



Complementary Feeding



Dietary Supplementation Program



BNS



Idol Ko si Tatay!



Katang Pamilya, SAMBA TALI...
Tugali Sharing, SAMBA ALI...
Tugali Ali, Ali sa COVID-19!

Virtual Nutri-Sharing "Experiensya Ko, eShare Ko!"

46TH NUTRITION MONTH
CULMINATING ACTIVITY

AUGUST 14, 2020
2:00 PM
NNC Region 6

Nutri-Sharing "Experiensya Ko, e-Share ko!" caps NM celebration

The celebration for Nutrition Month 2020 concluded with first ever online sharing of experiences by selected grassroots participants to the Early Childhood Care and Development First 1,000 days or the F-1K programs.

Regional Nutrition Program Coordinator Nona B. Tad-y said the NNC-6 conceptualized the online sharing to enable those in the ECCD-F1K frontline share about their experiences.

"Since we cannot gather in this time of Covid19, this e-sharing is the approach we chose to reach out to our nutrition partners and implementers in various towns, cities and provinces," Tad-y said.

The sharers talked about their activities, lessons and insights as they participated in Complementary Feeding, Dietary and Supplementation Program for Pregnant Women.

A father also shared how he played his role in support of the programs, how he cooperated as head of the family to enable his wife and children benefit from the ECCD-F1K.

Likewise, a Barangay Nutrition Scholar and Barangay Kagawad talked about her role and her advocacies in support of ECCD-F1K.

For mothers Desiree Santillan, 28, of Bgy. Zone 3, Cadiz City, and

Crystal Ellazar, 22, of Mabini, Cadiz City, the Complementary Program taught them what food to give to their babies at six months and up, how to prepare them and how to make the babies getting used to the food. Things they learned during "Idol Ko Si Nanay" sessions.

The daily feeding they received always included vegetables, and their week-end supply included rice, monggo and oil, for complete nutrients.

"These complementary feeding is important for our babies especially at this time of pandemic," Crsytal said in the local dialect.

So much has been taught to her by the Dietary Supplementation Program for Pregnant Women, according to Raiza Ranin Catalino, 32, of Parara Sur, Tigbauan, Iloilo.

Raiza said her daily participation in preparing food has made her learn on the importance of vegetables and fruits in the diet of her baby as well as hers as a breastfeeding mother.

I learned also how to properly breastfeed my baby, as this is important in ensuring flow of milk," she said appreciating the help of their Barangay Nutrition Scholar.

On the other hand, customarily, fathers play little or no role at all as far as nutrition activities are concerned. This is not so with Idol Ko si Tatay Rembert Luiz Maldecer, 32, tricycle driver from La Carlota City.

Rembert has been actively participating in rearing up his baby, as he would always accompany his wife for pre-natal checkups at their Barangay Health Center, support his wife's participation in feeding sessions and Mothers' classes.

As for himself, he works in the community garden to help sustain source of vegetables for the family.

Rembert said he realized that by being an active participant from conception and pregnancy, birth and in the Complementary Feeding and

more on page 3



Mary Vesie Tajanlangit · 45:18 Thank you for the encouragement ..kanami sang sharing.



Divine Bigcas · 41:12 Congratulations NNC 6 for doing this. This activity keeps us connected and updated on the program. Looking forward for more interactions like this one. Thanks NNC 6



Cecilia Erasmo Chavez · 48:49 Thank you NNC for sharing their experiences with us despite we are on difficult situation because of pandemic. Keep safe always.

TSEK (Tama, Sapat, at Eksklusibo): Benefits of breastfeeding

As the baby grows, so the mother's milk also increases. During the first 3-7 days since giving birth, the milk gradually increases with the feeding time.

The mother's milk is nutritious, safe and clean food for the infant. This changes based on the nutrients of the food the mother eats, so the mother who has just given birth and is breastfeeding, must eat nutritious food, especially fruits and green, leafy vegetables.

The mother's milk is a natural food for the infant. It has sufficient elements of proteins, fats and brain development supplement. About 88-90 per cent of the mother's milk



contain water so there is no need to give water to a breast-fed baby.

