

NUTRITION SEMINAR ABOUT THE IMPORTANCE OF BREASTFEEDING



**Best Foods for
Breastfeeding
Diet**

PERPETUALISTA

THE OFFICIAL NEWSLETTER OF THE COMMUNITY OUTREACH DEPARTMENT

College of *International Hospitality Management*



Brgy. Palma, Alaminos, Laguna
September 26, 2022

8:00 AM - 12:00 NN



PART 1: NUTRITION SEMINAR ABOUT THE IMPORTANCE OF BREASTFEEDING

Nutrition and Dietetics

The BS in Nutrition and Dietetics Students visits the Community and stayed at Barangay Palma, Alaminos, Laguna starting from September 12 to do community outreach program. September 26 2022 was marked as the day of our first activity to be held at Barangay Palma. Weeks prior to the outreach event, they have planned activities to be conducted for the community's beneficiaries and they have decided to start with pregnant and lactating mothers and conducted nutrition seminar, cooking demo, and feeding program.



Group of pregnant and lactating mothers with the volunteers from CIHM



PART 2: BEST FOODS FOR BREASTFEEDING DIET

(September 26, 2022)

From September 12 to 16 the volunteers stayed at the community and invited people for the planned activities. From September 19 to 23 they had their preparations including buying of ingredients and recipe testing for their cooking demonstration and feeding program which is puto (rice cake) squash malunggay and egg drop soup. They have also prepared their presentation for the seminar.



College of *International Hospitality Management*

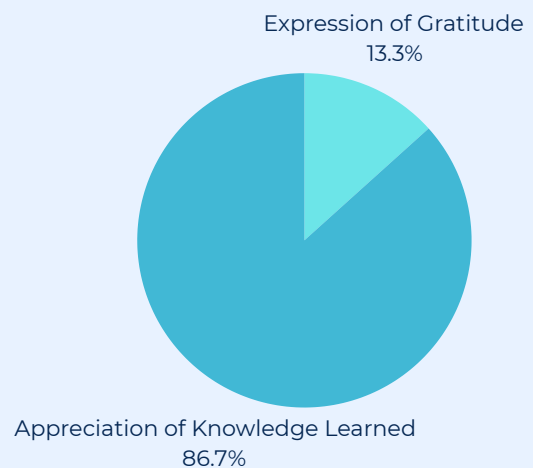


Brgy. Palma, Alaminos, Laguna

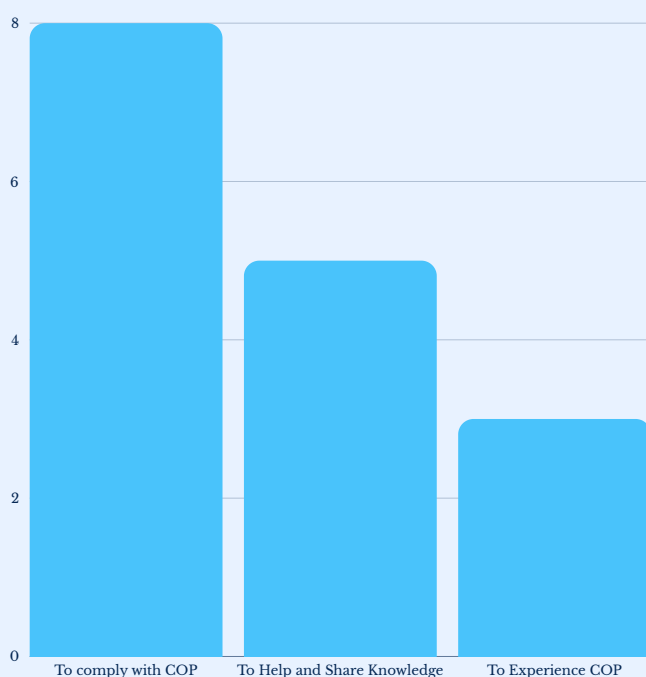
NUTRITION SEMINAR ABOUT THE IMPORTANCE OF BREASTFEEDING

Graph 1 indicates the comments of the beneficiaries which were coded and given corresponding themes. Of the thirty **(30)** remarks shared, twenty-six **(26)** or **86.67%** of the beneficiaries expressed their words of gratitude for the organizers of the event while four **(4)** or **13.33%** of them stated that they appreciated what they learned from the activity as it was helpful not only for breastfeeding mothers but all the more for their babies.

