



## **AIC Philippines - Nutritional Program for Children – Health**

### ***A proper diet makes children alert, active and enthusiastic***

The AIC Philippines National Nutritional Program began in 2014. It has developed from occasional food distribution on specific days to a national program operating regularly in an increasing number of AIC groups. The volunteers work to provide a better life to 500 or more children. They realized that a regular well-organized program was the best way to bring about a real improvement their health.

### **Context**

In the Philippines, the poverty situation is very serious, as there is great unevenness in the distribution of wealth.

The Macapagal and Aquino administration implemented the “4 Ps Program” (*PANGTAWID PARA SA PAMILIANG PILIPINO*), whereby a family is given 500 PHP (Pesos Filipinos) per family and/or 300 PHP per child per month on the condition that the parents send them to school.

The local AIC groups, with the help of the public elementary school teachers, seek to find children enrolled at school and in need of support who are not included in the “4 Ps” program.



## Project Theme and Activities

“A proper diet makes children alert, active and enthusiastic”. The local groups, on the basis of the funds available, determine the number of children to be provided with food and how often this takes place. Example: Providing a free lunch 3 times a week for 3 months. Once the children participating have been chosen, the following activities are carried out:

- Taking the names, height and weight of the children. There is a physical examination by a health officer which is properly recorded.
- The parents of the participating children are informed of the project and give their written consent.
- Provision of a deworming treatment.
- Healthy and balanced meals are provided on specific days and times.
- Teaching children about proper hand-washing, prayers before/after meals, proper use of spoon and fork and being polite (learning to say: Good morning - May I? – I’m sorry - Thank you).

## Key Figures

- In 2014, out of 80 local groups, 15 implemented the program.
- In 2015, out of 80 local groups, 27 implemented the program.

## Future Prospects and/or Impact

Change does not start instantly. It is hoped that in due time, the program will be operational in all local groups. Currently a lack of funds hinders some from implementing it.

