

## **Final Report**

### **2011 BURSARY AWARD**

#### **Title: Making Food Go Further: Hunger Mitigation, Urban Food Security Project Parañaque City**

**31<sup>st</sup> October 2012**

The Hunger incidence Survey done in 2010 by the City Health Office and Save the Children Philippines provided the current scenario on the food consumption and nutritional status of the economically disadvantaged group of the city namely barangay San Dionisio with population of 61,331 and barangay BF Homes with 79,209.

These two barangays were chosen amongst the 16 barangays in Parañaque City due to the most number of malnourished children and underweight pregnant women present in the targeted barangays.

The Hunger Index survey experienced by a common Filipino family at the national level provides a common scenario in these two barangays. In response to this alarming situation, Hunger Mitigation Program was born. The Household Food Consumption being one of the major component of the Hunger Incidence Survey and information of foods commonly eaten by the group was obtained.

Under the Hunger Mitigation Program is the Urban Gardening, a strategy that makes food always available for the family. It's focal point are fruits and vegetables, a home grown dark green and leafy vegetables found to be rich in vitamins and minerals and more importantly a cholesterol free product harvested through backyard gardening.

97 out of 351 families enrolled in Pamilyang Pilipino Pantawid Program or 4P's are malnourished. One of the objectives of the program is uplifting the current living condition of a family. To better achieve this objective, urban gardening with PD Hearth targeting these families is also included in the 4P's program.

#### **SEVERE UNDERWEIGHT**

- At the start of the program, 18 severely underweight children were identified. They were fed using home yard produce vegetables such as dark green leafy vegetables and yellow vegetables.
- Table shows that almost half or 7 severely underweight had improved their nutrition status while 11 children or one third remained severely underweight

due to uncooperative parents who showed no interest in feeding nutritious foods to their children whereas a parent who is supportive greatly influence the nutritional well-being of the children.

## UNDERWEIGHT

- It can be noted that a substantial number of underweight preschool children or 76 still remained underweight. Again this results to passive attitude of parents/ caregivers during feeding sessions and lack of initiative among parents to pursue a dramatic change in their children's nutritional status/weight significantly affects the goal of improving and attaining a normal nutritional status among underweight children.

The project now is the basis to come up with a Policy on the Urban Gardening Implementation Citywide, enjoining both the public and the private sector's participation, hence it comes with budget appropriation in order to replicate the technique in other areas. With the Policy in place Good governance, planning and designing of the city's landscape would be improved. Furthermore, the project will create stronger and more resilient families in the community, with food always being available and an additional income for both the mothers and the fathers.

