



Department of Social Welfare and Development
ADMINISTRATIVE ORDER

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SUBJECT: AMENDED OMNIBUS GUIDELINES IN THE IMPLEMENTATION OF THE SUPPLEMENTARY FEEDING PROGRAM

I. BACKGROUND AND RATIONALE

Malnutrition proved to be prevalent based on the 8th National Nutrition Survey (2013) conducted by the Food and Nutrition Research Institute of the Department of Science and Technology. Result shows that indices for the weight-for-age, height-for-age and weight-for-length/height, results revealed that 19.9%, 30.3% and 7.9% of children 0-5 years old are underweight, stunted and wasted, respectively. This reflects a relatively unchanged status of weight-for-age for the past 10 years (from 20.7% in 2003, to 20.0% in 2005, and 20.6% in 2008).

The Food and Nutrient Intake Results of 7th National Nutrition Survey shows that about 50% of preschool and school aged children have inadequate protein intake. More than 70% of Filipinos across population groups lacks iron, vitamin A, calcium and vitamin C in their daily diet. There was also a significant decline in the total food intake among children, 6 months to 5 years old between 2003 and 2008 NNS result.

The thrust of President Benigno C. Aquino's Administration is to strengthen and maximize Public-Private Partnerships along implementation of various programs and projects. As an initial response, the Department of Social Welfare and Development implemented the Supplementary Feeding Program (SFP) in partnership with the local government units and non-government organizations, as part of the Department's contribution to Early Childhood Care and Development (ECCD) program of the government. The Department strengthens the network with the private sector partners and maximizes opportunities for possible partnerships. The program is continuously being implemented to help achieve the DSWD Strategic Goal 2 which is to eradicate extreme poverty and hunger. Good nutrition helps children develop their full potentials, hence, directly addressing MDG 1.

The implementation in the previous years encountered several issues and gaps such as the forging of Memorandum of Agreement with the Local Government Units which takes time due to issuance of LGU resolution, modes of procurement used by the LGU's, delayed liquidation, among others, which all caused the delay in the conduct of actual feeding. Hence, the above as the foundation in the revision of the guidelines to address program implementation gap.

II. LEGAL BASES:

1. **1987 Philippine Constitution Article XV Section 3 item 2** – the government must ensure the right of children to assistance including proper care and nutrition and special protection from all forms of neglect, abuse, cruelty, exploitation, and other conditions prejudicial to their development
2. **Millennium Development Goal 1** – Eradicate extreme poverty and hunger.
3. **Nutrition Act of the Philippines (PD 491)** – The Government of the Philippines hereby declares that nutrition is now a priority of the government to be implemented by all branches of the government in an integrated fashion.
4. **Special Protection of Children Against Abuse, Exploitation and Discrimination Act (RA 7610)** – It shall be the policy of the State to protect and rehabilitate children gravely threatened or endangered by circumstances which affect or will affect their survival and normal development and over which they have no control.
5. **PD 603 or the Child and Youth Welfare Code** - states that the child is one of the most important assets of the nation. Every effort should be exerted to promote his welfare and enhance his opportunities for a useful and happy life.
6. **Local Government Code of the Philippines (RA 7160)** – Chapter II Section 17 (b) (2) (iv) provides the role of the Municipality: Social welfare services which include programs and projects on child and youth welfare, family and community welfare, women's welfare, welfare of the elderly and disabled persons; community-based rehabilitation programs for vagrants, beggars, street children, scavengers, juvenile delinquents, and victims of drug abuse; livelihood and other pro-poor projects; nutrition services; and family planning services.
7. **RA No. 10410. Early Years Act (EYA) of 2013** –It is hereby declared the policy of the State to promote the rights of children to survival, development and special protection with full recognition of the nature of childhood and as well as the need to provide developmentally appropriate experiences to address their needs; and to support parents in their roles as primary caregivers and as their children's first teachers.
8. **Section 53.12 of the Revised Implementing Rules and Regulations (IRR) of Republic Act 9184** or the Government Procurement Reform Act -- provides for an alternative method of negotiated procurement which involves Community Participation.

III. OBJECTIVES:

1. To provide augmentation support for feeding program for children using indigenous foods and/or locally produced foods equivalent to 1/3 of Recommended Energy and Nutrient Intake (RENI);
2. To improve knowledge, attitude and practices of children, parents and caregivers through intensified nutrition and health education; and
3. To improve and sustain the nutritional status of the target children beneficiaries.

IV. DEFINITION OF TERMS:

For the purpose of this Guideline, the following terms shall be defined as follows:

1. **Malnutrition** - encompasses a range of conditions, including acute malnutrition, chronic malnutrition, micronutrient deficiencies, as well as obesity.
2. **Recommended Energy and Nutrient Intake (RENI)** – refers to levels of energy and nutrient intakes on the basis of current scientific knowledge which are considered adequate for the maintenance of health and well-being of nearly all healthy persons in the population (FNRI-DOST, 2002).
3. **Supplementary feeding** - Supplementary feeding (SF) is defined as provision of food to supplement energy and other nutrients missing from the diet of those who have special nutritional requirements to prevent or alleviate malnutrition through reducing the nutrient gap between an individual's actual consumption and his/her requirement (WHO, 1997)
4. **Child Development Service Parents Group/Supervised Neighborhood Play Parents Group (CDSPG/SNP PG)** – composed of parents of the children enrolled in Child Development Centers/supervised neighborhood play who are organized to manage and implement the program.
5. **Child Development Centers (CDC)** - a facility for children 3-4 year old that addresses the development of the whole child – physical, social, emotional, mental and spiritual and is the venue for Supplementary Feeding Program.
6. **Supervised Neighborhood Play (SNP)** – children 2-5 year old are provided with early childhood enrichment activities together with older children thru play activities, games, guided exercises and other learning opportunities. Each SNP can be composed of children of various ages but should have a maximum of 10 members.
7. **Parent Effectiveness Service (PES)**- provision of expansion of knowledge and skills of parents and caregivers on parenting to be able to respond to parental duties and responsibilities on the areas of early childhood development, behavior management of younger and older children, husband-wife relationships, prevention of child abuse, health care and other challenges of parenting.
8. **Stunting**- refers to height for age or below minus 2 standard deviations from median height-for-age of reference population (UNICEF); or a condition where chronic under nutrition which retards linear growth.