Beneficiaries' Evaluation



Participants' Evaluation



Graph 2 indicates the participants' reasons for joining the activity where eight **(8)** or **50%** remarked that they wanted to comply with their academic requirement for Community Nutrition Practicum (CNP). Five **(5)** or **31.25%** stated that they wanted to help and share their knowledge with the community as they believed that their participation is a significant contributor to educating mothers about the importance and benefits of breastfeeding. Finally, three **(3)** or **18.75%** stated that they wanted to experience joining COP activity and help in facilitating it for the adopted community of UPHSL. The results imply that the participants were motivated both intrinsically and extrinsically, demonstrating their desire to conform to their academic requirements and at the same time show the spirit of sharing and reaching out especially for the marginalized community in the country.

College of *International Hospitality Management*

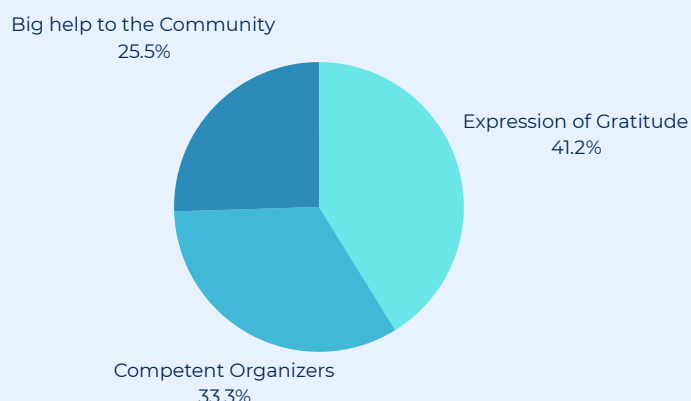


Brgy. Palma, Alaminos, Laguna

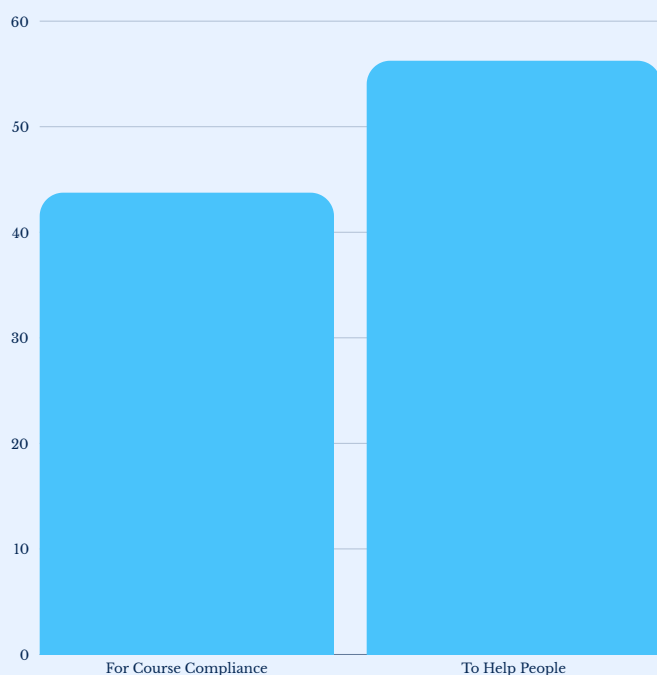
BEST FOODS FOR BREASTFEEDING DIET

Graph 1 indicates the comments of the beneficiaries which were coded and given corresponding themes. Of the thirty (30) remarks shared, twenty-one (21) or **70%** of the beneficiaries expressed their words of gratitude for the organizers of the event while five (5) or **17%** of them stated that what they learned about the importance of breastfeeding is a big help to their community. Finally, four (4) of them or **13%** lauded the organizers for being competent and knowledgeable on sharing their expertise.

Beneficiaries' Evaluation



Participants' Evaluation



Graph 2 indicates the participants' reasons for joining the activity where nine (9) or **56.25%** remarked that they wanted to help people by joining COP activity and by personally experiencing it. Meanwhile, seven (7) or **43.75%** of them stated that their reason is course compliance particularly under Community Nutrition Practicum. The results imply that the participants were motivated by both academic requirement and desire to reach out to other people, a sign that they demonstrate the spirit of being a helper of God.

