

	Reference No.: BatStateU-FO-ESO-09	Effectivity Date: August 25, 2023	Revision No.: 00								
GAD PROPOSAL (INTERNAL PROGRAM/PROJECT/ACTIVITY)											
<div><input type="checkbox"/> Program</div> <div><input type="checkbox"/> Project</div> <div><input checked="" type="checkbox"/> Activity</div>											
<div><div>I.</div><div>Title: "From Junk to Joy: Nourishing Bodies and Minds"</div></div> <div><div>II.</div><div>Date and Venue: BatStateU TNEU Lipa July 24, 2024</div></div> <div><div>III.</div><div>Mode of delivery (online/face-to-face): Face-to-face</div></div> <div><div>IV.</div><div>Project Team:  Project Leaders: Ms. Richelle M. Sulit – GAD Head Secretariat Responsibilities: <div><div>1.</div><div>Spearhead the activity</div></div><div><div>2.</div><div>Identify the overall goal, outcome, and objectives</div></div><div><div>3.</div><div>Monitor the flow of the activity</div></div><div><div>4.</div><div>Conceptualize and prepare project/activity proposal</div></div> Asst. Project Leaders: Dr. Yolanda L. Pasia – Faculty, BA Comm  Responsibilities: <div><div>1.</div><div>Assist the project leader in the planning, implementation, monitoring, and evaluation of the project</div></div><div><div>2.</div><div>Delegate work to the project coordinators and staff</div></div><div><div>3.</div><div>Assist in coordination with the cooperating agency</div></div><div><div>4.</div><div>Conceptualize content and information of infographic materials</div></div> Project Staff: Mr. Karl Joseph Anterola - Admin Aide VI (SDO/GAD-Lipa) Ms. Maria Micaela Santiago– CFW (SDO/GAD-Lipa) Ms. Ynnah Daniella Loria - CFW (SDO GAD - Lipa)  Responsibilities: <div><div>1.</div><div>Act as a technical team in the social media campaign</div></div><div><div>2.</div><div>Coordinate with the rest of the project management team</div></div><div><div>3.</div><div>Assist in communication with the cooperating agencies</div></div><div><div>4.</div><div>Assist in the organization of the beneficiaries</div></div><div><div>5.</div><div>Assist in the preparation and implementation of the activity</div></div><div><div>6.</div><div>Prepare infographic materials</div></div><div><div>7.</div><div>Prepare required reports/documentation</div></div><div><div>8.</div><div>Assist in the monitoring and evaluation of the activity</div></div></div></div> <div><div>V.</div><div>Partner Office/College/Department: SDO Lipa, CICS, Department of Agriculture - Lipa</div></div> <div><div>VI.</div><div>Type of Participants: Children from the families in Cuenca <table><tr><td></td><td>Total</td></tr><tr><td>Male</td><td>50</td></tr><tr><td>Female</td><td>50</td></tr><tr><td>Total</td><td>100</td></tr></table></div></div> <div><div>VII.</div><div>Rationale/Background: <p>In commemoration of Nutrition Month, the office introduces a swapping program that has the goal of eliminating the unhealthy eating habits of the students, faculty, and employees. Through this swapping program in cooperation with student organization of the College of Informatics and Computing Sciences, the objective is to swap the snacks brought by the students, faculty members, and employees for vegetables that they can eat to encourage them to eat healthier.</p><p>Eating processed foods, fast foods, and junk foods are very common to students and even to the faculty members as they often order food online for ease and convenience. Lack of proper eating habits leads to diseases, for instance; obesity, diabetes, and heart-related problems. This swapping program should be able to help solve unhealthy eating practices through offering healthy meals. By implementing</p></div></div>					Total	Male	50	Female	50	Total	100
	Total										
Male	50										
Female	50										
Total	100										

this program, the office has a vision to make the university more healthy and contribute to the appropriate care of its members, including the students.

**VIII. Objectives:**

To reduce the unhealthy eating habits of the students, faculty, and employees and promote eating healthy in the university.

**Specific Objectives:**

The specific objectives of this project include:

- To encourage the students, faculty, and employees to swap their snacks for vegetables.
- To engage the university in practicing eating healthier.
- To eliminate the unhealthy eating habits of the students, faculty members, and employees.
- To establish a university that prioritizes the health and nutrition of students, faculty members, and employees.

**IX. Description, Strategies, and Methods (Activities / Schedule):**

This activity is an innovative action that promotes healthy eating habits, while highlighting the importance of gender equality and development. Participants will exchange their unhealthy snacks for fresh fruits and vegetables, learning about the benefits of nutritious eating and its impact on their overall well-being.

