



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIAN SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
Nutrition Building, 2332 Chino Roces Avenue Extension
Taguig City, Philippines



28 April 2020

NUTRITION CLUSTER ADVISORY NO. 02, Series 2020

TO : **GOVERNORS, MAYORS, BARANGAY CHAIRPERSONS AS
CHAIRPERSON OF THE PROVINCIAL/CITY/MUNICIPAL/
BARANGAY NUTRITION COMMITTEES**

FROM : **AZUCENA M. DAYANGHIRANG, MD, MCH, CESE**
Executive Director, NNC and
Chair, National Nutrition Cluster

SUBJECT : **Nutrition Cluster Recommendations on Healthful and Nutritious
Family Food Packs and Sustainable Food Sources**

Further to Nutrition Cluster Advisory No. 1, S. 2020 on "Guidelines on LGU Nutrition Actions Relative to COVID-19", below are recommendations to all local government units and their partners, providing detailed guidance in the distribution of healthy and nutritious food packs during this state of public health emergency:

1. To diversify and enhance the nutrient content of family food packs, **LGUs are strongly encouraged to optimize the use of local fresh produce** of dark green and yellow vegetables, root crops, legumes/beans/seeds, fruits, poultry, egg, meat/fish or pasteurized fresh milk.
2. **Prioritize buying the fresh produce items directly from the small farmers, fisherfolks, and cooperatives** within or adjacent communities to protect and promote the local economy. They are not only cheaper and fresh but also more accessible because they do not require long period of transport.
3. Family food packs should contain **age- and culturally-appropriate, clean and diversified nutritious food items**. The food pack shall contain rice, legumes/beans, eggs or other protein source food, cooking oil, sugar, salt, coffee, canned food items and other processed food products preferably those which have been adequately fortified with vitamin A, iron or iodine. A list of FDA-approved fortified food items and bearing the *Sangkap Pinoy Seal* appears in **Annex 1**.
4. LGUs should consider that some recipients of the family food pack have young children, pregnant and lactating mothers as members. It is encouraged that through the Barangay Nutrition Scholars and Barangay Health Workers, these families are located so that they can be continuously monitored, provided low-cost, one dish-meal recipes and recipes utilizing relief goods. LGUs may also consider giving additional amount of food or specific food ingredients for preparing complementary food. Some of these recipes are found in **Annex 2**.

"Batang Pinoy SANA TALL... Iwas stunting, SAMA ALL!"

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5. Local dairy cooperatives registered with the NDA or PCC produce dairy products such as pasteurized fresh milk, milk bar, yogurt milk and cheese. If these cooperatives are accessible, LGUs may consider milk and milk products as a snack option for the LGU's health and nutrition workers or as an ingredient in cooked foods served to them. Buying pasteurized fresh milk from local dairy cooperatives help support and protect the small dairy farmers from economic depression. Pasteurized fresh cow's milk, however, should not be used for babies, as a substitute for breastmilk. Exclusive breastfeeding from birth up to 6 months is recommended, followed by appropriate complementary foods with continued breastfeeding for up to 2 years and beyond.
6. LGUs and partners are reminded that breastmilk substitutes that undermine breastfeeding such as infant formula, powdered milk, and other milk; feeding bottles, teats, and commercial baby food donations are NOT allowed and should NOT be included in the general distribution of emergency family food packs, in accordance to Executive Order 51 or the Milk Code and its Revised Implementing Rules and regulation (IRR), Republic Act 11148 and its IRR, and current DOH Guidelines. Observed violation/s along EO 51 should be reported through <https://mbfp.doh.gov.ph/reports>.
7. LGUs may also however include complementary foods approved by the Food and Drug Administration (FDA) and the National Nutrition Council. A list of commercially-prepared complementary food products appears in **Annex 3**.
8. Limit donations of foods high in fats, sugar and/or salt unless healthier food alternatives are not accessible. These foods are discouraged as they do not meet WHO and Philippine Food and Dietary Guidelines for a healthy diet and may further compromise the health status of people with pre-existing disease conditions.
9. Barangay Nutrition Scholars, Barangay Health Workers and frontline workers helping in the packing and distribution of food should practice food safety and sanitation procedures and try to reduce food wastage at all times. They should observe handwashing with water and soap before food handling; observe proper wearing of face mask and practice social distancing.
10. LGUs through the Barangay Nutrition Scholars and Barangay Health Workers should provide nutrition information to highlight the importance of consumption of healthy and nutritious foods in boosting the body's immunity amid this COVID-19 health emergency. Relevant nutrition information are available through the NNC's facebook fanpage <https://www.facebook.com/nncofficial/>.
11. LGUs are enjoined to promote the establishment of home gardens. Given the indefinite duration of the community quarantine, this strategy will allow households to produce own fresh and nutritious vegetables and help reduce family food expense. LGUs may distribute seeds, seedlings, through the assistance of the local city/municipal agriculture office. Choose planting materials for vegetables which are ready for harvest in 30 days (**Annex 4**).
12. The interagency Nutrition Cluster recommends a family food pack sufficient for 3 days or longer for a family of five (5) members depending on the availability of the LGU resources. This is to limit the number of times the workers will distribute the food, and to limit person-to-person contact.