9. **Wasting**- refers to weight for height or below minus 2 standard deviations from median weight for height of reference population; results to inadequate nutrition over a shorter period.
10. **Underweight for age**- a condition resulting from a low weight for age below 2 standards deviations of the WHO Child Growth Standard median.
11. **Cycle Menu**- is a serving of menu planned for a particular period of time using indigenous food supplies. (WFP)
12. **Hot Meal**- refers to cooked food composed of either rice and viand or non- rice based snacks with complete nutrient content composed of Go, Glow and Grow food groups served during meal time using available indigenous food equivalent to 1/3 Recommended Energy Nutrient Intake (RENI).
13. **Alternative meals** – Refers to any non-rice based snacks or combinations of local food product equivalent to 1/3 RENI, and served once or twice a week.
14. **Local farmer organizations** – composed of poor and/or small holder farmers- such as those farmer organizations belonging to DSWD's sustainable Livelihood Program Associations (SLPAs), Department of Agriculture's small holder farmer organizations and Department of Agrarian Reform's Agrarian Reform Beneficiaries Organizations (ARBOs) under the Partnership Against Hunger and Poverty (PAHP).
15. **Non-Government Organization (NGO)** - refers to DSWD accredited/licensed/registered non-profit non-sectarian organization that primarily engages in the provision of social welfare programs and services, to one or more disadvantaged or vulnerable groups.
16. **Savings** - refer to portion or balances of any released appropriations which have not been obligated as a result of non-commencement of P/A/P for which the appropriation is released, For this purpose, non-commencement shall refer to the inability of the agency or its duly authorized procurement agent to obligate the released allotment and implement the P/A/P due to natural or man-made calamities or other causes not attributable to the fault or negligence of the agency concerned during the validity of the appropriations.
17. **Unutilized fund** - portion of a fund balance which is available for appropriation. It is also the unobligated balance of an appropriation.

V. **DESCRIPTION:**

The Supplementary Feeding Program is the provision of food in addition to the regular meals, to target as part of the DSWD's contribution to the Early Childhood Care and Development (ECCD) program of the government. The food supplementation will be in a form of hot meals to be served during snack/meal time to children minimum of five (5) and maximum of seven (7) days a week for 120 days. The feeding program will be managed by parents/caregivers based on a prepared cycle menu using available indigenous food supplies. Children beneficiaries will be weighed at the start of the feeding and monthly thereafter

until completion of 120 feeding days to determine improvement and sustenance in their nutritional status.

VI. IMPLEMENTING PROCEDURES/ SCHEME

VI.1.SUPPLEMENTARY FEEDING PROGRAM IN CHILD DEVELOPMENT CENTERS AND SUPERVISED NEIGHBORHOOD PLAY

1. Target Beneficiaries

- 2-4 year old children in SNP;
- 4 year old children enrolled in Child Development Centers (CDC);
- 5-year old children not enrolled in the DepEd preschool children but enrolled in CDCs and;
- 5-12 years old malnourished children outside the Child Development Center.

2. Social Preparation

- 2.1. The DSWD-Central Office shall provide program orientation to the DSWD Field Offices and DSWD-ARMM.
- 2.2. The Field Offices and DSWD-ARMM shall orient the Provincial/City/Municipal Social Welfare Officers while the parents or caregivers shall be oriented about the program by the P/C/MSWDO.
- 2.3. A Memorandum of Agreement (MOA), using the Unified MOA for DSWD programs, shall be executed by the FO with identified partners to define the roles and responsibilities of each party.

The MOA should highlight the obligations of each party particularly in the proper disposition/disbursement of funds for the SF implementation and liquidation of funds received in accordance with COA Circular Number 94-013 and 2007-001 dated 13 December 1994 and 25 October 2007 (depending on the partnership).

- 2.4. The LGU shall open a bank account solely for DSWD programs and projects.

For partnership with CDCPG/SNP PG, open a savings account solely for the DSWD funds in any reputable bank/cooperative with savings account service with three (3) signatories, two (2) from the parents group namely the President and the treasurer, and one (1) from the LGU which is the C/MSWDO. The C/MSWDO shall ensure that funds intended will be used for the SF implementation in the CDCs/SNP area.

- 2.5. Implementing partners (DSWD-ARMM/C/MLGUs/C/MSWDO (for partnership with CDCPG/SNP-PG) /NGOs and other NGAs), shall be required to submit a project proposal and master list of beneficiaries using the prescribed template as basis for funding allocation including the liquidation/audited report of disbursements of the previous fund releases.

The FO may prepare a mother proposal to facilitate immediate fund releases to implementing partners, however, the FO should still require submission of individual proposal from the implementing partners.

- 2.6. The C/M/PSWDOs should organize the community , as a prerequisite in the implementation of Supplementary Feeding Program. The following activities shall be undertaken by the C/M/PSWDO prior to the implementation of the program:
 - a. Orientation of Local Officials and stakeholders about the program for support.
 - b. Conduct of Barangay Assemblies/Meetings to get the support of the people in the barangay.
 - c. A month prior to the actual feeding implementation, parents shall be organized by the child development/SNP worker and their support and commitment to the program shall be obtained. They shall be grouped into working committees to involve all parents in various activities in the center. Regular meetings shall be held to discuss issues and problems affecting the implementation of the program.
 - d. Team building sessions shall be conducted by the C/MSWDO to prepare parents/caregivers/guardians to manage the project and to build them as a team. This will include activities that will strengthen their awareness of their role and responsibilities towards the project and as member of a team/organization. This will also develop the spirit of volunteerism and sharing. The FO could provide funds for this.
- 2.7. The Child Development/SNP worker/NGO staff shall accomplish intake form for each child. If there is already existing intake information of the child, records should be updated. Such information may be gathered from the BNS, BHWs and other secondary sources. A home visit to the family is necessary to gather and validate information.
- 2.8. Measuring of children shall be done by trained child development worker (CDW)/SNP volunteer worker and BNS/BHW under the supervision of the Rural Health Unit using the New WHO Child Growth Standards (CGS) or the ECCD growth chart, whichever is available, to determine nutritional status using weight for age or weight for height before the start of feeding using the available weighing scale and height boards of the Rural Health Unit. The CD/SNP worker should establish a permanent growth monitoring record for each child that contains the name, age, birthday, and the baseline and monthly weight record of the child. The data obtained at this stage shall be maintained in the FO's databank.
- 2.9. The Child Development/SNP worker/NGO staff shall coordinate with the Health Office for the medical check-up and deworming of the children beneficiaries before the start of the feeding.
- 2.10. Profiling of children and data banking must be done by the C/M/PSWDO to be submitted to the Field Office.

- 2.11. The CD/SNP worker/NGO staff shall maintain an attendance record of the children beneficiaries to monitor the completion of the 120 days feeding.