**Strategies:**

- *Raise awareness:* Educate participants about the importance of healthy eating, particularly in relation to gender-specific health issues.
- *Promote empowerment:* Encourage participants to take control of their nutrition and health, making informed choices that benefit their bodies and minds.
- *Foster community:* Create a supportive environment where participants can share their experiences and learn from one another.

**Methods (Activities / Schedule):**

*Activity 1: Snack Exchange*

- Set up a snack exchange station with a variety of fresh fruits and vegetables.
- Participants bring in their unhealthy snacks and exchange them for a fresh, healthy alternative.
- Provide educational materials and handouts highlighting the benefits of healthy eating.

*Activity 2: Gender and Development*

- Display posters and infographics highlighting the importance of gender equality and development in relation to health and nutrition.
- Provide information on how gender-specific health issues, such as anemia and osteoporosis, can be prevented or managed through healthy eating.

*Activity 3: Interactive Displays*

- Set up interactive displays showcasing the benefits of fruits and vegetables including:
  - A "Fruit and Vegetable of the Month" display, highlighting a specific fruit or vegetable and its health benefits.
  - A "Nutrition and Gender" display, showcasing how healthy eating can impact gender-specific health issues.
  - A "Healthy Plate" display, demonstrating how to create a balanced meal with fruits, vegetables, whole grains, and lean proteins.

*Activity 4: Photo Booth*

- Set up a photo booth with props and signs promoting healthy eating and gender equality.
- Encourage participants to take photos with their new healthy snacks and share them on social media using a branded hashtag.

**Materials Needed:**

- Fresh fruits and vegetables
- Unhealthy snacks for exchange
- Educational materials and handouts
- Posters and infographics on gender and development
- Interactive display materials (e.g. fruit and vegetable displays, nutrition information)
- Photo booth props and signs

This activity aims to promote healthy eating habits among women and girls, while highlighting the importance of gender equality and development. By providing a fun and interactive experience, participants will be encouraged to make positive changes in their lives and share their experiences with others.

**X. Work Plan (Timeline of Activities/Gantt Chart):**

Activities	17 (July)	18-22 (July)	24 (July)	29 (July)
Preparation of Proposal				
Preparation of Materials				
Implementation of Activity				
Submission of Activity Report				

**XI. Financial Requirements and Source of Funds:**

The total cost of the implementation of activity will be shoulder from CICS Student Organizations. (JPCS-Lipa & TechIS)

**XII. Monitoring and Evaluation Mechanics / Plan:**

Objectives	Performanc e Indicators	Baseline Data	Performanc e Target	Data Source	Collection Method	Frequency of Data Collection	Office/Perso ns Responsible
<i>Impact</i> Gender issues of stakeholders addressed	Percentage of stakeholders satisfied with PPAs conducted	99.96% (based on 2022 Accomplishment Report)	At least 96% of the beneficiaries rated the PPAs satisfactory or higher in terms of quality and relevance	Conso lidated Annua l GAD Acco mplish ment Report  PPA Evalua tion Report s  Quarte rly Physic al Report of Operat ions	Submissio n and review of GAD AR  Submissio n and review of Evaluatio n Reports	Annual  Quarterly	GAD Lipa
<i>Outcome</i> Gender perspective mainstreamed in University PPAs	Percentage of PPAs in GPB implemented  Percentage utilization of GAD budget	TBD  Less than 5%	At least 90% of PPAs in GPB implemented  At least 5%	GAD Quarte rly Report	Review of reports Monitorin g meeting	Quarterly	GAD Lipa

**XIII. Sustainability Plan:**

To ensure the long-term success and sustainability of the activity, the following strategies will be implemented:

- Partnerships: Continue collaborating with local organizations, businesses, and government agencies.
- Resource Mobilization: Secure ongoing funding through grants, donations, and fundraising events.
- Institutionalization: Integrate the program into local health and social services.

<ul style="list-style-type: none"><li>• Advocacy: Promote policies that support food security and nutrition at the community and regional levels.</li><li>• Continuous Evaluation: Regularly assess the program's impact and make necessary adjustments to improve outcomes.</li></ul> <p>By implementing these strategies, this program can build a solid foundation for sustainability, foster meaningful change, and continue to make a positive impact on the nutritional well-being of BatStateU community for years to come.</p>	
Prepared by:  <div>Ms. RICHELLE M. SULIT GAD Head Secretariat Date Signed:</div>	Reviewed by:  <div>Mr. REXON S. HERNANDEZ Head, Extension Services Date Signed:</div>
Recommending Approval:  <div>Dr. FRANCIS G. BALAZON Vice Chancellor for Research, Development and Extension Services Date Signed:</div> <div>N/A Date Signed:</div>	
Approved by:  <div>Atty. ALVIN R. DE SILVA Chancellor Date Signed:</div>	

Cc: GAD Central