13. The LGUs are strongly advised to follow the Guidelines in the Distribution of Relief Food Packs for Muslim Filipinos from the Bureau of Muslim Economic Affairs:
- a. Relief food packs and canned goods intended for distribution to Muslim communities and constituents MUST be Halal-compliant based on Halal standards:
 - ✓ no pork and no pork by-products;
 - ✓ no alcohol or intoxicant content;
 - ✓ no animal blood or najis (ritually impure things);
 - ✓ no hazardous ingredients;
 - ✓ in case fresh meat is part of packed relief goods, the meat shall have been slaughtered by a Muslim;
 - b. All processed food items – canned goods, biscuits, noodles, 3-in-1 coffee, beverages, energy drinks, food supplements, etc. – must be Halal-certified while bearing the logo/seal of the certifying body;
 - c. All permitted meat for consumption must be slaughtered in accordance with Islamic slaughtering procedure – beef (cow meat), mutton (older sheep meat), lamb (young lamb meat), venison (deer meat), goat (goat meat), and chicken; and
 - d. All others – vegetables, fruits, eggs, fish – are Halal in and of themselves.

For queries specific to nutrition during emergencies, the following contact may also be reached:

<u>Contact Persons</u>	<u>Contact Number and E-mail Address</u>
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Annex 1: List of Selected Sangkap Pinoy Seal Food Products for Family Food Packs

NO.	COMPANY	ADDRESS	PRODUCT/S	FORTIFICANT/S	CERTIFICATE CONTROL NO.
1	MONDE NISSIN CORPORATION	Brgy. Balibago, Sta. Rosa, Laguna	Lucky Me! Lite Chicken Flavor Instant Mami Noodles	Vit. A and Iron	SPSP-20140225-0002
2	MONDE NISSIN CORPORATION	Brgy. Balibago, Sta. Rosa, Laguna	Lucky Me! Instant Pancit Canton Original Flavor	Vit. A and Iron	SPSP-20140225-0003
3	MONDE NISSIN CORPORATION	Brgy. Balibago, Sta. Rosa, Laguna	Lucky Me! Instant Pancit Canton Kalamansi Flavor	Vit. A and Iron	SPSP-20140225-0004
4	MONDE NISSIN CORPORATION	Brgy. Balibago, Sta. Rosa, Laguna	Lucky Me! Instant Pancit Canton Original Flavor	Iron	SPSP-20140225-0003
5	MONDE NISSIN CORPORATION	Brgy. Balibago, Sta. Rosa, Laguna	Lucky Me! Lite Chicken Flavor Instant Mami Noodles	Vit. A	SPSP-20140225-0002
6	RAM FOOD PRODUCTS, INC.	Pulo, Cabuyao, Laguna	RAM Premium Cooking Oil	Vit. A Palmitate	SPSP-20150202-0001
7	MONDE NISSIN CORPORATION	Brgy. Balibago, Sta. Rosa, Laguna	Lucky Me! Lite Beef na Beef Flavor Instant Mami Noodles	Iron	SPSP-20151019-0023
8	JNJ OIL INDUSTRIES, INC.	Bo. Isabang, Lucena City	Miyami Fry Premium Coconut Cooking Oil	Vitamin A Palmitate	SPSP-20160129-0001
9	MAGNOLIA, INC.	Barrio De Fuego, Governor's Drive, Brgy. San Francisco, General Trias Cavite	Star Margarine Caramel	Vit. A and Iodine	SPSP-20161024-0003
10	TOTAL SEA GRADE MARKETING CORPORATION (Doing business under the name & style of MATUTUM OIL MILL AND REFINERY)	Silway 7, Polomolok, South Cotabato	Polo Primero Coconut Cooking Oil	Vitamin A Palmitate	SPSP-20170206-0001
11	PAG-ASA MULTI-PURPOSE DEVELOPMENT COOPERATIVE	Labangan, San Jose, Occidental Mindoro	Iodized Salt	Potassium Iodate	SPSP-20191011-0008



