SUPPLEMENTARY FEEDING AS AN S&T INTERVENTION IN AN URBAN SETTING: BAGONG SILANG, KALOOCAN CITY


Background: The project is in line with the President’s pro-poor program, which supports the government’s thrusts to alleviate poverty and uplift the living conditions of marginalized Filipinos, e.g. in urban centers. Technical assistance was needed by a Center-based Supplementary Feeding Program in Bagong Silang, Kaloocan City to help improve the nutritional status of malnourished children in the barangay. Objective: To provide technical assistance to the Lusog Health Program of the CFC-Angkop Foundation operating in Bagong Silang, Kaloocan City through transfer of selected micro-level technologies/processes developed by the FNRI that can be translated into economic opportunities; To conduct training on basic nutrition, meal management, food safety, food costing, and supplementary feeding; To conduct recipe development for supplementary feeding; and To assess the effect of the S&T intervention. Methods: The Food and Nutrition Research Institute (FNRI) utilized a “techno-transfer package” which consisted of trainings/lectures, hands-on activities on FNRI food technologies and distribution of technology information materials with the CFC-Angkop Foundation taking charge of the recording of initial weights and monthly weights of malnourished children for 17 months, promotion of the activities conducted, the training venue and identification of the participants. Lectures on basic nutrition, meal management, food safety, food costing and supplementary feeding were given to 20 mothers of malnourished children for them to prepare nutritious/cheap foods for the family. Recipe demonstrations were conducted which can be used for additional income of the families of malnourished children. The proper way to weigh children was also demonstrated to mothers for the monitoring of their children’s growth. Hands-on activities were conducted on the FNRI technologies like maha kalabasa, puto, kutsinta kalabasa, chicken siopao asado, ube palitaw and pulboron. Twenty-one (21) standardized recipes were developed by the FNRI utilizing CFC Angkop-donated foods, which provided 1/3 of the Recommended Dietary Allowances (RDA) for calories and protein of fifty-seven (57) malnourished children, aged 4 – 15 years. A 2-week cycle menu was developed from the recipes, for use in the feeding program which was done at the designated feeding site of the CFC-Angkop Training Center. Results: Pre- and post-test results among mothers showed a significant increase in the knowledge gained among mother-participants. Increase was noted in the weights of malnourished children after 17 months of supplementary feeding. Conclusion and Recommendations: The technical assistance extended by the FNRI to the Supplementary Feeding Program of CFC-Angkop Lusog Health Program helped improve the nutritional status of the malnourished children in the area. It is recommended that the CFC-Angkop continue to use the technologies learned by the Project beneficiaries and encourage entrepreneurship among them.