3. Conduct of Feeding

- 3.1. The feeding shall be implemented once a day for a minimum of 5 days and maximum of 7 days a week, for a period of 120 days. If the need arises, 7 days a week feeding can be done to catch-up with the implementation. The actual implementation shall be in all CDCs/SNP areas nationwide and identified feeding area for SFP outside CDCs.
- 3.2. Feeding shall be provided to all the children beneficiaries for the duration as stated above. If there are two sessions, feeding shall be given to both and shall consist of hot meals.
 - The suggested cycle menu (**Annex A**) as recommended by FNRI Nutritional Guidelines for Filipinos and/or the menu prepared by the Nutritionist-Dietitian which shall be equivalent to 1/3 of the Daily Recommended Energy and Nutrient Intake (RENI) shall be used in the preparation of hot meals. The FO Nutritionist and/or the City/Municipal Nutrition Action Officer (C/MNAO) may enhance the cycle menu depending on available nutritionally adequate food items in the community.
 - Alternative meals may be served to children, once or twice a week maintaining the 1/3 daily RENI requirement and observing the same care in the preparation of hot meals.
- 3.3. The Parent Committee on Food Preparation shall provide voluntary labor for the cooking/preparation of food and management of feeding sessions. The CDW/SNP Volunteer Worker and the President of the Child Development Center Parents Group (CDCPG)/SNP parents group shall prepare a monthly schedule of cooks.
- 3.4. Aside from feeding, children should be taught proper hygiene such as washing the hands before and after eating, table manners, and prayer before and after meals, etc. and simple concepts on health care and nutrition and importance of nutrition for their health and development, among others.

4. Conduct of Parent Effectiveness Sessions

The parents shall be encouraged to complete all the nine sessions on self, family, parent effectiveness, health and nutrition, etc. to improve/enhance their knowledge, attitude, skills and practices on parenting.

- 4.1. The sessions facilitated by the LSWDO or trained staff shall be held at least twice a month, depending on the available time of parents. It shall be conducted following the order of importance established/agreed upon with the parents. Resource persons may be invited to discuss specific topics.
- 4.2. In the conduct of sessions, the methodologies should be evocative and should involve the maximum participation of the parents.

5. Fund Allocation

- 5.1. The minimum amount of fifteen pesos (Php15.00) per child per day for 120 days hot meal or alternative meal feeding shall be allocated.

For a hot meal, P11.00 per child per day shall be used for the viand based on a flexible menu, and the P4.00 will be used for the rice per child per day. An average of 10 children shall be covered in a kilo of rice.

For an alternative meal, the minimum amount of fifteen pesos (Php15.00) per child per day will be used for the purchase or preparation of certain combinations of alternative locally produced food items.

The allocation per child per day may increase in the succeeding SFP implementation based on the prevailing price of commodities.

- 5.2. The minimum of P75 per child should be allocated for the eating utensils while minimum of P1,000 per day care center/SNP should be allocated for the cooking utensils subject to increase based on prevailing price. LGU shall provide augmentation for the purchase of eating or cooking utensil. There shall be no allocation for the eating and cooking utensils to DCCs/SNP which are already provided such in the previous SF implementation except when needing replacement based on the assessment and recommendation of the FO.

For durability and hygienic purposes, the eating and cooking utensils to be purchased should be of good quality and safe for children.

- a. The eating utensils shall be composed of:

- Spoon
- Fork
- Bowl
- Plate
- Drinking tumbler

- b. The cooking utensils shall be composed of:

- carajay/ frying pan/wok
- cauldron/ pot/casserole
- ladle

The allocation for eating and cooking utensils may increase in the succeeding SFP implementation based on the prevailing price depending on the availability of funds.

- 5.3. Requirement for administrative and monitoring costs shall also be allocated by DSWD CO to the DSWD FOs. The DSWD-FO could provide funds to the SFP Technical Working Group (TWG) composed of C/MLGU, Provincial/City/Municipal Nutrition Council (P/C/MNC) in monitoring and provision of technical assistance to the DCW/SNP Worker and DCSPG in SF implementation, in the amount not exceeding P 2,000 per LGU per month, subject to availability of funds.

The release of funds shall be on reimbursement basis following the accounting rules and regulations. A monitoring report and a certification from the LGU showing that the SFP Technical Working Group did not reimburse TE from their respective offices, shall be submitted as requirements in the reimbursement.

- 5.4. P/C/MSWDO/SFP focal person/ DCW shall be provided monetary incentives in the amount of Php 5,000 per cycle implementation provided that they were able to meet the following conditions:

SFP Regional Focal Person:

- 100% accomplishment based on target beneficiaries for the current cycle
- Submitted regional consolidated nutritional status report (baseline, after 60 days, after completion of 120 days feeding) two (2) weeks after the closing of the Early Learning/SNP session within the cycle/current implementation.
- 100% of the LGU target submitted at least 70% liquidation report of the current cycle fund either verified and audited or stamped received by COA.

P/C/MSWDO/M/C Focal person/DCW:

- Completed the 120 feeding days within the prescribed implementation period/cycle (June to March) as certified by the Provincial/City/Municipal Treasurer/Auditor ;
- Submitted the required reports within deadline;
- Submit at least 70% liquidation report either verified and audited or stamped received by COA.

- 5.5. Savings from the SFP funds could be utilized in the extension of feeding days prioritizing the underweight/malnourished beneficiaries.
- 5.6. Any unutilized funds by the partners should be returned to the DSWD upon completion of the program.

6. Fund Management

The fund management depends on the following modality that will be used in implementing the program:

- A. Partnership with DSWD-ARMM – refers to partnership between DSWD-Central Office and DSWD-ARMM where funds shall be transferred by DSWD-C.O. to ARMM- Office of the Regional Governor (ORG) and will be managed by DSWD-ARMM.
- B. Partnership with the Local Government Units (LGUs) – partnership between the DSWD-Field Office with their respective LGUs where funds will be transferred to and managed by the LGUs. In case the C/MLGUs have unliquidated funds from DSWD, the DSWD-Field Office may have the option of transferring funds with the Barangay Local Government Units to avoid delay, subject to existing budgeting, accounting and auditing rules and regulations.”
- C. Partnership with Child Development Service Parents Group/Supervised Neighborhood Play Parents Group (CDSPG/SNP PG) - partnership between DSWD-Field Office, Child Development Workers Federation (CDWF), with the C/MSWDO where funds will be transferred to the CDSPG/SNP PG.

Below are the procedures in the fund management based on the above-mentioned modalities:

A. PARTNERSHIP WITH DSWD-ARMM

1. Fund Transfer

- a. The DSWD-C.O. shall transfer the funds to ARMM-ORG and shall be managed by DSWD-ARMM. Utilization report of releases which includes physical accomplishment reports and photo documentation shall be submitted to the DSWD-CO.
- b. The DSWD-ARMM should require their P/C/MSDWOs to submit project proposal and the list of target beneficiaries as basis for fund allocation.
- c. The DSWD-ARMM shall transfer the funds to the PSWDO or C/MSWDO once the proposal and list of beneficiaries are submitted to the region.

