph

Thank you

NCR BreastFeeding Friends



for answering all my queries regarding breastfeeding. Ang bilis po sumagot sa mga tanong. Hehe. Godbless po!

JL PANGANIBAN
Breastfeeding Mother, Pasay City

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Thank you po
NCR BreastFeeding Friends

Naging okay na po ang pag latch ni baby habang lumalaki siya kaya hindi na po ako nasasaktan. Thank you very much po and Godbless.

MOMMY CHRISTINE
Breastfeeding Mother, Navotas City

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/nnc.ncr



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Thank you

NCR BreastFeeding Friends



I will follow your advice .. Kasi hiwalay na time po sya kumakain ... But from now on isasabay ko po sya during our meal time... Thank you so much po talaga.. You've been a great help po sakin.

PRINCESS RED ROSE RODRIGUEZ
Breastfeeding Mother, Silang, Cavite

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/nnc.ncr



ncr@nnc.gov.ph

Thank you po

NCR BreastFeeding Friends



Malaking tulong po sa akin ang pag response nyo sa mga katanungan ko. Nagkaroon po ako ng kaalaman ngayon kung ano ang gagawin ko kung mangyari uli sa baby ko ang mahirapan sya sa pagdumi. Godbless you all!

BEVERLY JANE SABADO
Breastfeeding Mother, Muntinlupa City

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Thank you po
NCR BreastFeeding Friends

