



ATENEO DE MANILA
UNIVERSITY

**Food Augmentation Program
for selected High School Students in
Bagong Silangan High School**

in partnership with
Metrobank Foundation, Inc.

Accomplished by

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I. Program Overview

The pandemic exacerbated hunger in the Philippines. The in-school feeding programs being implemented by the Ateneo Center for Educational Development (ACED) and other such programs had to stop with the closure of schools where these are offered. Simultaneously, the ability of a significant number of families to have food on the table was affected by unemployment. Thus, students in public schools who belong to very poor families were severely affected. Undeniably, hunger deprived them of the needed nutrition and energy to complete their education and live a productive life. Prior to the pandemic, ACED initiated an in-school feeding program in the high school level specifically for very poor and malnourished Grades 7 and 8 students in Commonwealth High School. Government funding for in-school feeding programs are only available for elementary school children hence, ACED attempted to extend this to high school students given the marked prevalence of hunger and malnutrition among students in the high school level.

Metrobank Foundation, Inc responded to the call for interventions against malnutrition and hunger among public school students by partnering with the **Ateneo Center for Educational Development (ACED)** in the implementation of the Food Augmentation Program. Metrobank Foundation, Inc., is the corporate social responsibility arm of Metrobank Group; it is an organization dedicated to providing services for the underprivileged and marginalized sectors of society by maintaining a dynamic partnership with other organizations. The program was envisioned to benefit high school students from Bagong Silangan High School in Quezon City who come from among the poorest families in the area. The program duration was set at 40 weeks, from June 2021 to July 2022, the equivalent of one school year.

The program is both an anti-hunger initiative and an educational intervention. While addressing hunger and malnutrition, the intention is to help the beneficiaries complete their studies successfully. Hopefully, the food provision will spare them from having to abandon their studies to do odd jobs or to look for other sources of food including desperate acts and thus, allow them to focus on their lessons. The weekly food packs contain mostly root crops and vegetables in line with the finding in a study that less than 50% of children in Metro Manila have fruit, vegetables, milk, and milk products in their diet (Miro, 2018). One time we were also able to give the students and their families a dozen eggs each. Support sessions on such topics as good study habits in the new normal, stress management, communication skills, etc. were provided to the student beneficiaries.

It must be noted that the project is also beneficial for farmers. The current cost of food packs is possible due to direct sourcing from the farmers. The farmers are benefiting from the program because they have lost clients, too, given the closure of many restaurants and other food businesses.

Bagong Silangan High School (BSHS) is a duly recognized national secondary school in the Division of Quezon City Schools established in January 1970. It strives to provide access to quality basic education through competent instruction by caring teachers in a nurturing and safe learning environment. It is located at J. P. Rizal Street, Barangay Bagong Silangan, Quezon City. The school is presently headed by Mrs. Gina M. Rocena, School Principal. To oversee and coordinate the program operations, the school principal created a team headed by Mrs. Dolly Chiong. The members of the team are: Ms. Reah Cueto - Grade 7 Level Coordinator, Ms. Geeh Lobitana – Grade 8 Level Coordinator, Ms. Jolevie Micmic – Grade 9 Level Coordinator and Ms. Grace Belicano – Grade 10 Level Coordinator.

II. Program Beneficiaries

The Food Packs Program for 100 selected students in Bagong Silangan High School commenced last June 16, 2021. The beneficiaries were identified by the assigned grade level coordinators and then approved by the school principal before submitting to ACED.

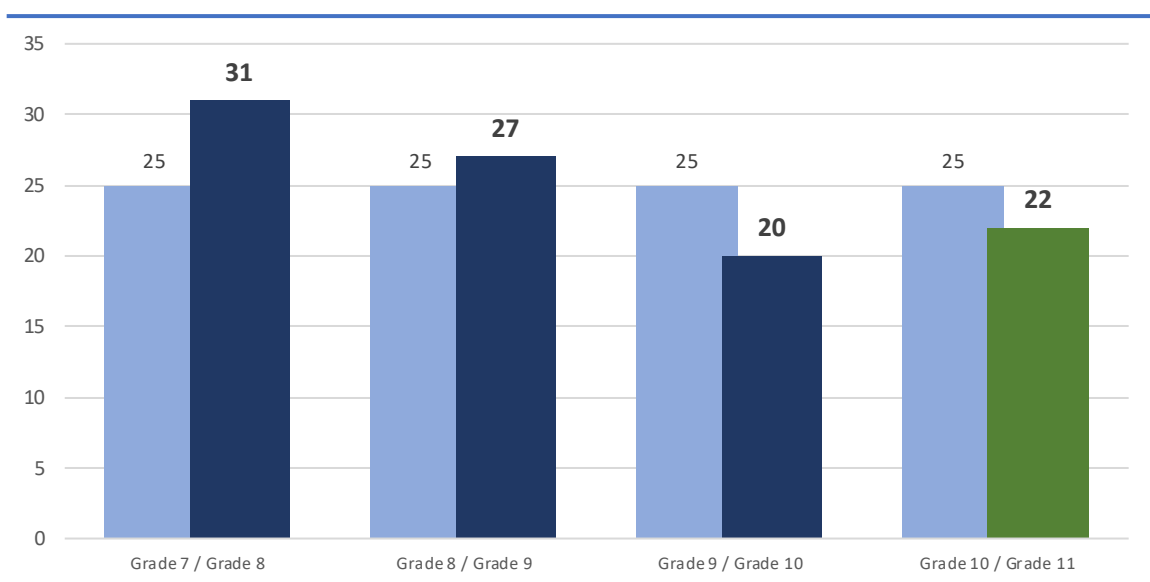


Chart 1. Beginning and Program-end Beneficiary

Chart 1 shows that the program started with twenty-five (25) beneficiaries from each grade level. Ninety-two (92) beneficiaries remained active until the end of the program. Eight (8) beneficiaries became inactive and requested to be pulled out from the program because of the following reasons: transfer residence to the province, parents needed to return to their fulltime work and can no longer claim the food pack of their child. These beneficiaries were immediately replaced by students in the lower grade levels who were on the standby list. A standby list is maintained for students outside the 100 beneficiaries who regularly receive unclaimed food packs, whenever there are any. The school principal submitted to ACED any changes in the list of beneficiaries.

ACED agreed to keep as beneficiaries the Grade 10 students who progressed to Grade 11 in other senior high schools within barangay Bagong Silangan. Extra effort on the part of the Grade 10 Level Coordinator was needed to coordinate with these beneficiaries regarding distribution schedules and other related program activities.

By the of the program, there were 31 beneficiaries from Grade 8, 27 from Grade 9, 20 from Grade 10, and 22 beneficiaries from Grade 11 (Chart 1).

III. Number of Individuals who Benefitted from the Program

The food packs for the 100 selected students enlisted in this program have actually benefitted six hundred forty-three (643) individuals, given that the contents of the packs could also be shared with the family members or other individuals in the household.

Data on the beneficiaries indicated that there was an average of six (6) individuals per household, ranging from three (3) to 15 family members. Chart 2 shows the number of households with the specific number of family members.

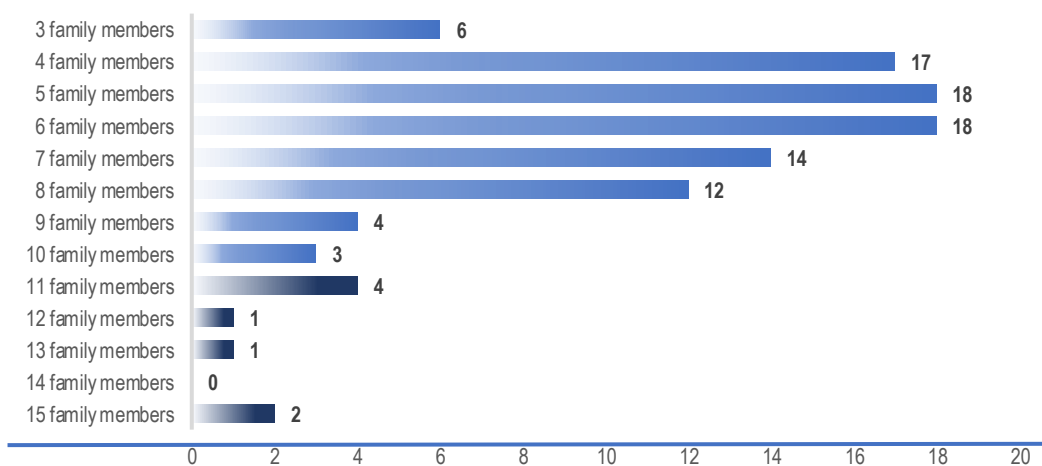


Chart 2. Number of Family Members per Beneficiary

The dark-colored bars in Chart 2 represent the beneficiaries who live with their family's extended families (grandparents, uncles and aunties, and their cousins). For these families, food packs only last around two days because of the number of the family members. On the other hand, most of the households reported that the food packs they receive last for 3 to 5 days.