2. Procurement of Goods

- a. The rice and non-rice based snacks could be procured:
 - by the DSWD-ARMM/P/C/BLGU/MSWDO from National Food Authority-Regional Office. The rice that will be delivered should be iron-fortified, to the extent possible; or

- by the P/C/BLGU/CDSPG/SNP PG to the local farmers organization composed of poor and/or smallholder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184 when NFA rice is not available and procurement causes delay in the feeding; the DSWD-ARMM/P/C/BLGU/MSWDO shall release petty cash to CDSPG/SNP PG for the rice requirement of the CDC/SNP subject to existing budgeting, accounting and auditing rules and regulations.

b. Viand could be procured:

- by the C/MSWDO; or
- by the BLGU bonded officer or by the CDSPG/SNP PG from local farmers organization composed of poor and/or smallholder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184 the DSWD-ARMM/P/C/MSWDO/BLGU shall release petty cash for the purchase of viand to the CDSPG/SNP PG subject to existing budgeting, accounting and auditing rules and regulations.

At least thirty percent (30%) of the food requirements of the CDC/SNP areas shall be purchased from the local farmers organizations composed of poor and/or smallholder farmers.

The CDSPG/SNP PG which was provided petty cash by the C/M/BLGU shall replenish the funds on monthly basis for the succeeding releases. The funds shall only be released upon submission of disbursement/liquidation reports of at least 70% of the amount spent by the CDSPG/SNP PG.

- c. The eating and cooking utensils should be procured by the DSWD-ARMM/P/C/MSWDOs/BLGU for subsequent distribution to the CDCs/SNP worker in accordance with the existing procurement law.
- d. Purchase of eating and cooking utensils should be done and distributed to the CDCs/SNP worker prior to the actual feeding.

All purchases/ procurements shall be supported by official receipts, RER/acknowledgment receipts/statement of market purchases, invoices, billings and other supporting documents required under the existing budgeting, accounting and auditing rules and regulations.

3. Liquidation of Funds

- a. The DSWD-ARMM shall take responsibility in the proper disposition/disbursement of funds for the implementation of the program in accordance with the existing budgeting, accounting and auditing rules and regulations and shall liquidate the transfer of funds in accordance with COA Circular Number 94-013 dated 13 December 1994.

- b. The DSWD-ARMM should encourage monthly liquidation by the P/C/MSWDO/BLGU/CDSSPG/SNP PG of at least 70% of the amount spent for the month, and require submission of full liquidation of funds released to them 30 days after the completion of the program for transparency and accountability.

B. PARTNERSHIP WITH THE LOCAL GOVERNMENT UNITS (LGUS)

1. Fund Transfer

The DSWD Field Office shall transfer 100% of the allocation for the grants to LGUs in one tranche. In case the C/MLGUs have unliquidated funds from DSWD, the DSWD-Field Office may have the option of transferring funds to the Barangay Local Government Units to avoid delay, subject to existing budgeting, accounting and auditing rules and regulations and in accordance with the COA Circular Number 94-013 dated December 13, 1994. The Barangay Treasurer will be the accountable officer for the management of SFP Funds.

2. Procurement of Goods

2.1. The rice and non-rice based snacks could be procured:

- by the FO from National Food Authority-Regional Office. The rice that shall be delivered should be iron fortified, to the extent possible; or
- by the C/M/BLGU/CDSPG/SNP PG; to the local farmers organization composed of poor and/or smallholder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184.

The C/M/BLGU shall provide petty cash to the CDSPG/SNP PG for the purchase of rice of the DCC/SNP subject to existing budgeting, accounting and auditing rules and regulations.

2.2. Viand could be procured:

- by the C/M/BLGU; or
- by the C/M/BLGU/CDSPG/SNP PG to the local farmers organization composed of poor and/or smallholder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184.

At least thirty percent (30%) of the food requirements of the CDC/SNP areas shall be purchased from the local farmers organizations composed of poor and/or smallholder farmers.

The CDSPG/SNP PG which was provided petty cash by the LGU shall replenish the funds on monthly basis for the succeeding releases. The funds shall only be released upon submission of disbursement/liquidation reports of at least 70% of the amount spent by the CDSPG/SNP PG.

2.3. The eating and cooking utensils should be procured either :

- by the Field Office for subsequent distribution to the C/MLGUs/feeding areas.
- By the C/MLGU to be distributed to the CDCs and feeding areas.

All purchases/ procurements shall be supported by official receipts, RER/acknowledgment receipts/statement of market purchases, invoices, billings and other supporting documents required under the existing budgeting, accounting and auditing rules and regulations.

3. Liquidation of Funds

- 3.1. The C/MLGU shall take responsibility in the proper disposition/disbursement of funds for the implementation of the program in accordance with the existing budgeting, accounting and auditing rules and regulations and shall liquidate the transfer of funds in accordance with COA Circular Number 94-013 dated 13 December 1994.
- 3.2. The FO shall require at least 70% liquidation of the amount spent for the month by the C/MLGU either verified and audited or stamped received by COA and require submission of full liquidation of funds released to them 30 days after the completion of the program for transparency and accountability.

C. PARTNERSHIP WITH THE DAY CARE SERVICE PARENTS GROUP/SNP PARENTS GROUP

1. Fund Transfer

The FO shall have the option to transfer the fund to the CDSPG/SNP PG, should an LGU experience problem in the liquidation of funds and have other concerns which will delay the program implementation.

- 1.1 The DSWD Field Office shall transfer the funds to the account opened by the CDSPG/SNP PG in one tranche and in accordance with COA Circular Number 2007-001 dated 25 October 2007. CDSPG shall open an account specifically for the SFP implementation with three (3) signatories, the CDSPG/SNP PG President and Treasurer and the MSWDOs.

The amount needed for the opening of account by the CDSPG/SNP PG shall also be allocated. The DSWD shall have access to the account considering that this is a government fund. A waiver should be signed by the CDSPG/SNP PG giving DSWD the access to the account.

- 1.2 The amount transferred shall be used solely for the purchase of commodities to be used in the feeding program for the day care/SNP children.

2. Procurement of Goods

2.1. The rice and non-rice based snacks could be procured:

- by the FO from National Food Authority-Regional Office. The rice that shall be delivered should be iron-fortified, to the extent possible, if commercial rice will be purchased the excess amount will be shouldered by the LGUs or;
- by the C/M/BLGU/CDSPG/SNP PG to the local farmers organizations composed of poor and/or small holder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184.

2.2. Viand should be procured by the C/M/BLGU/ or:

- C/M/BLGU/CDSPG/SNP PG to the local farmers organizations composed of poor and/or smallholder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184.

At least thirty percent (30%) of the food requirements of the CDC/SNP group shall be purchased from the local farmers organizations composed of poor and/or smallholder farmers.