In the first six months of exclusive breastfeeding, there is continuous building of body resistance or antibodies which will protect the baby from diarrhea, pneumonia and measles.

Studies by experts reveal that breastfed babies have higher IQ or

intelligence compared to those who were fed with formula milk.

Moreover, children who were breastfed grow tall faster, gain weight and develop sharp minds.

Breastfeeding TSEK (Tama, Sapat, at Eksklusibo) aims to encourage mothers to breastfeed their babies starting at birth until six months.

"I-BIDA ang Pagpasuso..." It's still Mother's milk amid Covid19

August is National Breastfeeding Awareness Month which carries the theme "I-BIDA ang Pagpapasuso Tungo sa Wais at Malusog na Pamayanan." This is aligned with the BIDA Kontra COVID campaign of the Department of Health. The "BIDA" acronym, in terms of breastfeeding, stands for:

B - Bawal ang hindi naka-mask kapag nagpapasuso ang nanay. Mothers are required to wear face mask especially if they have risks of exposure to the virus and if they still do not know their status whether they are COVID positive or not.

I - I-sanitize ang mga kamay. Mothers should always wash their hands especially before and after breastfeeding and when having contact with their baby.

D - Dumistansya nang 1 metro sa ibang tao lalo na kapag nagpapasuso. Mothers should observe physical distancing to protect herself and her baby.

A - Alamin ang tama at totoong impormasyon tungkol sa breastfeeding. Mothers must be properly informed especially now that there is confusion and fear everywhere.

"I-BIDA ang Pagpapasuso..." is a call to promote and mainstream breastfeeding.

Breastfeeding reflects a "wais" household or community because breastmilk is readily available and free. It is also the optimal source of nutrients for infants, as well as the safest nourishment for them during this pandemic. An infant is food secure if he/she is breastfed.

Breastfeeding also contributes to a "Malusog na Pamayanan" because breast milk improves the immune



system of infants. Therefore, diseases such as diarrhea, pneumonia, and other infections can be prevented. If the health and nutrition of an infant are ensured thru breast milk as first food, he/she will grow into a healthy citizen in the future.

The World Health Organization said there is no evidence that COVID-19 can be transmitted thru breastmilk. Therefore, breastfeeding is still recommended to be continued even if the mother is COVID positive. A mother's breastmilk is still the best nourishment and immunity booster for her infant outweighing the dangers of transmission.

The infant should not be separated from the mother even if she is COVID positive unless the mother's condition is critical. In cases when the mother is placed in quarantine, health workers or a designated family member may help the lactating mother in expressing breastmilk and the breastmilk fed to the baby using a cup.

NNC VI gives medical and survivorship assistance to BNSs

Every year the National Nutrition Council VI gives medical and survivorship assistance to Barangay Nutrition Scholars as expression of its recognition of the significant role of the latter.

The BNS is entitled to medical assistance worth Php 5000 per year regardless of the times he/she was admitted. This assistance is intended for BNS who suffer from different ailments and is admitted to a public hospital. As per NNC guidelines, however, a BNS who gave birth is not covered by this assistance.

The concerned BNS has only within six months from the date of admission to submit the requirements to NNC RO.



Medical Assistance worth Php 5000 turned over to BNS Jocelyn Mian of Brgy. Naulid, Miag-ao, Iloilo.

Nutri-Sharing "Experiensya Ko, e-Share ko!" caps NM celebration ...from page1

Dietary Supplementation Program of the government through the ECCD-F1K, a balanced nutrition is assured for his child.

The grassroots implementation of the ECCD-F1K takes much of its momentum and relative success depends much on the Barangay Nutrition Scholar. For Joan Tamayo, BNS as well as a barangay kagawad, of Barangay Parara Sur, Tigbauan, Iloilo, seeing mothers learn and apply the knowledge they have acquired, are the desired behavioral changes she expected to see.

"Much more, hearing them share their experiences and activities with each other when they come together, i can see positive effects of the ECCD-F1K program," Joan said.

She added that stunting will always be a problem they will encounter but, at least, they have the strategies to addressed it.

In her response, Ma. Azucena Arroyo, Nutritionist Dietitian at the Department of Health-VI and member of the Regional Nutrition Technical Committee, said she was impressed with how the sharers undertake the activities, particularly how a father has become actively involved.