Annex 1 shows the number of days when food packs were distributed and the total number of packs distributed until the program ended on July 6, 2022. Annex 2 presents the photo documentation of the items included in each food pack. Annex 3 reflects the participation of the beneficiaries in the program, showing an average participation rate of 92% during the 40-week period. Occasionally, the parents or guardians were not available to pick up the food packs from the school because they had emergency errands to do or important matters to attend to.

IV. Performance in School of the Beneficiaries

School Year 2020-2021

The program started in the middle of school year 2020-2021. Basic data and feedback were requested from the beneficiaries' advisers by the end of the school year. According to the information provided by the school, all beneficiaries had passing grades in the 4th quarter of the school year and were promoted to the next grade level.

Notably, 14 beneficiaries finished the school year with honors: four (4) from Grade 7, two (2) from Grade 9 and eight (8) from Grade 10.

School Year 2021-2022

Grades 8 to 10 Beneficiaries. The grades of the beneficiaries in Grades 8 to 10 (Grades 7 to 9 in the previous school year) from 1st Quarter to 4th Quarter of school year 2021-2022 were requested from their class advisers at the end of the school year. All beneficiaries successfully passed the different subjects and were promoted to the next grade levels.

Table 1 shows the number of beneficiaries who attained the indicated range of grades in the 1st Quarter and in the 4th Quarter of school year 2021-2022. Overall, the average grade of the six (6) beneficiaries improved. It is inspiring to note that the grades of one (1) beneficiary significantly improved from the '74 and below' range to the '81 to 90' range.

There were advisers who were not able to submit the data in time for the preparation of this report, particularly for seven (7) beneficiaries.

Average Grade Range	1 st Quarter Average Grade	4 th Quarter Average Grade
91 and above	3	5
81 to 90	34	38
75 to 80	30	28
74 and below	4	0
Total	71	71

Table 1. Grades 8 to 10's 1st Quarter vs. 4th Quarter Average Grade Comparison per Grade Range

Table 2 shows the number of the Grades 8 to 10 beneficiaries whose grades increased, decreased, or stayed the same in the 4th Quarter as compared to the 1st Quarter. The grades of 82% of the beneficiaries improved while the grades of seven percent (7%) remained in the same range. The average grades of eight (8) beneficiaries decreased.

Grade Level	Increased	Retained	Decreased	Total
Grade 8	22	2	7	31
Grade 9	23	2	0	25
Grade 10	13	1	1	15
Total	58	5	8	71
%	82%	7%	11%	100%

Table 2. Grades 8 to 10's 1st Quarter vs. 4th Quarter Average Grade Comparison per Movement

Notably, six (6) beneficiaries received honors: three (3) from Grade 8, two (2) from Grade 9 and one (1) from Grade 10 at the end of the school year 2021-2022 as reported by the class advisers.

Grade 11 Beneficiaries. The Grade 10 beneficiaries from the previous school year transferred to a school of their choice in the area since Bagong Silangan High School does not offer a senior high school program. Of the Grade 11 beneficiaries, 70% enrolled in the Academic Track. Most of these beneficiaries chose the Humanities and Social Science (HUMMS) strand while the rest selected the Accountancy, Business and Management (ABM) strand or Science, Technology, Engineering and Mathematics (STEM) strand. The remaining 30% chose the Technical-Vocational-Livelihood Track specifically the Home Economics, and Information and Communications Technology (ICT) strands.

Because these students were no longer in Bagong Silangan High School, only thirteen (13) beneficiaries were able to submit their grades within the data collection period despite follow-up from the grade level coordinator.

Table 3 shows the number of beneficiaries who attained the indicated range of grades. The average grades of four (4) beneficiaries improved.

Average Grade Range	1 st Quarter Average Grade	4 th Quarter Average Grade
91 and above	2	5
81 to 90	10	8
75 to 80	1	0
74 and below	0	0
Total	13	13

Table 3. Grades 11's 1st Quarter vs. 4th Quarter Average Grade Comparison per Grade Range

Table 4 shows that the grades of seven (7) beneficiaries improved while the grades of five (5) beneficiaries remained in the same range. The average grades of one (1) beneficiary decreased slightly.

Grade Level	Increased	Retained	Decreased	Total
Grade 11	7	5	1	13
%	55%	38%	7%	100%

Table 4. Grade 11's 1st Quarter vs. 4th Quarter Average Grade Comparison per Movement

Four (4) beneficiaries received honors at the end of the school year 2021-2022 as reported by the grade level coordinator.

V. Participation of the Beneficiaries in School Activities

Bagong Silangan High School makes available online teaching-learning activities for students who have the capability to go online. According to the school principal, internet connection and internet load continued to be the major hurdles for both the school and the beneficiaries. Hence, for the majority of students, lessons were still provided via learning modules.

The class advisers of the beneficiaries were asked about the students' submission of accomplished learning modules and assessment sheets to obtain data on their participation in teaching-learning activities.

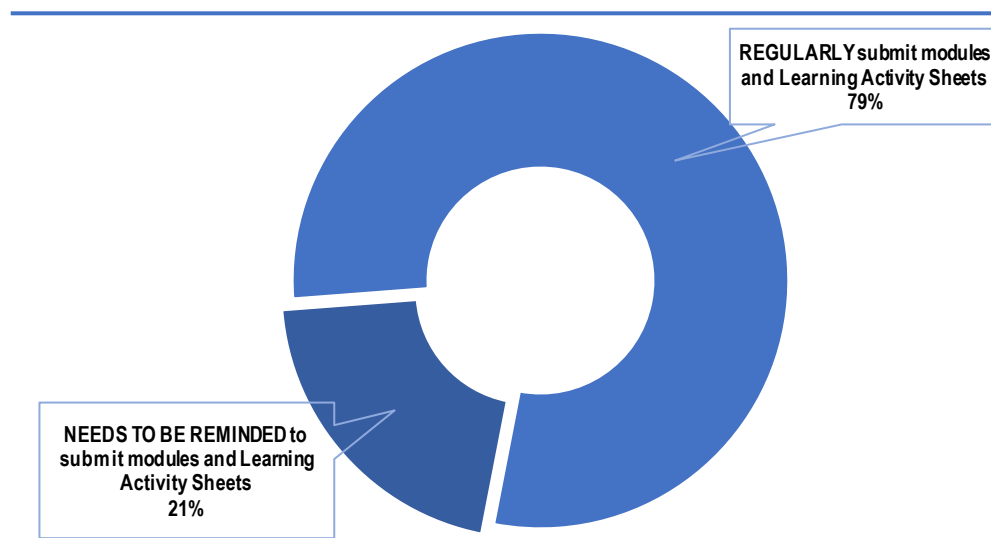


Chart 3. Submission of Modules and Learning Activity Sheets

Chart 3 indicates that 79% of the beneficiaries are able to submit their modules and assignments on time. There are 21% among the beneficiaries who need to be reminded to claim and return their modules and learning activity sheets. But the weekly food pack distribution somehow helped improve the promptness of beneficiaries in terms of retrieving modules and submitting LAS according to the advisers.

VI. Evaluation of the Program

Feedback from the Class Advisers

Fifty (50) class advisers participated in the evaluation of the program by submitting their responses in the Google Form that was prepared for this purpose. A number of advisers had several student-beneficiaries in their advisory class.