2.3. The eating and cooking utensils should be procured by the Field Office for subsequent distribution to the CDCs/SNP;

2.4. All purchases/procurements shall be supported by official receipts, RERs/acknowledgement receipts/statement of market purchases, invoices, billings and other supporting documents required under the existing budgeting, accounting and auditing rules and regulations.

3. Liquidation of Funds

- 3.1. The CDSPG with the supervision of the MSWDO to take responsibility in the proper disposition/disbursement of funds for the implementation of the program in accordance with the existing budgeting, accounting and auditing rules and regulations and shall liquidate the funds transferred in accordance with COA Circular Number 2007-001 dated October 25, 2007.
- 3.2. The FO should encourage monthly liquidation by the CDSPG/SNP PG at least 70% of the amount spent for the month, and require submission of full liquidation of funds released to them 30 days after the completion of the program for transparency and accountability.

VI.2. SUPPLEMENTARY FEEDING PROGRAM OUTSIDE DAY CARE CENTER

A. PARTNERSHIP WITH NON-GOVERNMENT ORGANIZATION (NGO)

1. Target Beneficiaries

The beneficiaries of the program are the children aged 5 to 12 years old, malnourished children identified by the NGO partner.

2. Social Preparation, Feeding and Conduct of Parent Effectiveness Sessions

The activities to be undertaken under these components shall follow the activities indicated under the SFP in Child Development Centers.

3. Fund Allocation

Minimum amount of P15.00 per child per day for 120 days should be allocated by the DSWD for implementation by the NGOs. An average of 10 children shall be covered in a kilo of rice at P40.00 per kilo, thus, the cost of Php 4.00 of rice per child per day for 120 days shall be allocated by the DSWD to the NGO partner pursuant to existing laws and rules, while the amount of Php 11.00 shall be the counterpart of the NGO.

The funding allocation is to be transferred to an accredited NGO for implementation. The NGO shall open a trust fund account solely for the SFP implementation;

Selection of NGO partner should refer to the rules in the Guidelines for CSO Engagement and should be strictly followed.

3.1. The rice and non-rice based snacks could be procured:

- by the FO from National Food Authority-Regional Office. The rice that shall be delivered should be iron-fortified, to the extent possible.

- by the NGO/CDSPG/SNP PG to the local farmers organizations composed of poor and/or smallholder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184.

3.2. Viand and non-rice based snacks should be procured by the NGO/CDSPG/SNP PG to the local farmers organizations composed of poor and/or smallholder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184.

At least thirty percent (30%) of the food requirements of the CDC/SNP areas shall be purchased from the local farmers organizations composed of poor and/or smallholder farmers.

3.3 The eating and cooking utensils should be procured either by the Field Office or by the NGO for subsequent distribution to the DCCs/SNP areas;

3.4. All purchases/procurements shall be supported by official receipts, RERs/acknowledgement receipts/statement of market purchases, invoices, billings and other supporting documents required under the existing budgeting, accounting and auditing rules and regulations.

4. Liquidation of Funds

- The NGO shall submit liquidation reports to DSWD in accordance with the accounting & auditing rules and regulations;
- The NGO to submit all the required documents to include the master list of beneficiaries, weight and height monitoring reports (upon entry, after 60 & 120 feeding days), etc. The physical & financial reports to be submitted to the DSWD immediately after the 120 feeding days.

B. PARTNERSHIP WITH THE LEGISLATORS

1. Target Beneficiaries

Beneficiaries of the program are malnourished children aged 5 to 12 years old identified by partner legislators. There shall be no duplication of children/beneficiaries being served in other supplementary feeding program of the Department such as in SF in CDCs and SF in partnership with NGOs feeding program.

2. Social Preparation, Feeding, and PES

The activities under these components shall follow the activities indicated under the SFP in CDCs.

3. Fund Management, Procurement of Goods and Liquidation

3.1. Fund Management

The funds for the implementation of the program shall be transferred by the DSWD Central Office to DSWD Field Offices by way of sub-allotment and transfer of cash allocation. The implementation can be done through the following modes:

- a. The FO can transfer the funds to another National Government Agency i.e. Department of Education to implement the program, in accordance with COA Circular Number 94-013 dated 13 December 1994;
- b. The FO can transfer the funds to the Local Government Units(LGUs) in accordance with COA Circular Number 94-013 dated 13 December 1994;
- c. The FO can transfer the funds to DSWD accredited/registered/licensed NGO in accordance with COA Circular No. 2007-001 dated 25 October 2007;

3.2. Procurement of Goods

- a. The rice, non-rice based snacks and viand should be procured by the C/M/BLGU/CDCPG/SNP PG to the local farmers organizations composed of poor and/or smallholder farmers thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184. Eating utensils should also be procured by the C/M/BLGU/CDCPG/SNP PG thru Community Participation as a Negotiated Procurement modality under Section 53.12 of the IRR of RA 9184.
- b. The cooking utensils/equipment should be the counterpart of the legislator. The FO may also include in the MOA the provision of counterpart from the LGU/Legislator concerned or the parents for the procurement of cooking utensils/equipment.

4. Liquidation

The identified partner (NGA/LGU) shall take responsibility in the proper disposition/disbursement of funds for the implementation of the program in accordance with the existing budgeting, accounting and auditing rules and regulations and shall liquidate the transfer of funds in accordance with COA Circular Number 94-013 and 2007-001 dated December 13, 1994 and October 25, 2007 respectively.

VII. INSTITUTIONAL ARRANGEMENTS

A. National Level:

1. Protective Services Bureau – DSWD Central Office

- 1.1. Act as the lead bureau in managing and coordinating the implementation of the Supplementary Feeding Program.
- 1.2. In partnership with the National Offices of the agencies (NNC and DA) assist in the orientation of the Regional Social Development Committee and Provincial Governments, LGUs, NGOs/POs and other stakeholders on the objective, mechanics and their roles and responsibilities in the Program.
- 1.3. Allocate and release funds to DSWD-FO/ARMM;
- 1.4. Assess and recommend the request for realignment of SF funds from the FOs/ARMM pursuant to existing accounting and auditing rules and regulations;
- 1.5. Monitor and provide technical assistance on program operation and administrative concerns to the field offices in the implementation of the program.
- 1.6. Submit reports on the implementation of the program to the Department Secretary, and Office of the President.
- 1.7. Conduct Annual Program Implementation Review (PIR)
- 1.8. Conduct capacity building activities to both technical and administrative SFP staff of the Regional Offices.

2. Financial Management Service – DSWD Central Office

- 2.1 Provide technical assistance to PSB and FOs on budgetary, financial and cash management matters of the program.
- 2.2 Sub-allot, transfer funds and realign funds based on request
- 2.3 Participate/act as resource person during the national program implementation review.

3. Office of the Legislator

- 3.1. Submit list of target beneficiaries to DSWD Field Office.
- 3.2 Provide human resource to assist in the program implementation and monitoring.
- 3.3. Coordinate with the DSWD Field Offices regarding the implementation of the Supplementary Feeding Program.

