



Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
<sup>st</sup>NATIONAL NUTRITION COUNCIL REGION XII  
1 Door, 2nd Floor, Ong Building, Corner Aquino-Osmeña Streets, City of  
Koronadal, South Cotabato



## **Best Kitchen Garden in the Workplace Mechanics**

### **I. Background**

A kitchen garden is the garden you keep as close to your office back door as possible where you grow all your vegetables, herbs, and fruit that you will eat fresh all year. The idea of having it as close to your back door as possible is that you will walk by it often and be continuously harvesting from it. In this way, you are encouraged to eat freshly picked foods from your garden every breakfast, lunch, snack, and dinner each day.

Aside from eating fresh and organic foods from your kitchen garden, this also promotes physical activity. Benefits of growing your own kitchen garden include 1.) Vitamin D increases your calcium levels, which benefits your bones and immune system, 2.) Decreased dementia risk, 3.) Mood-boosting benefits, gardening fights stress even better than other hobbies, 4.) Enjoyable aerobic exercise

### **II. Objectives and Expected Outputs**

This activity aims to introduce, promote, and make available safe and healthy vegetable production at the workplaces as target participants for this year's contest. This initiative is also consistent to NNC's advocacy on food security and nutrition in line with the 49<sup>th</sup> Nutrition Month Celebration with the theme "Healthy Diet Gawing Affordable for All"

At the end of the contest, the participants should be able to,

- Dedicate efforts to gardening and understand the importance of having a garden in the workplace.
- Recognize the significance of food security, safe and affordable diets.
- Improve their ability for growing fresh and safe vegetables.

### **III. Mechanics and Criteria:**

1. The search for the Best Kitchen Garden in the workplace is open to all offices within Region 12. Interested offices must inform us through our telefax: 083-825-4557 or email us at [nationalnutritioncouncilxii@yahoo.com](mailto:nationalnutritioncouncilxii@yahoo.com) on or before July 14, 2023.
2. Interested participants must provide not more than 3 minutes of photo-video documentation featuring their Backyard Garden on/or before July 11, 2023.
3. An on-site evaluation shall be conducted for all the qualified entries from July 17-21, 2023

4. The entries with the highest average ratings will be declared winners. The winners will be notified by phone or email and shall be invited to join the Nutrition Month Culmination cum Regional Nutrition Awarding Ceremony on July 28, 2023.
5. NNC XII will post on its official facebook page (National Nutrition Council Region XII Official) the qualified gulayan entries. Likes accumulated for each entry will have a bearing on the total score and will only be valid if the likers were able to like the **NNC XII Official Facebook Page**. Final counting of likes will be on July 21, 2023 at 12:00 noon.

1. The criteria for judging are as follows:

	Percent Ratings
Most number of vegetable kinds	20%
Vegetables grown	20%
Garden Management	15%
Adoption of Different Technologies and Integrated Farming System	15%
Foliage Growth and Overall impact	15%
Record Management and Documentation	5%
Most number of heart/like reactions on NNC12 Facebook	10%
<b>TOTAL</b>	<b>100%</b>

Cash Prizes for	Amount (Php)
1 <sup>st</sup> place	
2 <sup>nd</sup> place	5,000
3 <sup>rd</sup> place	4,000
	3,000