NUTRELIEF

GAWING NUTRITIOUS ANG ULAM MULA SA RELIEF GOODS





MGA SANGKAP

- 1 latang *corned beef* (150g)
- ¼ kg kalabasa, hiniwa
- 1 ½ tasang dahon ng malunggay
- 1 ¼ tasang mais na puti, ginadgad
- 1 pakete ng *tomato sauce* (115 g)
- 2 kutsarang sibuyas, hiniwa
- 1 kutsarang bawang, dinikdik
- 2 kutsarang mantika
- 1 tasang tubig
- asin at paminta, ayon sa panlasa

PARAAN NG PAGLULUTO

1. Igisa ang bawang, sibuyas at *corned beef* nang 3 minuto.
2. Ilagay ang *tomato sauce*, tubig, kalabasa at mais.
3. Lagyan ng asin at paminta ayon sa panlasa.
4. Pakuluin sa loob ng 10 minuto.
5. Ilagay ang dahon ng malunggay. Lutuin ng 2 pang minuto.



3/4 TASA
BAWAT KATAO



SAPAT PARA SA
5 KATAO

CORNEED VEGETABLE MEDLEY



Ang lutuin na ito ay mayaman sa bitamina A na nagbibigay proteksyon laban sa mga impeksyon.



Iwasan ang araw-araw na pagkain ng mga *processed foods* tulad ng de lata at *instant noodles*. Maaari itong maging sanhi ng altapresyon.





MGA SANGKAP

- 1 latang sardinas (155 g), walang sarsa
- 1 ½ kalabasa, ginadgad at piniga
- ½ tasang dahon ng binahian (japanese malunggay), o kahit anong madahong gulay
- 2 pirasong itlog
- ½ tasang harina
- 1 pirasong dahon ng sibuyas, tinadtad
- 2 pirasong bawang, dinikdik
- 2 kutsaritang luya, ginadgad
- ½ litrong mantika
- asin at paminta, ayon sa panlasa

PARAAN NG PAGLULUTO

1. Paghaluin lahat ng sangkap maliban sa mantika. Haluing mabuti upang siguraduhing pantay ang lasa at walang buo-buo.
2. Ihulma na parang *nuggets* o maliliit na *burger patty*.
3. Magpa-init ng mantika sa kawali.
4. I-prito sa mahinang apoy hanggang maging *golden brown*.
5. Ihain kasama ng *ketchup* o sukang may sibuyas at bawang.

KJMS NUGGETS (KALABASA-JAPANESE MALUNGAY-SARDINES)



Ang lutuin na ito ay mayaman sa bitamina A na nagpapalakas ng resistensya laban sa sakit. May taglay rin itong calcium na nagpapanatili ng normal na pagpintig ng puso.