B. Regional Level

1. DSWD Field Office

- 1.1. Manage and coordinate/supervise the regional implementation of the Supplementary Feeding Program.
- 1.2. Designate a Focal Person for Supplementary Feeding Program to provide guidance and technical assistance to the Social Welfare & Development Officers, CDW/SNP Workers, CDW Federation, and Child Development Service Parents Group (CDSPG) in the implementation of the Program
- 1.3. Convene the Regional Council for the Welfare of Children (RCWC) and coordinate with the Regional Nutritional Council for the involvement in the monitoring and come up with a regional monitoring plan, as well as recommend implementation strategy including menu specification.
- 1.4. Conduct orientation to the Provincial/ City Development Councils, LGUs, NGOs/POs and other stakeholders on the objective, mechanics and their roles and responsibilities in the Program.
- 1.5. Release funds to the City/ Municipal/Barangay LGU/CDWF/ CDSPG/SNP PG in accordance with COA Circular Numbers 94-013 and 2007-001 dated December 13, 1994 and October 25, 2007 respectively.
- 1.6. Purchase eating and cooking utensils and deliver to the LGUs/feeding areas.
- 1.7. For partnership with the Legislator, purchase goods in accordance with the existing budgeting, accounting and auditing rules and regulations, if FO will manage the fund.
- 1.8. Closely monitor the fund management, utilization, program implementation and respond to operational concerns of the LGUs/CDWF//CDSPG/SNP PG/CDW/SNP Workers.
- 1.9. Provide funds for the conduct of SF related activities that will be undertaken by the B/C/M/PSWDOs, subject to availability of funds.
- 1.10. Consolidate LGU and NGO report and submit monthly physical accomplishment and financial report on the utilization of funds and quarterly accomplishment on nutritional status of children to Central Office-Protective Services Bureau.
- 1.11. Coordinate and update the Office of the Legislator on the SF implementation.
- 1.12. Conduct Annual Regional Program Implementation Review (PIR) at the end of the implementation period.

2. DSWD-ARMM

- 2.1 Submit an annual work and financial plan and/or project proposal to DSWD Central Office as basis for funding allocation;

- 2.2 Make available the records and/or documents and personnel needed during the conduct of assessment/validation by the DSWD-Central Office.
- 2.3 Implement and monitor the regional implementation of the Supplementary Feeding Program.
- 2.4 Designate a Focal Person for Supplementary Feeding Program to provide guidance and technical assistance to the Social Welfare & Development Officers, CDW/SNP Workers, CDW Federation, and CDSPG/SNP PG in the implementation of the Program.
- 2.5 Convene the Regional Council for the Welfare of Children (RCWC) and coordinate with the Regional Nutritional Council for the involvement in the monitoring and come up with a regional monitoring plan, as well as recommend implementation strategy including menu specification.
- 2.6 Conduct orientation to the Provincial/ City Development Councils, P/C/MSWDOs/BLGUs, NGOs/POs and other stakeholders on the objective, mechanics and their roles and responsibilities in the Program.
- 2.7 Release funds to the P/C/MSWDO-ARMM in accordance with COA Circular Number 94-013 dated December 13, 1994.
- 2.8 Issue Official receipt for the funds transferred by the Central Office every quarter.
- 2.9 Maintain a separate subsidiary record/ledger for the fund transferred pertaining to the project.
- 2.10 Purchase goods in accordance with the existing budgeting, accounting and auditing rules and regulations;
- 2.11 Take responsibility for the proper disposition/disbursement of funds for the implementation of its programs in accordance with existing COA rules and regulations
- 2.12 Ensure that funds are used solely for the implementation of the program and keep and maintain Financial and Accounting records for the fund transferred and in accordance with the generally accepted accounting and auditing principles.
- 2.13 Make available all records and files pertaining to transactions involving the fund upon request of COA Auditor.
- 2.14 Refund to the DSWD-Central Office any used funds or savings generated after project completion.
- 2.15 Monitor and respond to operational concerns of the LGUs/CDWF//CDSPG/ CDW/SNP Workers and parents group.
- 2.16 Consolidate and submit monthly physical accomplishment and financial report on the utilization of funds and quarterly accomplishment on nutritional status of children to Central Office-Protective Services Bureau
- 2.17 Conduct a Regional Program Implementation Review at the end of the implementation period.

C. Local Government Units

1. Provincial Government

- 1.1. Coordinate, monitor and if deemed necessary, provide augmentation to the implementation of the feeding program at the municipal level.
- 1.2. Through the Provincial Social Welfare and Development Office (PSWDO), in coordination with the Provincial Nutrition Action Officer (PNAO), organize or re-activate the Provincial Nutrition Committee including Provincial Agricultural Office (PAO), Provincial Health Office (PHO), Provincial Planning and Development Committee (PPDC) and Provincial Local Government Operations Officer or PLGOO) to be responsible for the orientation of the LGUs and other stakeholders on the objective, mechanics and roles and responsibilities in the Program.
- 1.3. Maximize the support of the Provincial Early Childhood Care and Development Council (PECCDC) in the program
- 1.4. Integrate Supplementary Feeding Program in the provincial nutrition plan and strategy to solve the problem on hunger and malnutrition.
- 1.5. Assist DSWD FO in following up the submission of liquidation report and other reports as required from the C/MLGU.

2. City/Municipal Government

- 2.1. Forge MOA with DSWD-FO.
- 2.2. Endorse to DSWD-FO Project Proposal and master lists of beneficiaries with data on nutritional status as basis for funding.
- 2.3. Open a separate account/trust fund solely for Supplementary Feeding Program.
- 2.4. Supervise the implementation of the Supplementary Feeding Program in the CDCs/SNP;
- 2.5. Designate the C/MSWDO as Focal Person for the feeding with the task of providing guidance, technical assistance and support to the Association, Child Development Workers and CDSPG in coordination with the City/Municipal Nutrition Action Officer (C/MNAO) and include in LGU/MNC meetings SF concerns.
- 2.6. As the Focal Person, the C/MSWDO shall be responsible for providing administrative and technical assistance in the operationalization of the SFP and overseeing the organization of Parent Committees in each CDC. The C/MSWDO shall ensure that funds intended for the CDWF/CDSPG shall be used solely for the latter's operation of the feeding in their respective child development centers/SNP;
- 2.7. Comply with the set deadline in the submission of all the required documents as basis for funding allocation;
- 2.8. Purchase goods in accordance with the existing budgeting, accounting and auditing rules and regulations.