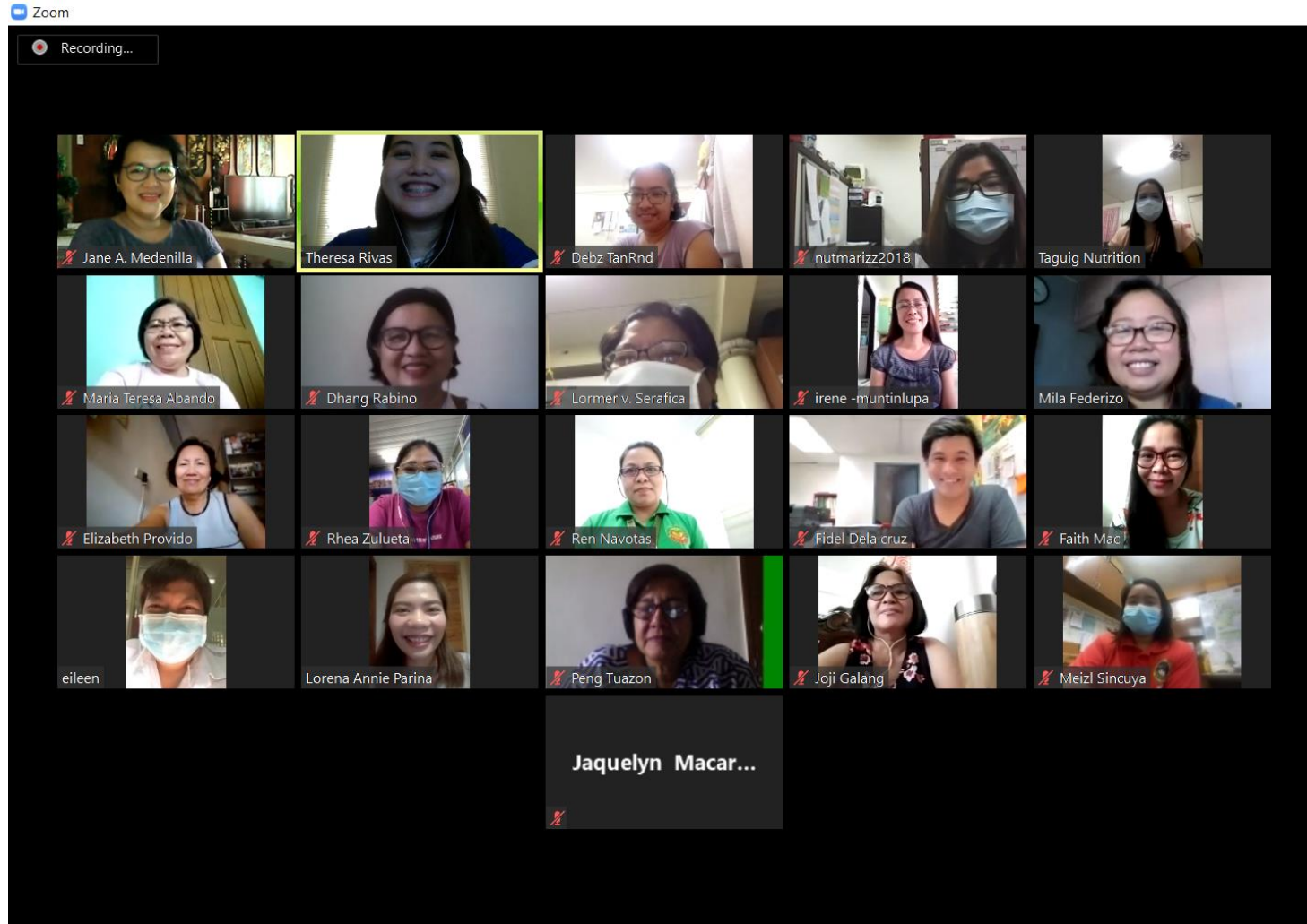


"Malaking tulong po itong online counseling lalo ngayon sa panahong may pandemic dahil hindi po nakakapunta sa mga center para makahingi ng payo para saming mga nanay na bagong panganak. Malaking tulong din po ang mga binibigay ninyong recipe para samin. Nakakadagdag po ito ng sustansya para sa mga baby namin. Thank you po sa inyo."

MOMMY RIZZALYN COMANDA
Breastfeeding Mother, Muntinlupa City

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Project Features



- Regular online meetings with case management discussion among counselors



Project Features

- IYCF-trained Barangay Nutrition Scholars tapped to do home-visits, follow-up, additional counseling and lactation massage, if needed
- BNSs updated through a webinar on “*IYCF sa panahon ng COVID-19*”



Project Features



- Two (2) volunteer on-call medical IYCF program coordinators
- Access to resources on IYCF using Google Drive
- 38 volunteer IYCF counselors from 17 LGUs in NCR



Question	Oo	Hindi
1. Nasagot ba ng IYCF counselor ang iyong katanungan o concern?		
2. Ang natanggap mo bang payo (advice) ay malinaw at madaling sundin o gawin?		
3. Nakatulong ba ang online IYCF counseling sa iyo upang maimprove ang breastfeeding o pagpapakain sa iyong anak?		

Over-all Rating	1 Poor	2 Fair	3 Satis- factory	4 Very Satis- factory	5 Excel- lent
Ano po ang over-all rating na iyong ibibigay sa iyong online IYCF counseling experience?					

Client satisfaction feedback

**Renewed interest in home
gardening**





ZONTA
CLUB OF
MAKATI & ENVIRONS
MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