MGA SANGKAP

- 2/3 tasang tokwa
- 3/4 tasang toge
- 1/4 tasang dahoon ng kinchay
- 1/4 tasang puso ng saging, hiniwa
- 2 kutsarang sibuyas, hiniwa
- 1 kutsarang bawang, tinadtad ng pino
- 1 1/4 tasang mantika (para sa pagprito at paggisa)
- 1 tasang tubig
- 2 kutsarang toyo
- 1/2 kutsarang asukal na puti
- 1/2 kutsaritang asin, *iodized*

PARAAN NG PAGLULUTO

1. Painitin ang mantika sa isang kawali, i-prito ang tokwa hanggang maging *golden brown*. Isantabi pansamantala.
2. Sa isa pang kawali, painitan ang mantika, igisa ang bawang, sibuyas at toge.
3. Ihalo ang tokwa at timplahan ng toyo at asukal. Lutuin ng 5 minuto sa katamtamang apoy.
4. Ilahok ang kinchay at puso ng saging. Pakuluin ng karagdagang 3 minuto.



1/2 TASA
BAWAT KATAO



SAPAT PARA SA
5 KATAO

GINISANG TOGE



Para sa buntis (19-29 taong gulang),
ang recipe na ito ay mayamang
mapagkukunan ng bitamina C.





MGA SANGKAP

Veggie Tuna

2/3	tasang <i>tuna chunks in oil</i> , natanggalan ng mantika	1	kutsarang dahon ng kinchay, tadtad ng pino
1/2	tasang kalabasa, hiniwa ng maninipis	1	pirasong itlog ng manok, binati
1/2	tasang dahon ng kangkong, tadtad ng pino	6	na kutsarang harina (o <i>All-purpose enriched flour</i>)
1/4	tasang buto ng patani, pinirito	1 1/2	kutsarang sibuyas, hiniwa ng maninipis
6	kutsarang tokwa, hiniwa ng maninipis	1	tasang mantika (para sa pagpiprito)
3	kutsarang alugbati	1/2	tasang tubig
3	kutsarang karot, hiniwa ng maninipis	1/2	kutsaritang asin, <i>iodized</i>

Sarsa

1/3	tasang suka
1/2	kutsarang bawang, tadtad ng pino

PARAAN NG PAGLULUTO

Para sa Veggie Tuna

1. I-prito ang tokwa hanggang maging *golden brown*. Itabi pansamantala.
2. Paghaluin ang binati na itlog, harina, at tubig hanggang maging *batter*. Timplahan ng asin at isantabi.
3. Pagsamahin lahat ng gulay, tokwa, tuna at patani. Ilagay ito sa *batter*. Haluing mabuti.
4. Hulmahin na parang *patty* at i-prito ng lubog sa mantika hanggang maging *golden brown*. Ihain kasama ng sarsa.

Para sa sarsa

1. Paghaluin ang suka at bawang.
2. Lutuin sa mahinang apoy hanggang maging malapot.



3/4 TASA
BAWAT KATAO



SAPAT PARA SA
5 KATAO

FRIED VEGGIE TUNA



Mayamang mapagkukunan ng protina at bitamina C para sa buntis (19-29 y/o). Mabuting *source* din ito ng bitamina A.



Ang 1 *serving* ng recipe na ito ay may 421 mg ng *sodium*. Hindi dapat hihigit sa 1,500mg ng *sodium* kada araw ang ating makakain.

Source: American Heart Association





MGA SANGKAP

- 1 latang *meatloaf*, kinuwadrado
- 1 pakete *spaghetti pasta*
- 1/2 tasa ng kulitis (o anumang madahong gulay)
- 1 pirasong karot o kamote, hiniwa ng kuwadrado
- 1 maliit na siling lara, hiniwa ng kuwadrado
- 1 lata ng *evaporated milk*
- 1 maliit na sibuyas, dinikdik
- 3 pirasong bawang, dinikdik
- 1 kutsara ng mantikilya
- 6 tasang tubig mula sa pinagpakuluang manok asin, paminta at patis, ayon sa panlasa

PARAAN NG PAGLULUTO

1. Igisa ang bawang, sibuyas, at *meatloaf*.
2. Isalin ang pinagpakuluan ng manok at pakuluan ang *spaghetti pasta*, hayaang kumulo ng 3 minuto.
3. Idagdag ang *evaporated milk*.
4. Isama ang siling lara at karot/kamote. Pakuluan hanggang maluto.
5. Ilahok ang madahong gulay.
6. Timplahan ng mantikilya, paminta, at asin.