- 2.9. Allocate and release petty cash/funds to the CDSPG/SNP PG for the purchase of hot meal requirement, in case the rice and viand will be purchased by the CDSPG/SNP PG.
- 2.10. Immediately implement the SF program without unreasonable delay upon receipt of funds;
- 2.11. If deemed necessary, provide augmentation in the implementation of the feeding program at the city/municipal and barangay level to through cash or in kind if they catered beyond the target number of beneficiaries and other SF-related activities;
- 2.12. Liquidate all funds transferred by DSWD-FO in accordance with COA Circular Number 94-013 dated December 13, 1994.
- 2.13. Refund unutilized funds to DSWD at the end of program implementation or use the funds for extension of feeding program giving priority to underweight children in CDC/SNP.
- 2.14. Tap the City/Municipal Nutrition Committee to assist in monitoring and providing technical assistance to the implementers of the Program monthly.
- 2.15. Consolidate and submit monthly physical and financial report and quarterly report on nutritional status of children beneficiaries to DSWD Field Office/ARMM for consolidation, copy furnished the Provincial Office.
- 2.16. For partnership with the Legislators:
 - Assess the beneficiaries identified by the Legislator
 - In case of fund transfer from FO to the LGU, purchase rice, viand, and eating utensils which shall be in accordance with the existing budgeting, accounting and auditing rules and regulations.
- 2.17. Conduct profiling of children and update database of beneficiaries of the program.

3. C/MSWDO

- 3.1. Submit project proposal and masterlist of beneficiaries to the field offices/DSWD-ARMM as basis for funding allocation;
- 3.2. Conduct of orientation to the LCE, municipal nutrition committee, BAC, accounting, COA and parents committee before the start of implementation.
- 3.3. Act as one of the signatories in the account to be opened by the CDWF and CSPG/SNP PG, in case of fund transfer from the field office to CDWF and CDSPG/SNP PG;
- 3.4. Ensure that funds are used for the implementation of the program in accordance with existing COA rules and regulations.

4. Child Development Service Parents Group/Supervised Neighborhood Play Parents Group (CDSPG/SNP PG)

- 4.1. Organize into committees for marketing, inspection of goods, financial management, preparation of food
- 4.2. Manage and implement the daily feeding of the day care children according to the guidelines and protocol of the program.
- 4.3. Apply for a petty cash advance by submitting list of food items based on the SF menu, if the parents group will purchase the rice and viand.
- 4.4. In case of fund transfer to the CDSPG/PG, open a bank account in the name of the CDSPG/SNP PG as stated above.
- 4.5. Immediately purchase food items in accordance to list upon receipt of funds;
- 4.6. Maintain simple bookkeeping and accounting for the inspection and SF reports
- 4.7. Liquidate all funds transferred by DSWD Field Office/ARMM in accordance with accounting and auditing rules and regulations.
- 4.8. Replenish the petty cash monthly released by the LGU as basis for the succeeding releases.
- 4.9. List the food requirements based on the menu prepared by the LGU Nutritionist/ DSWD-FO.
- 4.10. Generate counterpart from fellow parents to augment the resources
- 4.11. Attend the PES sessions.

5. Child Development/SNP Worker

- 5.1. Conduct monthly weighing of children, deworming and vitamin supplementation of beneficiaries in coordination with BHW/BNS/RHU
- 5.2. Organized parents as CDSPG/SNP PG as partners.
- 5.3. Maintain children's daily attendance in the actual feeding
- 5.4. Assist the CDSPG/SNP PG in the accomplishment of all the required forms for liquidation of funds
- 5.5. Submit reports using the prescribed template;
- 5.6. Monitor and supervise the parents group in the conduct of daily feeding
- 5.7. If deemed necessary encourage parents counterpart to the program such as gas/fuel, additional ingredients, etc.
- 5.8. Conduct PES to the parents of beneficiaries.

VIII. REPORTING SYSTEM

1. Reporting template provided by Protective Services Bureau (PSB) shall be used in submitting report by C/MSWDOs/DSWD-FOs/ARMM to CO.
2. The C/MSWDO or LGU Focal person shall prepare, consolidate the report of CDW/SNP Workers and submit to the DSWD Field Office/ARMM on a monthly basis, which is every 20th day of the month.
3. The DSWD Field Office/ARMM shall prepare and submit monthly reports on the program implementation every 25th day of the month to the PSB for consolidation.

4. The PSB shall submit the national report to the Office of the Secretary and Policy Development and Planning Bureau every 5th working day of the succeeding month.

IX. MONITORING AND EVALUATION

1. The nutritional status of children shall be determined by the CDW in coordination with Municipal Health Office (MHO) before the start of the program implementation to serve as benchmarks for evaluation. Progress on the nutritional status of children shall be evaluated by the CDW/MHO three (3) months thereafter and at the end of the program. Quarterly monitoring of the nutritional status of children shall also be done by DSWD-FO.
2. Post evaluation shall be conducted at the FO and CO level to determine the outcome of the program based on the set objectives.

X. CONDUCT OF RESEARCH

1. Research shall be conducted, as may be necessary using the outcome of the annual evaluation to further enhance strategies and intervention being provided.
2. The Policy Development and Planning Bureau (PDPB) shall be the responsible office to conduct the research.

XI. FUNDING

The Supplementary Feeding Program implementation shall be funded from the General Appropriations Act.

XII. EFFECTIVITY

This order revokes all previous issuances and takes effect immediately upon approval.

Issued in Quezon City this 23rd day of February 2016.


CORAZON JULIANO-SOLIMAN
Secretary 



MGA PALALALA AT TAMANG PAMAMARAAN NG PAGLUTO:

- 100 Ating itanim sa isipan na ang kakain ng ating niluto ay mga **BATA, 1–5 na taon**.
- 100 Ang mga sumusunod na resipe ay para sa **sampung (10) bata** lamang.
- 100 **Maghugas ng mabuti ng kamay** bago magsimula magluto. **Hugasan** din ang mga plato, kutsilyo, tadtaran/sangkalan, plato, sandok, kaldero/kaserola/kawali at lalagyan ng lutong pagkain.
- 100 Ang mga **sangkap ay hugasan** bago lutuin tulad ng karne, isda at gulay.
- 100 Ang hiwa ng mga pagkain ay naaayon sa kakayanan ng kanilang bibig at tiyan. Maliliit or katamtaman ang hiwa ng mga sangkap.
- 100 Ayaw ng mga bata ng matapang na timpla. Tamang dami ng asin at paminta lamang ang idagdag.
- 100 Kadalasan hindi pa sila sanay kumain ng gulay. Ito ay magugustuhan nila kung maliit ang hiwa, nakahalo sa sarsa, sabaw o kasama ng patties/bola–bola.
- 100 Ang mga dahon (berde) na gulay ay maaaring kunin sa ating bakuran o hardin tulad ng dahon ng malunggay.
- 100 Sa pag–gigisa, painitin ang kawali bago ilagay ang mantika. Ang isang sandok na mantika ay sapat na panggisa ng kaunting bawang at isang sibuyas. Igisa ng una ang sibuyas, kasunod ang bawang, luya (kung meron) at kamatis. HUWAG hayaang masunod ang mga ito, maliba ang lasa ng niluto.
- 100 Timplahan ng asin o ibang pampalasa pag ang lutuin ay malapit ng maluto.
- 100 Sa pag–prito, initin ang kawali bago ilagay ang mantika. HUWAG hayaan umusok ang mantika sa kawali, ito ay masama sa ating katawan (“carcinogen” or maaaring maging sanhi ng kanser).
- 100 Ang sangkap na isda ay madaling maluto kaya ito ay wag pakukuluin ng matagal.
- 100 Sa mga lutung manok, siguraduhin na ito ay luto hanggang sa may buto.
- 100 Ihain ang pagkain na katamtaman ang init. Ayaw ng mga bata ng sobrang mainit o malamig na pagkain.
- 100 Ang “**fruit in season**” na nakalagay sa cycle menu ay mga **prutas na napapanahon at mura** sa inyong lugar. Kung maaari, huwag pare–parehong prutas araw–araw ang ibibigay sa mga bata.