The class advisers were asked about any changes they observed in the performance of the beneficiaries during the implementation period of the program. The chart on the next page summarizes the answers they provided.

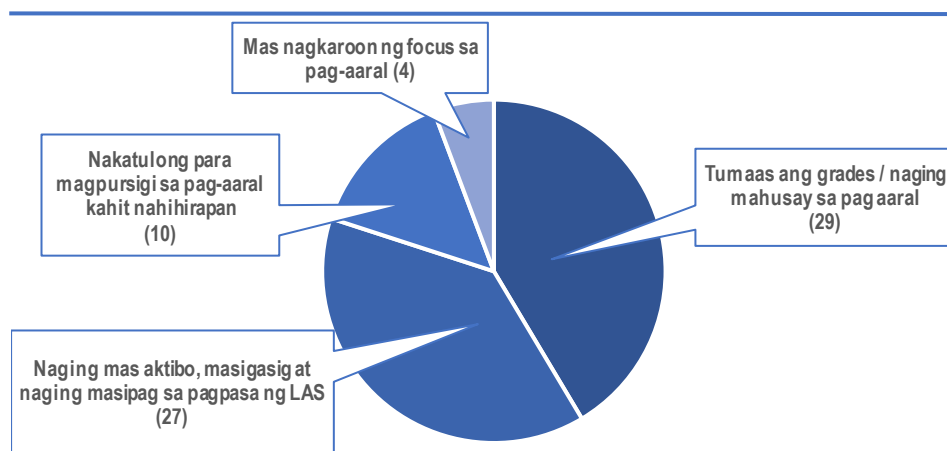


Chart 4. Changes Observed by the Class Advisers in the Beneficiaries' School Performance

As shown in Chart 4, the teachers observed that most of the students became more diligent and persevering in accomplishing and submitting their requirements. The students also appeared to be more motivated and they seemed to have studied harder since the time they received the food packs. They also noted that many students became more participative.

Feedback from the Beneficiaries about the Program

The class advisers were also asked to get feedback from the beneficiaries on their views about the program. The 55 responses obtained highlighted the big help that this program was to their families especially in terms of the family budget. In particular, 12 beneficiaries expressed that the program assured them of nutritious meals on their table every day. Six (6) beneficiaries shared that the food packs also helped them attend to their studies in general.

Feedback from the Beneficiaries' Parents and Guardians

Impact of the Program on the Students' Health and Well-being. The parents and guardians were asked if they observed any changes or improvements in the eating habits or health status of the students.

Based on the responses, 96 beneficiaries would eat any kind of vegetables even before the start of the program. Only four (4) of them were described to be “selective” as far as vegetables are concerned. According to the parents or guardians, the food packs introduced the students to more kinds of vegetables.

“Dati po hindi sya nakain ng gulay. Ngayon po marunong na at nasanay na po siya kasi lagi po namin siyang pinagsasabihan na maganda sa katawan ang gulay.” - Nanay Rizaberth

“Natutunan niya na pong kumain ng gulay. Dati kasi parating manok.” – Tatay Leonardo

“Hindi siya mahilig sa gulay dati, ngayon nasanay na siya lalo na pag kalabasa ang ulam namin.” – Nanay Melany

“Ayaw kumain dati ng gulay. Ngayon, nasanay na dahil weekly may natatanggap po kami.” – Nanay Josephine

“Dati, laging noodles at sardinas lang ang gusto niyang kainin. Ngayon, dahil sa food pack, nasanay na siyang kumain ng gulay.” – Nanay Loida

Sixteen (16) parents shared that the appetite of their children improved especially their liking for various kinds of vegetables.

“Dati, nakatulala lagi, walang ganang kumain. Ngayon po naging OK na siya simula po noong nakakakain na siya ng mga gulay.” – Nanay Rubilyn

“Mas gusto na niyang may gulay ang ulam namin dahil nabubusog daw siya.” – Nanay Trinidad

“Lumakas po siyang kumain kumpara noon na hindi gaano. Ngayon, kinakain na niya lahat ng gulay na laman ng food pack.” – Nanay Elizabeth

“Hindi siya pihikan dati pa. Mas magana siyang kumain ngayon kasi medyo madami ang variety ng gulay sa food pack.” – Nanay Maricris

“Mas lalo siyang gumanang kumain. Mas lalong tumakaw dahil may available nang gulay, mas madami ang serving.” – Nanay Annie

“Medyo Magana nang kumain ng gulay, nadiskartehan ng recipes para kumain ng gulay. Nagkalaman, medyo bumigat ang timbang.” – Nanay Rochel

The thirty-seven (37) respondents also noted some physical changes in the students including gaining weight and growing taller. They attributed these changes to the frequent intake of vegetables contained in the food packs:

“Dati payat siya, pero ngayon nagkaroon na ng laman.” – Nanay Teresa

“Tumangkad po siya at nagkalaman. Dati po kasi payat.” – Nanay Ronalyn

“Napansin ko po na gumanda po yung katawan kumpara noon na payat.” – Tatay Allan

“Naging matangkad at late na gumising dahil sa pagkain ng gulay.” – Tatay Danilo

“Tumangkad at mas lumusog siya.” – Nanay Roselyn

“Dati po payat, ngayon nagkalaman-laman na at tumangkad.” – Nanay Alicia

“Tumaas yung timbang, datipayat at malamya.” – Nanay Mary Ann

Twenty-two (22) parents shared that the food packs contributed to the overall wellness of the students. They claim that they became healthier and less prone to common illnesses. The following statements from them reflect this view:

“Hindi siya nagkakasakit. Slim ang katawan niya pero malakas ang resistensya.” – Nanay Hermilina

“Nakatulong ang food pack na mapanatili na healthy ang kidney niya dahil nirekomenda ng doctor.” – Tatay Regino

“Hindi siya tabain pero gumanda ang balat at hindi na sakitin” – Nanay Gracel

“Dati hindi siya masyadong nagcCR, pero ngayon, regular na.” – Nanay Rina

“Dati medyo matamlay pero ngayon malakas ang kanyang resistensya.” – Nanay Jocelyn

“Naging malakas siya at hindi na sakitin.” – Tatay Dennis

“Naging maayos ang pangangatawan at hindi na siya sakitin.” – Nanay Lingling

“Napansin kong naging maliksi tska energetic.” – Nanay Marianne

“Dati malamya at mabagal kumilos. Laging wala sa mood. Ngayon mas active at nauutusan na.” – Nanay Melany

Messages of gratitude from the parents and guardians and some photos can be found in Annex 4.

Impact of the Program on the Beneficiaries’ Families. Aside from noting the changes and improvements in the students’ health which the parents and guardians attribute to the vegetables they received regularly, gratitude was expressed. The parents and guardians acknowledged that the program was a big help financially.

The parents and guardians were very thankful for the program as expressed in the following statements quoted from them.

“Nakakabawas din sa aming gastuhin yung mga binibigay po ninyo sa katulad namin na di kalakihan yung sweldo.” – Nanay Zarra

“Laking kabawasan sa pag-iisip ng budget kasi napaka taas ng presyo ng bilingin ngayon. Sobrang pasalamat po talaga sa inyo at sa Metrobank Foundation, Inc.” – Nanay Maricris

“Marami pong salamat at isa po kami sa napili bilang beneficiary ng programang ito, lab na po nung pandemic at nawalan ng trabaho ang aking asawa. Dito namin kinukuha ang pangkain namin araw-araw.” – Nanay Suzette

“Malaking tulong po sa amin lalo na po na maka-save po kami sa pang araw-araw na gastusin sa pagkain. Maraming salamat din po dahil marami silang natulungan na pamilya na nakatanggap ng libreng gulay. Kaya sana po ay matuloy tuloy nila ang food pack sa mga taong nangangailangan.” – Tita Rachelle

“Sobrang laking tulong po sa amin yung lingguhang gulay na binibigay, sobrang laking tipid po sa aming bilihin.” – Nanay Lovella

Feedback from Beneficiaries

Seventy-nine (79) beneficiaries were able to participate in the evaluation of the program through Google Form.