1 1/2 TASA
BAWAT KATAO



SAPAT PARA SA
5 KATAO

SPAGHETTI SOPAS WITH MEATLOAF & KULITIS



Ang kulitis ay mayaman sa bitamina C at iron para sa matibay na resistensya laban sa sakit. Mayaman rin ito sa *lutein* — bitaminang nagbibigay proteksyon sa mata laban sa *blue light* mula sa mga *gadget*. Source: wholegrainscouncil.org



Mainam na hindi lalampas sa isang beses kada araw ang paggamit ng mga de lata. Ang mga ito ay mataas sa *sodium* na maaaring makapagpataas ng presyon ng dugo.





MGA SANGKAP

- 2/3 tasang *tuna*, tinanggal ang mantika
- 1/4 tasang dilis
- 1 1/4 tasa gata (unang katas)
- 3 kutsarang puso ng saging
- 3 kutsarang malunggay
- 2 kutsarang kalabasa, kinuwadrado
- 3 kutsarang sibuyas, hiniwa
- 2 kutsarang bawang, dinikdik
- 5 kutsarang mantika (para sa pagprito at paggisa)
- 1 1/2 kutsarang luya, tinadtad
- 1/2 tasang tubig
- 1/2 kutsaritang asin, *iodized*

PARAAN NG PAGLULUTO

1. Painitin ang mantika at iprito ang dilis. Isantabi.
2. Sa ibang lutuan, igisa ang bawang, sibuyas, at luya.
3. Isama ang *tuna*, kalabasa, dilis, gata at tubig. Hayaang kumulo.
4. Isama ang puso ng saging at lutuin ng 4 minuto.
5. Magdagdag ng dahon ng malunggay.
6. Lagyan ng asin bilang pampalasa.



1/2 TASA
BAWAT KATAO



SAPAT PARA SA
5 KATAO

GINATAANG TUNA



Mayamang mapagkukunan ng protina at bitamina C para sa buntis (19-29 y/o). Mabuting *source* din ito ng Bitamina A.



Ang 1 *serving* ng recipe na ito ay may 376.6 mg ng *sodium*. hindi dapat hihigit sa 1,500mg ng *sodium* kada araw ang ating makakain.

Source: American Heart Association



Source: IIRR Iron-Rich Recipes



MGA SANGKAP

- 1 lata ng *corned beef* (150 g)
- 5 tasang dahon ng gabi, pinatuyo
- 4 tasang kakang gata (unang piga)
- 1 tasang pangalawang piga ng niyog
- 3 pirasong siling labuyo, hinati sa tatlo
- 1/3 tasang sibuyas, hiniwa
- 2 kutsaritang bawang, tinadtad
- 1 kutsarang mantika
- asin, ayon sa panlasa

PARAAN NG PAGLULUTO

1. Painitin ang mantika sa isang kaldero at igisa ang sibuyas, bawang at *corned beef*.
2. Ilagay ang pangalawang piga ng niyog at kakang gata. Lutuin sa katamtaman o mababang apoy hanggang kumulo.
3. Kapag kumukulo na, ilagay ang dahon ng gabi at takpan ang kaldero.
4. Nang hindi hinahalo, hayaang kumulo hanggang 10 minuto.
5. Ilagay ang sili. Lagyan ng asin kung kulang pa sa alat.
6. Pakuluin sa mahinang apoy hanggang lumapot o maiga ang gata.



3/4 TASA
BAWAT KATAO



SAPAT PARA SA
5 KATAO

CORNERD BEEF LAING



Ang dahon ng gabi ay napakataas sa bitamina A at C, may taglay rin itong *zinc*. Mahalaga ang 3 sustansyang ito upang palakasin ang resistensya laban sa impeksyon.



