



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



Best Household Backyard Garden Mechanics

I. Background

The COVID pandemic has sparked a huge resurgence of interest in gardening. During this difficult time, gardening helps people stay physically and mentally healthy while also providing a welcome respite from the stresses of the crisis. Gardening has long been regarded as a relaxing recreational activity with numerous personal benefits. Gardening can be a good family-inclusive activity to do during this time when many people are working at home and students are learning at home. Food security, as one of the Sustainable Development Goals, necessitates a nutritionally adequate and safe food supply at both the national and household levels, a reasonable supply of food throughout the year and in all years, and access to sufficient food by each household to meet the needs of all.

Home gardens have the potential to significantly improve household food security and alleviate micronutrient deficiencies. Gardening can improve food security in a variety of ways, the most important of which are:

- Direct access to a variety of nutritionally rich foods
- Increased purchasing power because of food bill savings and income from garden product sales and
- Back-up food supply during seasonal lean periods

II. Objectives and Expected Outputs

This activity aims to introduce, promote, and make available safe and healthy vegetable production at the household level as target participants for this year's contest. This initiative is also consistent to NNC's advocacy on food security and nutrition.

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 household
- Recognize the significance of food security
- Improve their ability for growing fresh and safe vegetables

III. Mechanics and Criteria:

1. The search for the Best Household Backyard Garden is in partnership and collaboration with Provincial and City Governments of Region XII.
2. The contest is open to all Household with well-established Backyard Gardens

3. Each Province and Cities shall facilitate submission of only “one” entry to vie for the “Best Gulayan sa Bakuran” on or before July 14, 2023.
4. Interested participants must provide not more than 3 minutes of photo-video documentation featuring their Backyard Garden on/or before July 14, 2023.
5. An on-site evaluation shall be conducted to the top 3 entries from July 19-21, 2023
6. 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.
7. 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.

8. 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 Systems	15%
Foliage Growth and Overall Impact	15%
Record Management and Documentation	5%
Most number of heart/like reactions on NNC12 Facebook	10%
TOTAL	100%

Cash Prizes	Amount (Php)
1 st place	5,000
2 nd place	4,000
3 rd place	3,000
2 Consolation prizes	1,000 each