The beneficiaries were asked to provide responses to the following aspects of the program: how the program helped them in general, changes and improvements they noted in their health and well-being, and how the program helped them with their studies.

Overall Impact of the Program. The students’ responses on how the program helped them in general appear in the chart that follows:

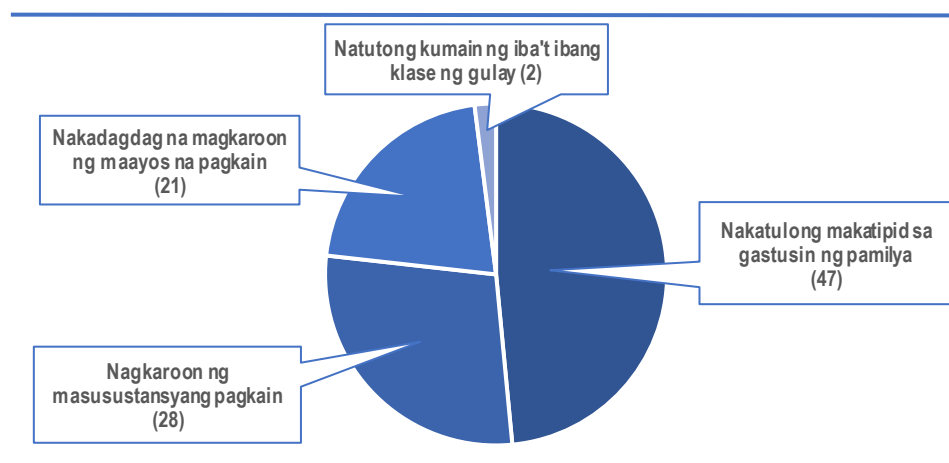


Chart 5. How the Food Packs Helped the Beneficiaries and Their Families

Similar to the feedback of their parents and guardians, 47 students mentioned that they considered the food packs as a great help to their families financially especially during the time when they were greatly suffering from the pandemic. Here are some few of the beneficiaries’ statements:

“Nung hindi pa po ako nakatanggap ng food packs which is pandemic noon, sobrang hirap na hirap po talaga kami. Madalas ay delata ang ulam na yoon po yung mga

pinaminigay na relief lalo walang trabaho ang aking mga magulang. Nagkaroon po ng laking pagbabago nang nakatanggap na po ako ng food packs dahil hindi lang isa o dalawang gulay ang natatanggap namin. Nabawas din po sa gastos.” – Jamayca

*“Nakatulong ang food packs sapagkat sa hirap ng panahon ngayon, may mga araw na wala kaming makain. Nagpapasalamat kami dahil mayroong food packs linggu-linggo.”
Reylle Jazmine*

“Napaka laking tulong sa amin ito sapagkat nakakatawid gutom. Maraming, maraming salamat po sa inyo dahil nakaraos kami noong pandemic hanggang ngayon.” – Matthew

“Noong hindi pa po kami nakakatanggap ng food pack, nahihirapan ang magulang ko sa paghahanap ng pagkain dahil nagtitinda lang po kami ng street food at PWD po ang Papa ko. Dahil sa food pack, malaking tulong po sa pamilya namin ito, dahil hindi na namin kailangan bilhin ang mga gulay.” – Gwenn

“Napakalaking tulong po ng lingguhang food pack sa amin, dahil naitatawid po nito ang aming pang araw-araw na pagkain. Nag iba po ang aming buhay simula noong mabigyan kami ng food pack. Dati po kasi ay hindi kami nakakakain ng tanghalian, tuwing hapunan lang po kami kumakain. Noong nagstart po na magbigay ng food pack ay nakakakain na po kami ng tanghalian dahil po sa ibinabahagi ninyong food pack sa amin.” – Jasmine

According to 49 beneficiaries, the food packs gave them the opportunity to eat more nutritious meals regularly. Also, the beneficiaries expressed that they appreciated their meals more when they became part of the program.

“Binigyan po ako ng maraming sustansya simula nung nakatanggap ng food pack. Dati bihira lang po kaming mag gulay dahil sa kamahalan ng nito.” – Franchesca

“Lubos po na nakatulong sa amin ang lingguhang food pack dahil madalas na healthy food ang kinakain namin, Noong hindi pa nag uumpisa ang lingguhang food pack ay madalang lng ang pagkain nmin ng gulay.” – Christina

*“Nakatulong po ang mga gulay ng food pack sa kalusugan ng aking katawan, ang kaibahan po noong una po ay nakakakain lang po ako ng hotdog, itlog at pritong tokwa. Ngayon po ay nakakakain na po ako ng masu-sustansyang pagkain dahil sa mga gulay.”
– Marvin*

“Noong hindi pa po ako nakakatanggap ng food packs, dahil po sa pandemya, nawalan po ng trabaho ang aking magulang kaya po minsan hindi po kami nakakabili ng gulay o maayos na pagkain kaya nagpapasalamat po ako na napili po ako upang maging beneficiary.” – Sarah Joyce

The “selective” eaters before the start of the program acknowledged that the initiative has been successful in encouraging them to try other vegetables and getting to be more comfortable eating vegetables.

“Malaki po ang naitulong ng food packs kasi po dati hindi po ako kumakain ng gulay, tapos noong simula po nang nakasalipo ako, natuto na po ako kumain ng gulay.” – Shaira May

“Nakatulong po ito sa amin dahil minsan hindi po sapat ang kinikita ng aking Papa sa pagtatrabaho. Ang kaibahan po noong dati hindi pa nag-uumpisa ang foodpack, dati po, madalang lang po ako kumain ng gulay pero simula po nung nabigyan ako ng opportunity na mabigyan ng food pack, ang laki po ng pinagbago ko kumakain na po ako lagi ng gulay.” – Jojiemer

“Noong hindi pa po kami ganap na isa sa mga na piling benepisyaryo, kami po ay madalas na nakakaranas ng hindi pagkain ng regular ng masusustansyang pagkain na gulay. Ang food packs po ay naging malaking tulong lalo na po sa pagbabago sa aming pang-araw-araw na buhay at kalusugan, Mas sagana na po kami sa sustansya kumpara noon. Naging mas aktibo kami lalo na sa kanilan pag-aaral.” – Samantha

“Lagi na po akong kumakain ng mga gulay. Hindi na po ako namimili ng gulay na kinakain ko.” – Laurence Jhoy

Impact of the Program on the Students’ Health and Well-being. Chart 6 next page shows the top answers of the beneficiaries to the question on the changes they observed in their health and well-being during the period of program implementation.

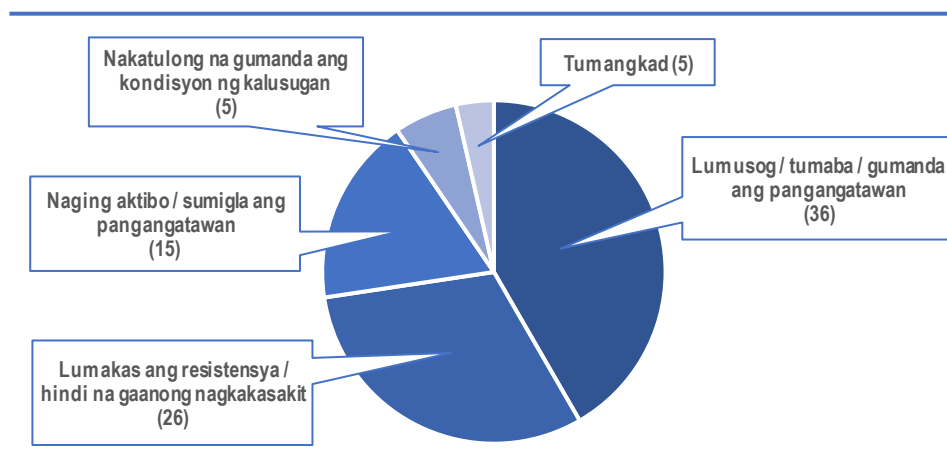


Chart 6. How the Food Packs Help the Beneficiaries’ Overall Health

Thirty-six (36) of the beneficiaries shared that they gained weight while some felt that the vegetables helped boost their protection against common illnesses. Twenty-six (26) of them felt that they are now more alert and active while five (5) beneficiaries observed that they grew taller. Some quotes from the beneficiaries appear below:

“Mas maganda po ang aking pangangatawan ngayon kesa dati.” – Jaderick

“Gumanda po ang aking pangangatawan at mas lumusog po ako at ganun din po ang aking pamilya.” – Jolene

“Hindi po ako tabain pero mas umaayos po kalusugan ko.” – Cristeto

“Nakatulong po ang food packs na magbuild ng aking muscles.” – John Karl

“Hindi na po ako naging sakitin at malakas na po ang pangangatawan” - Ronalyn

“Naging masigla at malakas ang aking resistensya sa pag kain ko ng gulay.” - Janna

Nakakatulong ang gulay sa akin para lumakas ang resistensya at malayo sa sakit po.” – John Kyle

“Nakatulong sa pagpapalakas ng katawan dahil ito ay may taglay iba’t ibang sustansiya na nagdudulot ng masiglang pangangatawan.” - Gilbert

“Naging masigla po ang aking pangangatawan at mahilig naden po ako sa ibat ibang gulay hindi naden po ako nagiging sakitin.” - Roel

“Mas naging masigla po ang aking katawan at mas nagkaroon ako ng lakas dahil sa gulay po na aking natatanggap.” – Precious Aimel

“Naging mas active po ako ngayon kesa dati.” – Alexandra

“Napansin ko po na nadagdagan ang aking tangkad.” – Ericsson

Five (5) beneficiaries highlighted that the program improved their well-being as they were able to eat vegetables regularly:

“Sakitin po ako sa totoo lang po. Nagkaroon po ako ng Pneumonia at laging nanghihina kahit walang sakit pero noong nakatanggap na po ako ng food packs, mas naging aktibo yung katawan ko dahil nga po sa gulay ang madalas na ulam.” – Jamayca

“Ang napansin ko pong pagbabago ay medyo guminhawa na po ang aking katawan dahil ako po kasi ay sakitin noon. Sa ngayon, hindi naman na po. kasi malaki ang naitulong ng food packs sa akin dahil bukod sa magandang pangangatawan e nakakadagdag ng kalusugan sa aking pangangatawan.” – Mark Adrian

“Luminaw-linaw po ang aking mga mata kahit papaano dahil sa tulong ng pagkain ng gulay at ganon din po ang immune system at iba pa.” – Mary Lhea

“Sa aking napapansin ay mas lalong nagiging malakas aking pangangatawan dahil dati ay madalas ako magkasakit o mahina ang aking pangangatawan.” – Cyra Claire

“Dahil po sa mga gulay na aking nakakain, nag-improve po ang aking pangangatawan. Physically, hindi po ako tabaing bata pero masasabi ko nman po na mas lumusog ako. Dahil palagi na po ako kumakain ng gulay ay masigla ang aking pangangatawan. Bihira narin po ako magka ubo at sapon. Nakatulong din po ang pagkain ko ng mga gulay para mas bumilis ang pag tangkad ko. Dahil sa mga gulay mas marami ng sustansiya na natatanggap ang aking katawan.” – Julian Kyle

Impact of the Program on the Students' Studies. The beneficiaries were asked to make a judgement on their promptness and regularity as far as submission of school work is concerned. The summary of their responses appears in Chart 7.

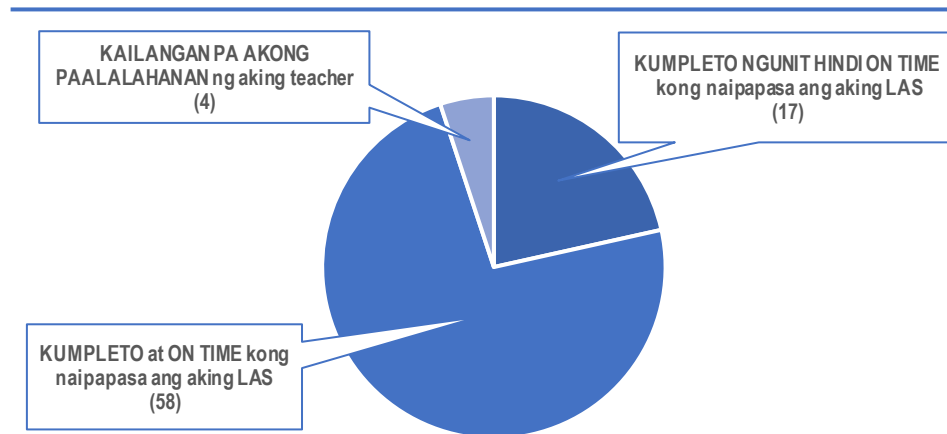


Chart 7. Frequency and Promptness in LAS Submission of the Beneficiaries

According to the beneficiaries who were not able to submit their requirements on time and those who needed to be reminded by their teachers to submit their learning activity sheets, they have other tasks or errands to prioritize or they are working. Some expressed difficulty in answering the English and Math tasks. Also, internet connectivity needed to look for information from the internet was a problem for some.

Despite these challenges, the beneficiaries acknowledged the positive impact of eating the vegetables regularly in connection with their studies. Most of them felt that the vegetables helped them become more active and motivated. Some quotes from the students follow:

“Ang mga gulay ay nakatulong upang mabigyan nutrisyon ang aking katawan at utak. Nakakapagsagot ako ng LAS at naipapasa ko ito sa tamang oras. Ako ay palaging umaattend ng online consultation at matiyagang nakikinig.”—Gabriel

“Nakatulong po ang food pack sa akin kasi naging masigla ako at malakas upang ako ay maka pagpasa at makasagot on time ng aking mga gawain sa school.”—Exzequiell

“Nakatulong ang foodpack sa akin dahil mas iniigihan ko pa na makapagpasa kahit papaano, kahit hindi on time dahil sobrang laking tulong po ito sa aming pamilya.”—Mark Adrian

“Dahil sa food pack mas naiintindihan ko ang mga lessons ko kasi may laman ang aking tiyan.”—Alexandra Nicole

“Masustansya na po ang kinakain ko kaya nakakasagot po ako ng aking mga modules. Nakakapag-isip at nakakapagfocus po ako sa pag-aaral.”—John Zander

“Ako po ay naging masigla sa akin pag-aaral.”—Renz

“Nung dati po ay parang wala po akong gana mag-aral dahil tinatamad. Ngayon po ay ganado na po akong mag-aral at on time po akong nagsusubmit ng LAS. Nakakapagfocus po ako sa tinuturo ng mga teacher sa online consultation.”—Jaimee

“Dahil sa masarap na pagkain o gulay na inyong po na binibigay ay masagana ring gumagana ang aming mga utak at madaling magsagot ng mga LAS na sa amin ay pinapasagutan. Mabilis din po kaming nakakasagot ng LAS dahil masagana ang mga inihahandang gulay na ulam ng aking Nanay na inyo pong ibinigay. Maraming salamat po!”—Kloie

VII. Webinars on Special Topics

At the start of the program, a webinar was conducted to orient all stakeholders (principal, school program coordinators, advisers, students, and parents or guardians) on the value and mechanics of the program. Throughout the 10-month program, the distribution of food packs was accompanied by webinars on selected topics suitable to the needs of the beneficiaries. Each topic aimed to support the holistic development (health and nutrition, physical, mental/cognitive, emotional, social, moral/spiritual, and technology) of the beneficiaries.