Mainam na hindi lalampas sa isang beses kada araw ang pag-gamit ng mga de lata. Ang mga ito ay mataas sa *sodium* na maaaring makapagpataas ng presyon ng dugo.



ANNEX 3: LIST OF COMPLEMENTARY FOOD PRODUCTION FACILITIES NATIONWIDE

ANNEX 3: LIST OF COMPLEMENTARY FOOD PRODUCTION FACILITIES NATIONWIDE					
REGION	NAME OF ESTABLISHMENT and ADDRESS	PRODUCTS	BRANDING	CONTACT PERSON	DOST OFFICE
NCR	ARETEI FOODS CORPORATION 4 Gumamela Street Sampaguita Village, Malanday, Marikina City	RM Curls		Atty. MARC-FABIAN B. CASTRODES Mobile No.: +63 999 881 375 E-mail: originalcookiesticks@gmail.com	Dir. JOSE B. PATILJUG III Regional Director DOST-NCR Office, DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City Tel/Fax No.: (02) 837 3162 E-mail: ncr@dost.gov.ph / ncrdost@gmail.com
	SEAMAXX Enterprises 47 Dragon Street, Midtown Subdivision, San Roque, Marikina City	RMS		Ms. Doris A. Anacan Mobile No.: +63 927 799 8138	
	LGU-Valenzuela City Hall MacArthur Highway, Karuhatan, Valenzuela	RM RM Curls		Hon. Rexlon T. Gatchalian c/o DOST-NCR	
CAR	ASC Complementary Food Processing Facility Payanan, San Gregorio, Luna, Apayao	RMS RM RM Curls	BIGBA	Dr. NELIA Z. CAUILAN President, Apayao State College Mobile No.: +63 927 794 4511 E-mail: nel_cauilan08@yahoo.com Ms. LEILANI PARUGRUG Apayao State College Projet Leader	Dr. NANCY A. BANTOG Regional Director, DOST-CAR Km. 6 La Trinidad, Benguet 2601 Tel No.: (074) 422 0981 / 422 0979 Fax No.: (074) 422 2214 E-mail: nabantog@yahoo.com / dost- car@dost.gov.ph Engr. DEBBIE GLYNN V. MANANGKIL Provincial S&T Director, Apayao San Isidro Sur, Luna, Apayao Mobile No.: +63 927 855 2087 E-mail: debbie_vm@yahoo.com

I	Nutridense Food Manufacturing Corporation Malanay, Sta. Barbara, Pangasinan	RM RM Curls	RIMO	Mr. RACKY D. DOCTOR Owner/Proprietor Mobile No.: +63 916 641 8611 Tel. No.: (075) 518 3571 E-mail: nutridensefmc@yahoo.com.ph	Dr. ARMANDO Q. GANAL Regional Director, DOST-I DMMMSU-MLU Campus, Catbangan, San Fernando City, La Union Tel/Fax No.: (072) 888 3399 E-mail: dostregion1@gmail.com / od_namra@yahoo.com Ms. FELICIDAD M. GAN Provincial S&T Director, Pangasinan Alvear East Street, Lingayen, Pangasinan Fax. No.: (075) 529 1764
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III	Complementary Food Production Facility of LGU-Guiguinto Rosary Ville Subdivision Phase II, Brgy. Sta. Cruz, Guiguinto, Bulacan	RMSB RM Crunchies	SoooGud	Ms. JOSEFINA JOAQUIN Project Leader, MNAO LGU-Guiguinto, Bulacan Mobile No.: +63 933 560 6450 E-mail: joaquin.josie@yahoo.com	Dr. JULIUS CAESAR V. SICAT Regional Director, DOST-III Diosdado Macapagal Government Center, Maimpis, City of San Fernando, Pampanga Ms. ANGELITA Q. PARUNGAO Provincial S&T Director, Bulacan 2F Athlete's Bldg., BulSU Main Campus, McArthur Highway, City of Malolos, Bulacan Mobile No.: +63 932 855 7762 E-mail: dost.bulacan@yahoo.com.ph
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NCR	Philippine Nutri-Foods Corporation Rm. 605, Alpap II Bldg. Investment Drive cor. Trade St. Madrigal Business Park, Ayala Alabang, Philippines 1780	Nutri-Love Instant Dry Cereal - Squash Malunggay	632-8074982, 632-8463331, 632-9251876, 632-9251887; sales@ncp.org.ph		DR. INA CASTRO, Executive Director
		Nutri-Love Instant Dry Cereal - Banana and Oats			
		Nutri-Foods Fortified Rice Porridge - Champorado			
		Nutri-Foods Fortified Rice Porridge - Chicken			
		Nutri-Foods Fortified Rice Porridge - Beef			
		Nutri-Foods Fortified Pasta - Cheese			
		Nutri-Foods Fortfied Pasta - Tomato			
		Nutri-Foods Fortified Macaroni Soup - Beef			
		Nutri-Foods Fortified Macaroni Soup - Chicken			
		Nutri-Foods Fortified Instant Oats - Sweetcorn			
		Nutri-Foods Fortified Instant Oats - Chocolate			
		Nutri-Foods Fortified Wafers - Buco Pandan			
		Nutri-Foods Fortfied Wafers - Strawberry			
		Nutri-Foods Fortfied Wafers - Chocolate			
		Nutri-Foods Fortfied Wafers - Banana			
		Nutri-Foods Micronutrient Powder			
		Vita Mix Micronutrient Powder			
		Vita Meena 6-59 months Micronutrient Powder			
Enov'Mum Lipid-Based Nutrient Supplement					
Enov'Nutributter Lipid-Based Nutrient Supplement					