KIDDIE CLASS ABOUT WAYS TO PREVENT PARASITIC WORMS

*Nutritious food for
grade schoolers*



PERPETUALISTA

THE OFFICIAL NEWSLETTER OF THE COMMUNITY OUTREACH DEPARTMENT

KIDDIE CLASS ABOUT WAYS TO PREVENT PARASITIC WORMS

(SEPTEMBER 26, 2022)

On the same day, September 27, the ND students conducted a kiddie class seminar for children in the afternoon. The children arrived at the venue with their parents at 1 pm. There was a registration before the start of the program. After the registration, the speaker first introduced himself and started the discussion. The speaker discussed parasitic worms and their effect on child nutrition. At the beginning of the seminar, there was a short video presented, storytelling about parasitic worms. The speaker discussed where children could get parasitic worms, symptoms of worm infections, prevention measures, and the benefits of deworming. Afterwards, the speaker asked questions to the children about the topic and gave prizes to those who answered correctly. Finally, at the program's closing remarks, the group expressed their gratitude to all the participants for lending their time and participating in the program



NUTRITIOUS FOOD FOR GRADE SCHOOLERS

(SEPTEMBER 26, 2022)

The BSND students were dispatched in the University's adopted community, Barangay Palma, Alaminos, Laguna. The Community Outreach Nutrition Seminar is scheduled to start on September 12, 2022 and will run through October 7, 2022. On the second week of the Community Nutrition Practicum, it was in the students' intention to test the recipes of the food that will be distributed during the program's implementation. After the needed ingredients were bought, the students headed to the University's kitchen to conduct the recipe testing. They skinned sweet potatoes and sliced them accordingly as you would to a fry, finely chopped banana blossom and made a batter to make the patty. The results of the testing were promising as the food turned out great and tasty.



On the second week of the Community Nutrition Practicum, it was in the students' intention to test the recipes of the food that will be distributed during the program's implementation.

The feeding program was concluded successfully, the children and the mothers who accompanied their child all enjoyed the food that were given to them and some even returned for seconds.

The mothers and children thoroughly enjoyed the programs held during that day as a testament to the good reviews and high rating of the evaluation sheets that were given before the closing of each program.