FOOD SHARE PROGRAM FOR THE MONTH OF JUNE 2021



KABISIG NG KALAH



Bagumbayan, Taguig



Western Bicutan, Taguig



New Lower Bicutan, Taguig



Brgy. 56, Tondo



Paete, Laguna

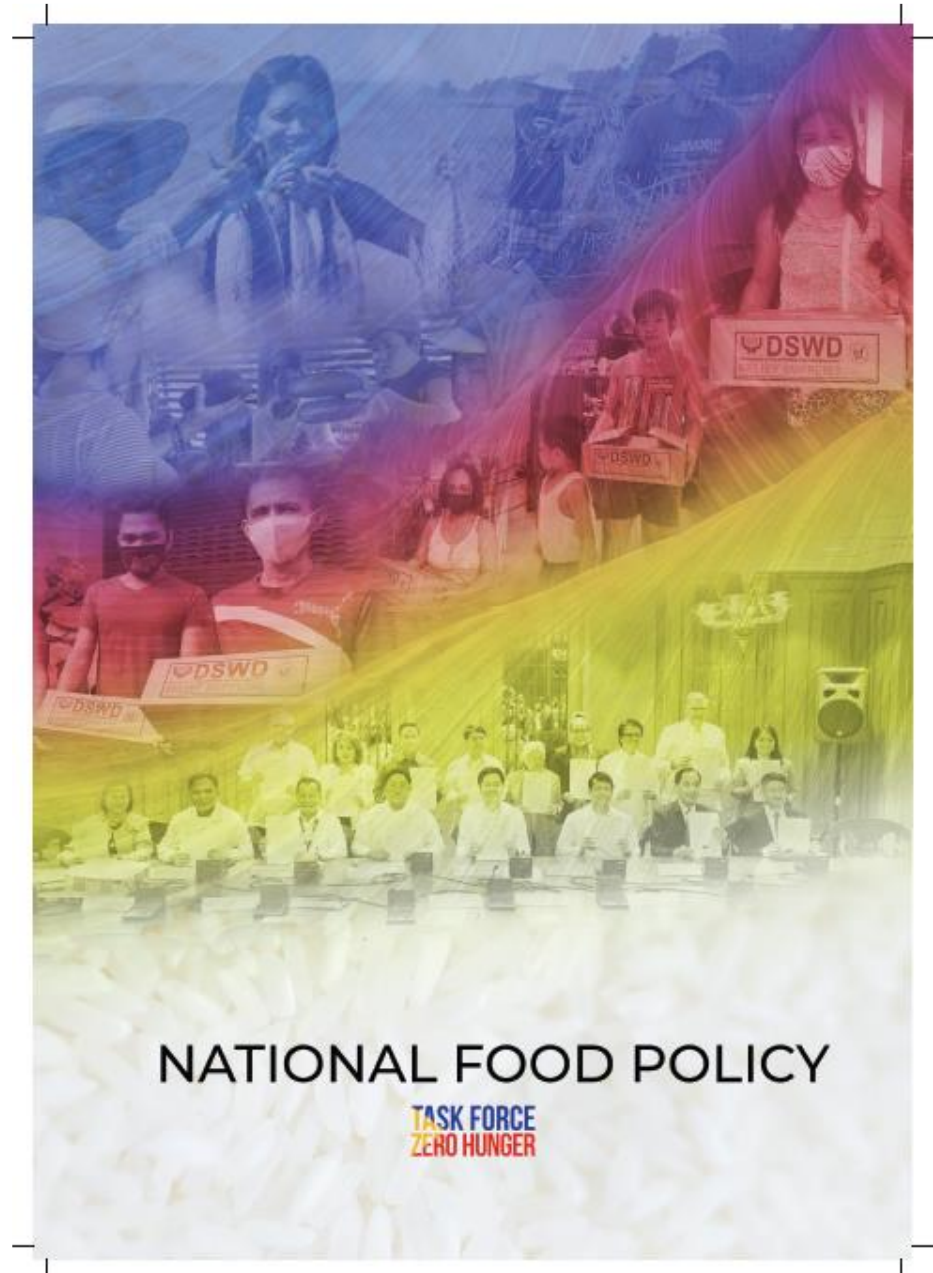
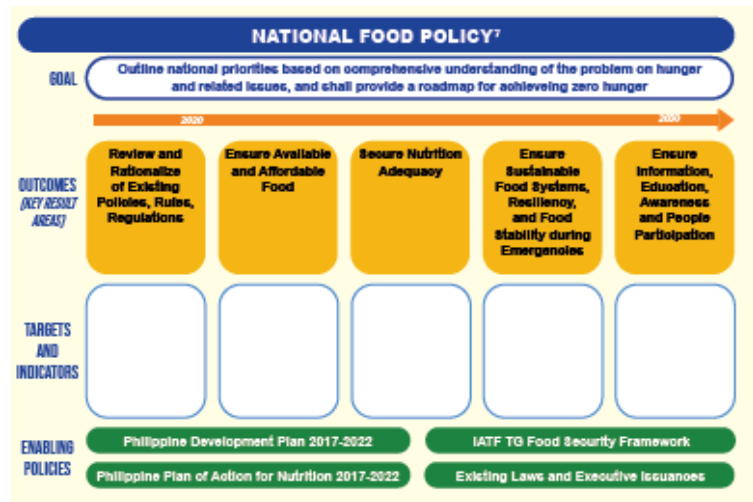


PWD Village, Quezon City





C. CONCEPTUAL FRAMEWORK OF THE NATIONAL FOOD POLICY⁷





- **Strengthen online nutrition promotion using FB, Twitter, Tiktok, etc**
- **Online trainings for key concerns, e.g., nutrition education in day care centers**



Maligayang
Pasko!

Merry
Christmas!