Ma'am Rocena welcomed all the participants during the program launch and orientation

Evaluation of Webinars

At the end of each webinar, the beneficiaries were asked to evaluate various aspects of the session:

- Ang mga impormasyong ibinahaging Resource Speaker ay nakadagdag sa aking kaalaman (I learned new knowledge from the information shared by the Resource Speaker).*
- Mahusay at malinaw na naibahaging Resource Speaker ang mga kaalaman at impormasyon tungkol sa paksa (The Resource Speaker effectively and clearly shared knowledge and information about the topic).*
- Naaakma at naaayon sa akin ang paksa o topic ng webinar at pwede kong magamit o maisabuhay ang mga natutunan sa hinaharap (The topic of the webinar is relevant to me, and I can apply what I learned in the future).*
- Maayos ang aking internet connection sa buong takbo ng webinar at hindi ako nakaranas ng disconnection (My internet connection was good throughout the webinar, and I did not experience any interruption or disconnection).*
- Sa kabuuan, nagustuhan at naenjoy ko ang webinar na ito (Overall, I liked and enjoyed this webinar).*

The students were asked to rate using a scale of 1 to 5, defined as follows:

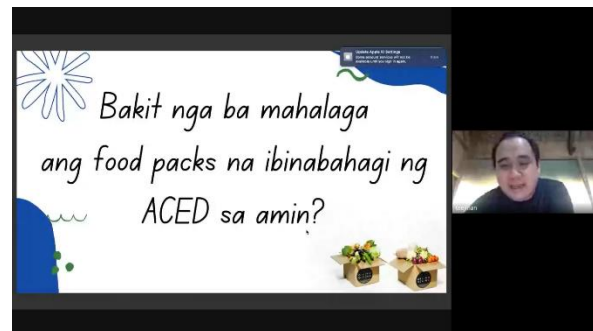
5 – strongly agree; 4 – agree; 3 – neutral; 2 – disagree; and 1 – strongly disagree.

The following webinars were made available to the beneficiaries:

1. ***Nutrisyong Wasto ay Kailangan upang Covid-19 Virus ay Malabanan*** webinar. This webinar aimed to highlight the importance of healthy eating through the vegetables that the beneficiaries receive weekly. Our resource speaker, Alberto Teodoro Malvar Jr, MD, founder of Gising Gising PH, also discussed the connection of eating healthy as a safeguard against Covid-19 in addition to basic health protocols. Fifty-seven (57) beneficiaries were able to attend the webinar. Some parents of the

beneficiaries were also able to attend the webinar. The evaluation of the webinar participants is as follows:

Key areas	Average Rate
Gained new knowledge	4.7
Resource Speaker's Performance	4.7
Topic Relevance	4.6
Internet/Data Connection	3.8
Liked and Enjoyed the Webinar	4.6



Dr TJ emphasized the importance of eating vegetables that ACED provides

Here are some comments from the beneficiaries who attended the *Nutrisyong Wasto ay Kailangan upang Covid-19 Virus ay Malabanan* webinar:

“Ang unang tumatak sa isip ay ang kahalagahan ng pagkain ng gulay sunod ay ang kahalagahan ng pag-iingat ng sarili laban sa Covid-19. dahil sa panahon ngayon ng pandemic dapat talaga tayong maging malakas at maingat.” –Exzequiell

“Tumatak po sa akin ay iyung BIDA (Bawal walang facemask, I-sanitize lagi ang kamay, Dumistansya ng 1 metro, Alamin ang totoo) na sinabi ni Doc TJ at kung ano ang dulot ng Covid-19 sa ating katawan at kung paano ito malalabanan.” –Kyle

“Kailangan sundin ang mga payo ng DOH o health protocols para malabanan ang Covid-19 para tayo’y maging ligtas sa anumang sakit at para maiwasan ang Covid -19” –Ashlie

“Ang mga tumatak na impormasyon na ibinahagi ni Doc TJ ay kung paano malalabanan sa Covid-19 at kung paano ang tamang Pinggang Pinoy at magkaroon ng magandang mental health at tungkol sa totoong impormasyon sa BIDA Bakunation.” –Jamayca

“Ang tumatak na impormasyon na itinalakay ni Doc TJ sa akin ay ang Pinggang Pinoy na kung saan ibinabahagi kung paano ang bala nseng kakainin sa araw-araw.” –Jasmine

“Panatiliing malakas ang pangangatwain at kumain ng gulay para hindi agad-agad mag kasakit.” –Kristhel

“Ang pinaka tumatak na impormasyon na naibahagi ni Doc TJ sa webinar ay ang kahalagahan ng nutrisyon lalong lalo na sa panahon ng pandemya.” –Jhazel

2. **Mindfulness for High School Students** webinar. This webinar intended to introduce the students to mindfulness and show them how to take care of their wellbeing. The resource speaker, Ms. Jofel Umandap, psychologist from the Ateneo Bulatao Center for Psychological Services, also discussed with the participants how they can manage their emotions and feelings especially as they struggle with distance learning and modular tasks at a time when they are also facing the typical challenges of

adolescence. The attendees participated actively during the session and enjoyed the guided activities especially the deep breathing exercises that the speakers facilitated. Forty-one (41) beneficiaries were able to attend the webinar. The evaluation of the webinar by the participants follows:

Key areas	Average Rate
Gained new knowledge	4.7
Resource Speaker's Performance	4.5
Topic Relevance	4.5
Internet/Data Connection	3.9
Liked and Enjoyed the Webinar	4.4



Introduction to Ms. Joey's session

The attendees were asked *“Bakit mahalagang matutunan mo ang Mindfulness? Paano ito makakatulong upang mapanatiling malusog ang iyong pag-iisip at pananaw sa buhay?”*, here are few of their answers:

“Mahalagang matutunan po ang mindfulness dahil ito po ay makakatulong sa atin upang mapalinang ang ating kakayahan sa pagkontrol sa ating emosyon at mabawasan ang stress, pagkabalisa o pagkalungkot. Makakatulong po ito upang ituon ang ating pansin pati na din ang pagmamasid sa ating mga saloobin o sa ating dandamin.” – Jhazel

“Mahalaga po ito sa akin para hindi ako masyadong mastress, kaylangan ko pong magfocus sa kung ano ang mabuting gawin at isantabi ang mga nakagugulo sa aking isipan.” – Exzequiell

“Ito ay nakaka tutulong para mabawasan ang pagiisip sa mga problema at sa tulong nito ay di tayo maisstress dulot ng mga problema o mga kinahaharapnaten ngayon.” – Ashlie

“Upang maunawaan kung ano ang ibig sabihin ng mga bagay-bagay at upang malaman ang mga ipinapahiwatig ng ating kaisipan. Nakakatulong ito sa pamamagitan ng tamang pagiisip at tamang paggamit ng emosyon.” - Jasmine

“Nakakatulong po eto salahat ng bagay, at nakokontrol nito ang mga bad vibes.” – Adrian

3. **It is Okay Not to be Okay** webinar. This webinar aimed to help the beneficiaries acknowledge and accept various feelings and emotions, especially negative ones, that they are experiencing in various situations as students going through adolescence. Ms. Pinky Escarez, lecturer from the ADMU Gokongwei Brothers School of Education and Learning Design, guided the participants on how to overcome these feelings by handling these emotions with care. Fifty-nine (59) beneficiaries attended the webinar. The evaluation of the webinar follows:

Key areas	Average Rate
Gained new knowledge	4.6
Resource Speaker's Performance	4.5
Topic Relevance	4.5
Internet/Data Connection	3.9
Liked and Enjoyed the Webinar	4.5



It is important to take care of oneself according to the speaker.