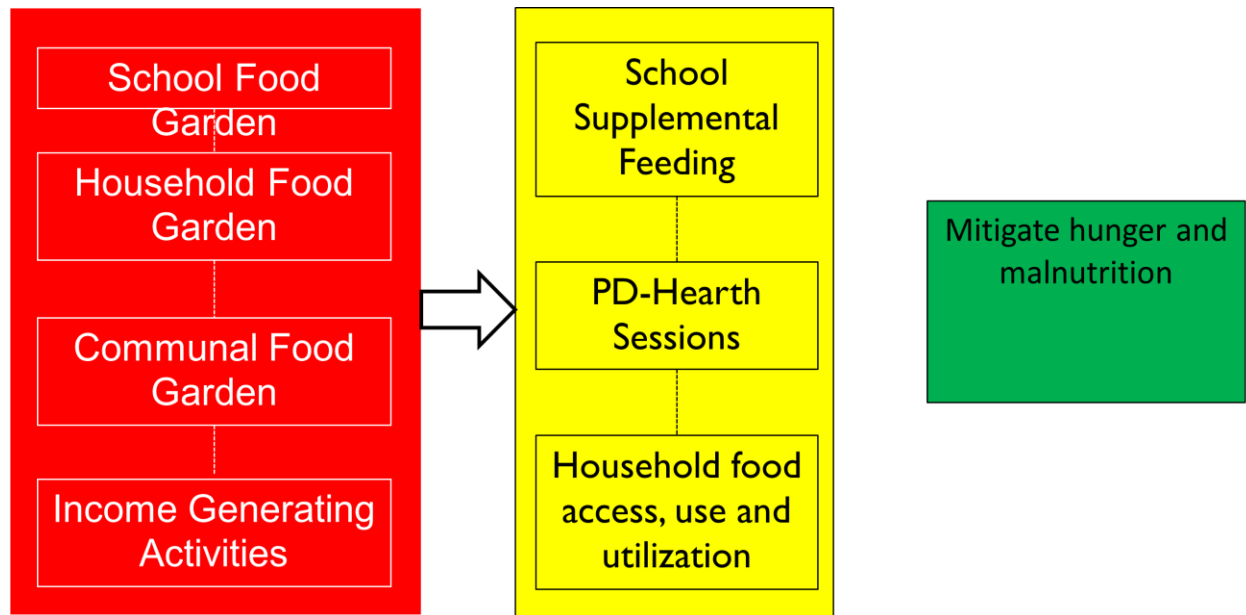
The project has utilized the Appreciative Community Mobilization (ACM) approach in mobilizing the communities for integrated food and nutrition outcomes. The successful approach in the mobilization of communities is founded largely on harnessing the capacity of community members to come together, plan, and carry out actions towards addressing needs most relevant to their own lives. It entails a deliberate and iterative process that rides on the community's internally defined rhythm, and puts full trust in the community's ability to create and undertake action in order to facilitate change.

The success of the project's community mobilization efforts around vegetable gardening lies on the same principles. The project has generated community interest and cultivated community engagement in sustainable vegetable gardening in communities that obviously needed to increase food resources, but, for a number of reasons, were initially resistant to the idea of growing vegetables.

As a community mobilization approach, Appreciative Community Mobilization enables community members to usher change by emphasizing the positive and doing more of what works. ACM encourages communities to explore their strengths, values, and capacities, and build on these assets to create change. ACM offers a structured community mobilization process that involves the 4Ds cycle of Appreciative Inquiry: Discovery, Dreaming, Design, and Delivery.

ACM was the sole mobilization approach that was applied in the project.

## Household Food and Nutrition Security Model



### Accomplishments to Date 2012

#### 1. Direct Food Provision

##### *School Feeding*

- Reached **6,190 Gr. 1-3 school children** in the **4 partner schools**: PES Central, SDES, PES II, SSII ES

##### *School Garden*

- Supported **4 school gardens** with capability building activities for children, parents and EPP teachers.

#### 2. Livelihood Assistance

##### *Livelihood Skills Training*

- Capacitated **families** on organic food gardening and livelihood skills training.

##### *Household/Community Gardening*

- Provided seeds, planting materials and farm tools for the establishment of these gardens.
- Assisted **154 beneficiaries** engaged in income-generating activities
  - 34 urban vegetable producers
  - 16 peanut butter producer/jewellery
  - 19 hand painted bags/ rags
- Linked with Banco De Oro for financial literacy training, and with DTI, DOST for various capacity building activities
- Market linkages with CCP , ISM to promote product

### **Specific Objective 2: Health and nutrition promotion**

- Reached 138 children the PD/Hearth activities
- Produced IEC materials on breastfeeding and hand washing
- **150 barangay health workers** trained on community diagnosis and management of common childhood illnesses

### **Specific Objective 3: Advocacy to increase local readiness to address child hunger and malnutrition**

- Conducted regular **City Project Team (MPT)** and **Barangay Project Management Team meetings** and forward planning.
- Mobilized **savings campaign** among **34 beneficiaries** (Bayanihan women's Savings Group)
- Conducted National **PD/Hearth Forum** in July 2011
- Conducted National **Food Security Forum** in March 2012
- Drafting of the Paranaque Food Security Ordinance



## PHOTOS