College of *International Hospitality Management*

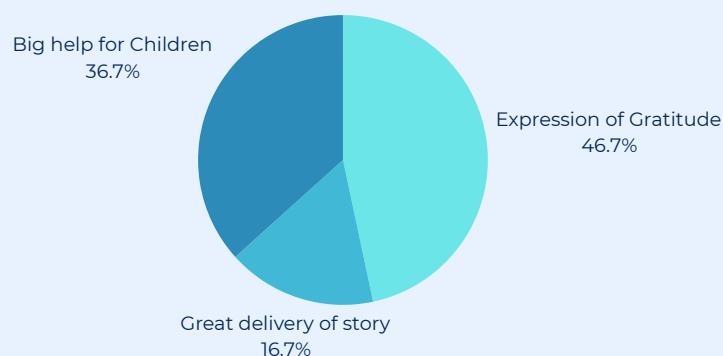


Brgy. Palma, Alaminos, Laguna

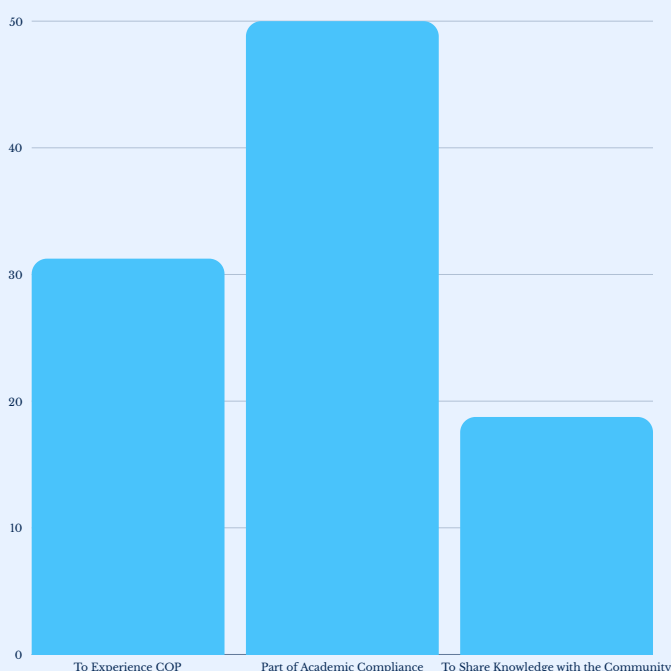
KIDDIE CLASS ABOUT WAYS TO PREVENT PARASITIC WORMS

Beneficiaries' Evaluation

Graph 1 indicates the comments of the beneficiaries which were coded and given corresponding themes. Of the thirty (30) remarks shared, fourteen (14) or **46.67%** of the beneficiaries expressed their words of gratitude for the organizers of the event while eleven (11) or **36.67%** of them stated that the story told to children was delivered greatly and appropriately in such a way that they understood and absorbed the lesson well. Finally, five (5) or **16.67%** commented that the activity was a great help for children since deworming is important for their overall health.



Participants' Evaluation



Graph 2 indicates the participants' reasons for joining the activity where eight (8) or **50%** remarked that it was a part of their academic compliance in Community Nutrition Practicum. Five (5) or **31.25%** stated that they wanted to experience COP. Finally, three (3) or **18.75%** commented that they wanted to share their knowledge with the community of Brgy. Palma. As a whole, the results imply that the participants were driven both by academic and civic intentions to apply what they have learned from the walls of the classroom to the adopted community of the university through education on deworming and community engagement.

College of *International Hospitality Management*



Brgy. Palma, Alaminos, Laguna

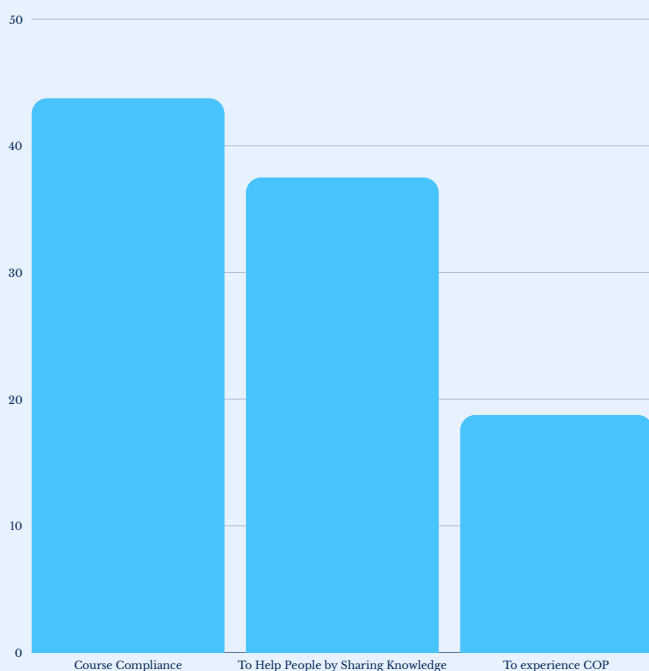
NUTRITIOUS FOOD FOR GRADE SCHOOLERS

Graph 1 indicates the comments of the beneficiaries which were coded and given corresponding themes. Of the thirty **(30)** remarks shared, all of them **(100%)** expressed their words of gratitude to the organizers of the event, implying their appreciation of the activity which highlighted the importance of nutritious food for children.

Beneficiaries' Evaluation



Participants' Evaluation



Graph 2 indicates the participants' reasons for joining the activity where seven **(7)** or **43.75%** of them remarked that it is a part of their course compliance particularly under Community Nutrition Practicum. Six **(6)** of them or **37.5%** stated that they wanted to help the adopted community by sharing their knowledge about health and nutrition specifically for children.

Finally, three **(3)** or **18.75%** commented that they wanted to be part and experience COP because they believed that it is a meaningful activity. The results imply that the participants were motivated by academic compliance as well as the spirit of volunteerism which is essential to building and sustaining community relations.