“Bakit mahalagang kilalanin na hindi Okay ang sarili? Anu-ano ang maaaring maitulong kapag ginawa ito?” was asked and here are few of the attendees’ responses:

“Mahalagang kilalanin na hindi okay ang sarili dahil malalaman mo dito kung paano mo ito susulussyunan at makawala sa isang pagsubok at makamtam ang ninana is na kasiyahan.” – Cyra

“Upang malaman ko kung paano ako nagrereact sa mga bagaybagay at matulungan ako mapalago ang aking sarili.” – Gabriel

“Mahalagang makilala natin ang ating sarili na hindi ok para matulungan natin ang ating sarili na maging maayos palaging positive sa buhay palaging mag pray kay god at maging matulungin isa lang yan sa mga dapat natin gawin para maging maayos ang ating sarili kapag hindi ok.” – Jenny

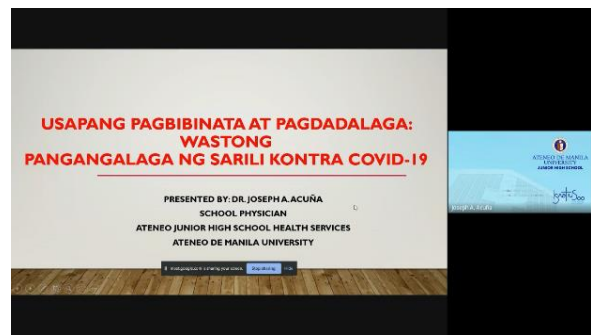
“Mahalagang kilalanin ang sariling kung hindi ok dahil kung hindi, baka magkaroon ng mental problems. Pag ginawa ito, ginhawa ang pakiramdam at maipapahinga ang sarili.” – Daven

“Mahalaga ang pagkilala kung okay ang sarili dahil para malaman mo ang emotion kung masaya ka pa ba or hindi na, makakatulong ito sa iyung mental health.” – Christine

“Upang malaman ang problema at magawan ng solusyon.” – Franchesca

4. **Usapang Personal Hygiene sa Pagbibinata at Pagdadalaga: Wastong Pangangalaga ng Sarili Kontra Covid-19** webinar. This webinar aimed to help prepare the students for the return to school for face-to-face classes. The resource speaker, Dr. Joseph Acuña, School Physician from the Ateneo Junior High School Health Services, shared knowledge emphasizing the importance of good hygiene and precautionary measures against Covid-19 virus. Only thirty-six (36) beneficiaries were able to attend the webinar and their evaluation for the webinar follows:

Key areas	Average Rate
Gained new knowledge	4.7
Resource Speaker's Performance	4.5
Topic Relevance	4.6
Internet/Data Connection	3.8
Liked and Enjoyed the Webinar	4.6



Dr. Joseph Acuña tackled different hygiene concerns and how to overcome these.

The participants were asked “Sa papaanong paraan makakatulong ang may maayos na pangangalaga ng sarili (o personal hygiene) na makaiwas mahawaan ng Covid-19?”. Here are some of their replies:

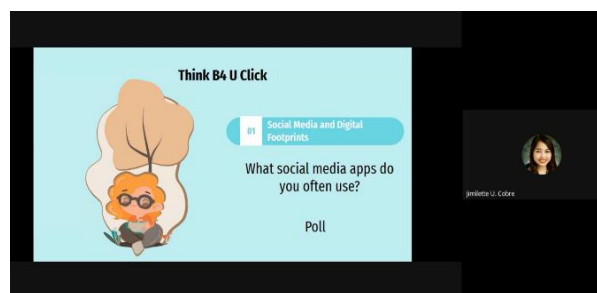
“Sa pamamagitan ng personal hygiene ay makakaiwas tayo sa COVID 19 dahil ang personal hygiene ay tumutukoy sa pangangalaga ng ating kaligtasan at pagiging malinis sa ating katawan kaya naman para makaiwas sa COVID 19 ugaliing mag hugas ng kamay bago at pag tapos humawak sa bagay o pagkain.” –Ashlie

“Kapag may personal proper hygiene ang isang tao ay mas maliit ang chance na mahawan o magkaroon Ito ng COVID 19. Nailalayo tayo sa mga sakit kapag meron tayong maayos na pangangalaga sa ating mga sarili.” – Julian Kyle

“Nakakatulong ito upang mawala ang bacteria/virus sa ating katawan at paligid dahil kung may alaga ka sa sarili lilinisin mo din po ang iyong area/tahanan.” – Franchesca

5. **Think Before You Click** webinar. This webinar focused on valuable pointers on how to be consciously responsible users of various social media platforms. Ms. Jimillete Fernandez, Computer Education teacher at the Ateneo Junior High School provided the attendees some recommendations on how to protect themselves in this age of digital connection and vulnerability. There were forty-three (43) beneficiaries who were able to attend the session. Their evaluation for the webinar is as follows:

Key areas	Average Rate
Gained new knowledge	4.6
Resource Speaker's Performance	4.6
Topic Relevance	4.6
Internet/Data Connection	4.0
Liked and Enjoyed the Webinar	4.5



A quick assessment was made by Ms. Millete to the attendees

After the webinar, the participants were asked the following question: *“Mula ngayon, anu-ano ang iyong gagawin upang maging responsable sa paggamit ng iba’t ibang social media platforms?”*. Here are some insights from the students who participated in the webinar:

“Always be responsible when posting online. I will think before do something or post something because it may affect other person.” - Ma. Diana

“Magkakaroon ng limitasyon at di na agad-agad maniniwala sa mga pinopost nila sa social media at mas mainam na huwag aabusuhin ang pag gamit ng social media.” – Ashlie Mae

“Maging alerto kung ito ba ay mabuti o hindi magiging mabuti.” – Jamailah

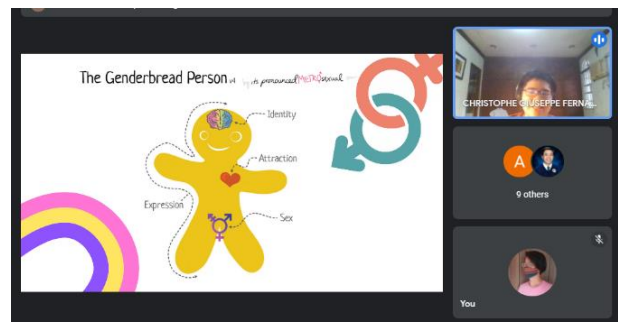
“Gagamitin ko lang po ito kung kinakailangan at kung tapos na din po ako sa mga gawaing bahay.” – Franchesca

“Maging mapanuri sa mga sinusubaybayan at nababasa.” – Earl Carlo

“Sisiguraduhin na ang mga nababasa ay totoo, hindi na magshe-share ng fake news.” - Trixie

Engagement with the Ateneo NSTP Students

Ten student-beneficiaries were selected to participate in the engagement with the BIGKIS – Ateneo NSTP students. The beneficiaries engaged actively in the 4-weekend sessions where the BS Biology students discussed Gender and Sexuality topics. The participants were very engaged in the discussions that the NSTP students facilitated. The sessions helped form new acquaintances and friendships among them.



VIII. Benefits for the Farmers

The contents of the food packs were sourced directly from various farmers in Benguet, Nueva Ecija, and Bulacan. The value of the purchases is also indicated below:

Farmers	Total Purchase over the 10-month period
Cacadadaan Farmers Multipurpose Cooperative (Benguet) (Baguio beans, Baguio pechay, cabbage, sayote, carrots, cucumber, potatoes, tomatoes)	Php 1,489.75 x 100 = 148, 975.00
L Sanchez Farm (Bulacan) (bawang, kangkong, papaya, talbos ng kamote, upo)	Php 199.00 x 100 = php 19,900
Lupao Vegetable Growers (Nueva Ecija) (ampalaya, corn, eggplant, okra, pechay, sitaw)	Php 538.25 x 100 = php 53,825
Produce from other farmers (kalabasa, kamote, kamoteng kahoy, monggo, puso ng saging, rice, saging na saba,	Php 1,393.93 x 100 = php 139,393.00
Other food items from various sources (apples, eggs, kiat kiat, pancit canton, miswa, tuyo)	

IX. Individuals Who Helped Transport the Food Packs

Jeepney drivers plying the UP – Katipunan route were engaged to transport the food packs from the packing area in the Ateneo de Manila campus to Bagong Silangan High School. The drivers have expressed great gratitude for the opportunity to be part of this meaningful endeavor while earning some income. They have come to be part of the team, helping out with the preparation of food packs while waiting for their turn for the food packs to be loaded in their vehicles.

Mr Dennyver Abejar was able to handle the specific assignment of transporting food packs to Bagong Silangan High School 22 times, followed by Mr Nikki Tionson who was assigned to the task five times. Other drivers from the group were assigned to do the task on the other distribution days.

