



Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
PAMBANSANG SANGGUNIAN SA NUTRISYON  
REGIONAL NUTRITION CLUSTER  
Cordillera Administrative Region



## ADVISORY

FOR : **ALL PROVINCIAL/MUNICIPAL LOCAL GOVERNMENT UNITS, BARANGAYS CAPTAINS, PROVINCIAL/CITY/MUNICIPAL NUTRITION ACTION OFFICERS, BARANGAY NUTRITION SCHOLARS AND OTHER NUTRITION STAKEHOLDERS INVOLVED IN THE MANAGEMENT AND DISTRIBUTION OF NUTRITION COMMODITIES**

FROM:   
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SUBJECT: **EXTENDED DISTRIBUTION AND UTILIZATION OF READY-TO-USE SUPPLEMENTARY FOOD (RUSF), READY-TO-USE THERAPEUTIC FOOD (RUTF) AND CALCIUM SUPPLEMENTS**

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We acknowledge with thanks those groups/individuals who on their own initiative way made the nutrition commodities available to some LGUs. We also appreciate the enthusiasm, innovations or strategies of the LGU in accelerating the distribution of said commodities.

However, it has come to our attention that there are nutrition commodities namely Ready-to-use supplementary food (RUSF), Ready-to-use therapeutic Food (RUTF), and Calcium Carbonate Supplements with some commodities very near expiry made available to some LGUs through non-DOH channels made as part of the COVID-19 pandemic response.

We would like to inform our stakeholders that the RUSF and RUTF are energy and nutrient dense pastes containing 510-560 kcal per 100 grams or per pack for the management of moderate acute malnutrition (MAM) and severe acute malnutrition (SAM) among 0-59 months children, respectively. These are not regular vitamins and minerals that could be given to anybody during normal times.

In cases where supply is abundant, the LGUs can extend the use of the RUSF, RUTF and Calcium as follows:

**A. Guidelines on the Extended use of Ready-To-Use Supplementary Food for Children**

1. Priority targets for provision of RUSF are under-five children with moderate acute malnutrition



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2. If there are still sufficient supplies, its use may be extended to the following groups:
  - a) Older children (6-18) years old with moderate acute malnutrition
  - b) Under-five children who are underweight based on OPT Plus Results
  - c) Older children (6-18) who are underweight or wasted based on DepEd growth monitoring.
3. RUSF may be given at one (1) sachet per day for at least 90 days

**B. Guidelines on the Extended Use of Ready-To-Use Therapeutic Food**

1. Priority targets for provision of RUTF are under-five children with severe acute malnutrition.
2. If there are still sufficient supplies, its use may be extended to the following target groups:
  - a. Older children (6-18) years old with severe acute malnutrition
  - b. Elderly with severe or moderate acute malnutrition (chronic energy deficient)
  - c. **DO NOT GIVE TO PREGNANT WOMEN**
3. RUTF may be given at one (1) sachet per day for at least 90 days

**C. Guidelines on the use of Calcium Carbonate**

1. The calcium carbonate (500 mg elemental calcium) is intended for all pregnant women particularly those at higher risk of gestational hypertension. These are taken three times a day preferable during mealtime from 20 week's gestation (5th month) until the end of pregnancy.
2. If there are still sufficient supplies, its use may be extended to the following target groups with one tablet per day with increased (at least 2 liters/day) water intake:
  - a. Lactating Women
  - b. Elderly

We strongly recommend that the health workers / Nutrition Action Officers / Nutrition Program Coordinators be consulted prior to the distribution of the commodities.

Attached are the guidelines on the distribution and utilization of various micronutrient supplements and ready-to-use supplementary and therapeutic foods.

For guidance and information.