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Annex 4: **MGA
KATUTUBONG GULAY,
TANGKILIKIN!**



**NAGBIBIGAY NG LAKAS AT SIGLA
SA KATAWAN. MAYAMAN SA
ENERHIYA AT HIBLA.**



Kamote



Gabi



Ube



Uraro



Kamoteng Kahoy



Tugi



Patani



Bataw



Sigarilyas



Tapilan



Kadyos



Paayap



**TUMUTULONG SA TAMANG
PAGLAKI AT PAGTANGKAD.
MAYAMAN SA PROTINA
AT CALCIUM.**



**NAGPAPATIBAY NG KATAWAN
LABAN SA IMPEKSIYON.
MAYAMAN SA ENERHIYA,
HIBLA, BITAMINA, AT MINERAL.**



Talinum



Kulitis



Talong (Araw-araw)



Alugbati



Malunggay



Kundol

PAGTATANIM SA BAHAY AY PAUNLARIN

MGA DAPAT ISAALANG-ALANG SA PAGTATANIM SA SISIDLAN



MALINIS AT SAPAT ANG DAMI NG LUPA



SIGURADUHING SAPAT ANG LAKI NG LALAGYAN PARA SA NAPILING HALAMAN



DILIGAN ANG TANIM 1-2 BESES SA ISANG ARAW



LAGYAN NG BUTAS ANG ILALIM NG LALAGYAN



ILAGAY SA NASISIKATAN NG ARAW (6-8 ORAS)



LAGYAN NG PATABA GAYA NG KAKAWATE O KOMPOS PARA MAIBIGAY ANG KINAKAILANGANG SUSTANSYA NG LUMALAKING HALAMAN

TIPS!

❖ Kapag papalitan na ang halamang itanim, siguraduhin na ibilad ang lupa at dagdagan ng pataba upang maging malusog ang susunod na itanim.

❖ Maaari ding magtanim ng 2-3 klase ng halaman sa iisang sisidlan upang ma-*maximize* ang tanim.

❖ Sa pagpapalit-palit ng tanim, sundan ang *pattern* na LLFR.
Leafy (madahon) ⇒
Legumes (butong gulay) ⇒
Fruit-bearing (bungang gulay) ⇒
Root crop lamang-ugat

MGA GULAY NA MAAARING ANIHIN SA LOOB NG 30 ARAW



ALUGBATI



KANGKONG



TALINUM



MUSTASA



ONION LEEKS



PETSAI



TALBOS NG KAMOTE



LETSUGAS



KULITIS