X. Other Donations that Augmented the Contents of the Food Packs

Every so often, individuals, groups, and establishments donate food products and various items, and whenever these come, the items are added to the contents of the food packs that ACED distributes to the

beneficiaries of the Food Packs Program. Since the start of the program in Bagong Silangan High School last June, the following have been added to their food packs:

1. Pandesal/Bread/Toasted Bread
2. Hygiene products (Body Wash, Shower Gel, Body Spray)
3. Canned Milk (Condensed Milk, Evaporated Milk)
4. Canned products (Mushroom, Corn Kernel)
5. Juice Drink

6. Assorted Vegetables from the donation of PLDT and Meralco Foundation, Inc.
7. Plates, Paper Towels
8. Men's Shoes

Submitted by:



Carmela C Oracion

Ateneo Center for Educational Development

25 October 2022

Annex 1: Number of Distribution Days and Number of Food Packs Distributed

The program provided a total number of 4,000 packs to its beneficiaries as it marks its 40th day of distribution on July 6, 2022. The distribution operations were put on hold due to the following reasons: heavy rain, several weeks when Enhanced Community Quarantine was declared by the government, month-long preparation for the school year 2021-2022 as requested by the school principal, and the school break for teachers as per instructed by DepEd.

Days Count	Dates	No of Packs Prepared	Days Count	Dates	No of Packs Prepared
1		100	21		100
2	June 2021	100	22	February	100
3		100	23		100
4		100	24		100
5	July	100	25		100
6		100	26		100
7	August	100	27	March	100
8		100	28		100
9	October	100	29		100
10		100	30		100
11		100	31	April	100
12		100	32		100
13	November	100	33	May	100
14		100	34		100
15		100	35		100
16		100	36		100
17	December	100	37	June	100
18		100	38		100
19	January 2022	100	39		100
20		100	40	July	100
total food packs distributed					4,000

No Distribution

Week	Reason
July 21	Heavy rains
August 11, 18 and 25	Community lockdown
September	School year preparation as per principal's request
January 12 and 19	Community lockdown

May 4 and 11

School/Teachers' break as per DepEd

Annex 2: Photo Documentation of Food Packs



June 16



June 23



June 30



July 7



July 14



July 28



August 4



October 6



October 13



October 20



October 27



November 3



November 10



November 17



November 24



December 1



December 7



December 15



January 5



January 26



February 2



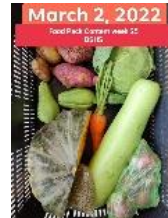
February 9



February 16



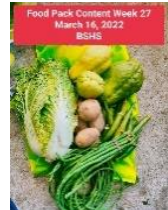
February 23



March 2



March 9



March 16



March 23



March 30



April 6



April 20



April 27



May 18



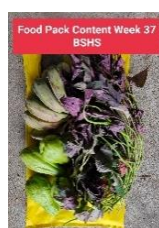
May 25



June 1



June 8



June 15



June 22



June 29



July 6

Annex 3: Attendance of Beneficiaries during Scheduled Food Pack Distribution Days

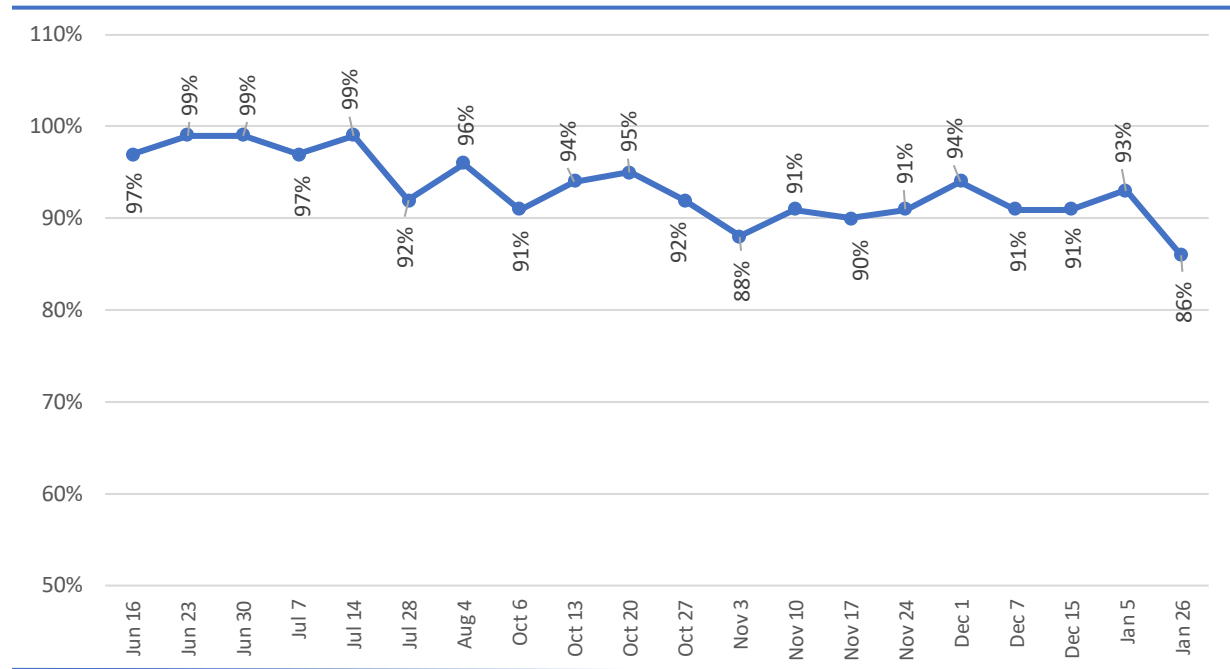


Chart 8. Percentage of Attendance Frequency from June 16, 2021, to January 26, 2022

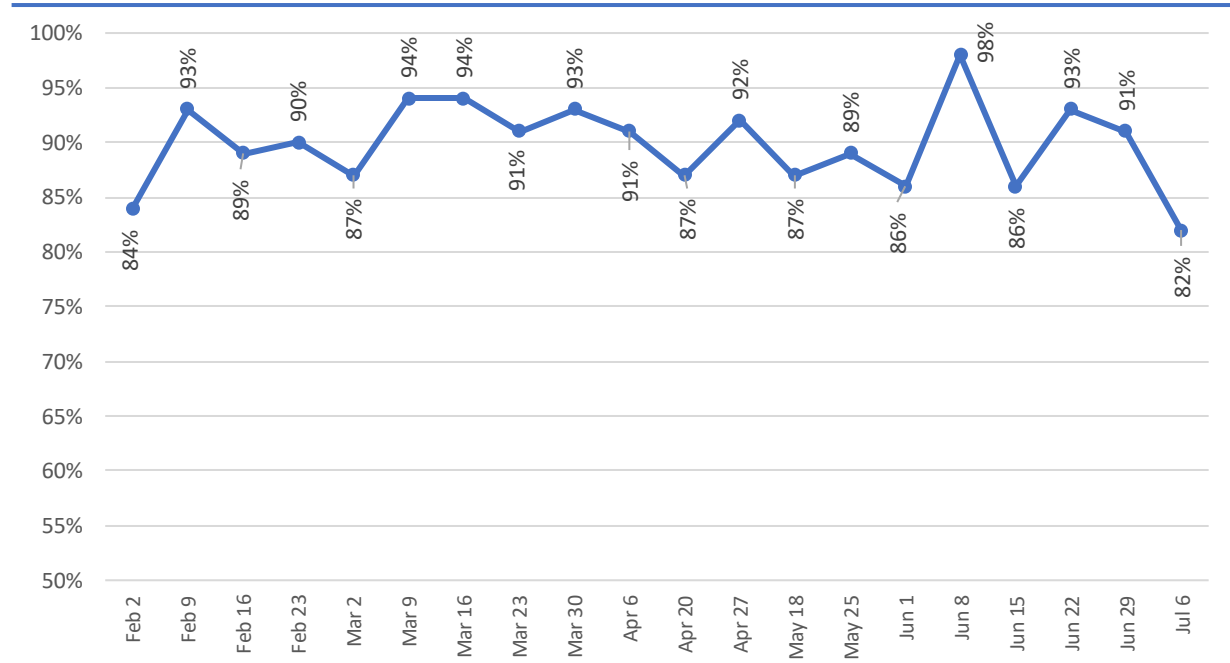


Chart 9. Percentage of Attendance Frequency from February 2 to July 6, 2022