Ms. Arroyo called on the sharers to be nutrition champions and always try to share to other mothers and fathers their experiences with ECCD-F1K.

The following BNSs who received Medical Assistance this year Evelyn Cahilig of Bacolod City, Neg. Occ; Realonda Delmo of Dumangas, Iloilo; Adelfa Nice of Lambunao, Iloilo; Lilibeth Manga of Culasi, Antique; Jocelyn Mian of Miag-ao, Iloilo; and, Jocelyn Mataquel of Sibalom, Antique.



Survivorship Assistance worth Php 20,000 turned over to Ms. Julieta L. Estrella, beneficiary of late BNS Jean E. Cuyos of Brgy. Bagacay, San Dionisio, Iloilo.

The NNC also gives Php 20,000 to the family of a deceased BNS, regardless of the cause of death and the place of death. This assistance is claimed by the beneficiary of late BNS listed on the BNS Masterlist. The submission of requirements to NNC RO is only within 6 months from the date of death.

The beneficiaries of BNS who received Survivorship Assistance this year are Mr. Nelson Senido, husband of the late BNS Elsie Senido of Bacolod City, Neg. Occ, and Mr. Ramon Melocoton, husband of the late BNS Cely Melocoton of Duenas, Iloilo.

ECCD F1K Corner

FIRST

1000 DAYS




The National Nutrition Council (NNC) Region VI paved the way to conduct the monthly Early Childhood Care and Development-First 1000 Days (ECCD-F1K) Program virtually, via Google Meet last 25 August 2020. The half-day meeting was joined by the ECCD-F1K areas in Iloilo. LGUs include: Concepcion, Passi City, Pototan, and Tigbauan.

The meeting was presided by NPC Nona B. Tad-y. The newly designated ECCD-F1K Provincial Nutrition Coordinator (PNC) Heda V. Suing facilitated the meeting.



Let's Protect them at all Times!

P- PPAN 's Vision continues it's
A- Advocacy for
N- Nutrition as we prioritize
D- Dietary Supplementation Program on
E- ECCD F1K to Protect
M- Mothers
I- Infants &
C- Children amidst this **PANDEMIC!**



NUTRI MESSAGE

Greetings!

We are happy to share with you the second issue of our e-Nutri News. We think we have come to terms with online service and online meetings and interactions, such that our culminating activity for the 2020 Nutrition was an online sharing of experiences by our partners in the implementation of the Early Childhood Care and Development FIK in the grassroots.

We appreciate the mothers, the father, and the BNS, as well as Ms. Azucena Arroyo of the DOH, and our staff who managed and facilitated our “Experiensya Ko, e-Share Ko” online program. Perhaps, we can expect more like it, as we continue to battle the COVID19. Likewise, to those who joined us online, thank you for getting connected. We are grateful for your support.

Let us endeavor more to enthusiastically and strongly push for proper nutrition, and pursue of mandates formulated in our Regional Plan of Action for Nutrition 2019-2022 in the midst of this health and nutrition challenge posed by this pandemic, and win in a proactive way. Keep following us on facebook and other forms of social media platforms.

NONA B. TAD-Y
Regional Nutrition Program Coordinator

“DILG AT NUTRISYON SA PANAHON NG COVID-19”

Due to the pandemic, the DILG has issued advisories reminding LGUs of mandates from the Department of Health and National Nutrition Council on the importance of maintaining a healthy diet and nutrition during crisis which include:

- proper infant and child feeding practices
- exclusive breast-feeding of infants up to 6 months
- complementary feeding of children up to 2 years and beyond
- inclusion of nutritious foods in relief operations

LGUs are also urged to promote backyard gardening for additional source of food.

The DILG noted that the pandemic has seen some LGUs rise up to the challenge with their commendable nutritional and recovery measures amid the health crisis. To ensure the funding of nutrition programs, the Department of Budget and Management has issued a memorandum to guide LGUs on how to use their respective internal revenue allotment from the national government. The memorandum mandates the prioritization of nutritional action plans.

Source: Radyo Mo sa Nutrisyon



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