DSWD

Department of Social Welfare and Development
 Protective Service Bureau
 Supplementary Feeding Program
RECIPES

Wk#	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Adobong Manok na may Saba at Abitsuelas Rice Fruit in Season	Pesang Isda na may Kamote Rice Fruit in Season	Sarciadong Itlog na may Upo Rice Fruit in Season	Fish and Vegetable Patties Rice Fruit in Season	Almondigas Rice Fruit in Season
2	Tinolang Manok na may Bisol Rice Fruit in Season	Monggo Patties with Malunggay Rice Fruit in Season	Chicken-Sayote ala Chopsuey Rice Fruit in Season	Fish Pochoero with Camote and Saba Rice Fruit in Season	Adobong Manok sa Gata na may Papaya Rice Fruit in Season
3	Fried Chicken with Mixed Vegetables Rice Fruit in Season	Fish Cardillo with Malunggay Rice Fruit in Season	Egg Sotanghon with Veggies Rice Fruit in Season	Beef (or Pork) Lauya Rice Fruit in Season	Lumpiang Togue with Tokwa Rice Fruit in Season
4	Veggie Okoy Rice Fruit in Season	Guinataang Sitaw at Kalabasa with Dried Dilits Rice Fruit in Season	Sinigang na Isda sa Kamias Rice Fruit in Season	Pork & Beans Rice Fruit in Season	Beef Bachoy with Green Papaya Rice Fruit in Season
5	Fish Bola-bola Soup with Vegetables Rice Fruit in Season	Rellenong Talong Rice Fruit in Season	Lumpiang Shanghai with Lemon Carrot Sauce Rice Fruit in Season	Chicken Cabbage Stir-fry Rice Fruit in Season	Pork Yang Chow (Fried Rice with Veggies) Fruit in Season
6	Molo Soup at Pandesal (Bread/Kakanin/ Rootcrops) Fruit in Season	Macaroni Soup with Egg at Putong Puti (Bread/Kakanin/ Rootcrops) Fruit in Season	Chicken/Pork Lomi at Nilangang Kamote (Bread/Kakanin/ Rootcrops) Fruit in Season	Sotanghon Soup with Kulitis at Tinapay (Bread/Kakanin/ Rootcrops) Fruit in Season	Chicken Mami Soup (Bread/Kakanin/ Rootcrops) Fruit in Season
7	Spaghetti with Meatballs Fruit in Season	Pancit Guisado with Quail Egg Bread/Rootcrop/ Kakanin Fruit in Season	Carbonara Bread/ Rootcrop/ Kakanin Fruit in Season	Palabok at Puto (Bread/ Rootcrop/ Kakanin) Fruit in Season	Arrozcaldo with Egg Bread/ Rootcrop/ Kakanin Fruit in Season



Linggo#: 1

Araw: LUNES

PANGALAN NG PAGKAIN	SUKAT	DAMI	PARRAAN NG PAGLUTO	PRESYO
SANGKAP				
Manok, hiniwa sa 10 piraso	kilo	¾	1. Hiwaing ang manok ng pa-kwadrado (2"x2"), hugasan ng mabuti.	
Toyo	kutsara	5-6	2. Haluin ang toyo, suka, paminta at asukal. Ilabad ang manok ng 30 minuto-1 oras. Takpan ang lalagyan.	
Suka	kutsara	2	3. Igisa ang sibuyas, bawang at ibinabad na rianok sa katamtamang apoy.	
Paminta, durog	kutsarita	¼	4. Idagdag ang pinagbabaran ng manok at tubig sa ginisang manok. Hayaang kumulo ng 10 minuto.	
Asukal	kutsarita	2	5. Ilagay ang saba, pakuluin ng 5-7 minuto.	
Bawang, dinikdik	butil	5	6. Idagdag ang Baguio beans, pakuluin ng 3 minuto o hanggang maluto.	
Sibuyas, malaki, hiniwa ng pino	piraso	1	7. Tikman bago ihain.	
Saba, manibalang, hiniwa sa 4	piraso	5		
Baguio beans, hiniwa sa 2, haba 2"	piraso	10		
Tubig	tasa	1		
Mantika	sandok	1		
Asin – ayon sa panlasa				
			Pamalit: Baguio Beans (Abitsuelas) = Sitaw	
DAMI NG IBIBIGAY SA BATA	Manok – 1 piraso			
	Saba – 1 hiwa			
	Beans – 2 hiwa			

Contributor:

Ms. Evelyn O. Tuyan, RND – FO V (Bicol)



Linggo#: 1

Araw: MARTES

PANGALAN NG PAGKAIN		PESANG ISDA NA MAY KAMOTE				
SANGKAP		SUKAT	DAMI	PARAAN NG PAGLUTO		PRESYO
Isda, katamtam ang laki, hiniwa sa 10		kilo	1	1. Linisin ng mabuti ang isda. Itabi.		
Kamote, dilaw, hiniwa pa-kwadrado		kilo	½	2. Igisa ang sibuyas, luya at kamatis sa katamtamang apoy.		
Petsyay, hiniwa sa 2		tali	1	3. Ilagay ng marahan ang pinaghugasan ng bigas, pakuluin.		
Sibuyas, malaki, hiniwa sa 4		piraso	1	4. Lagyan ng paminta at idagdag ang isda. Timplahan ng asin at pakuluin ng 2 minuto. Tanggaliin at itabi ang isda.		
Luya, maliit, hiniwa ng manipis at pahaba		piraso	1	5. Ilagay ang kamote, pakuluin ng 5 minuto.		
Kamatis, hiniwa sa 4		piraso	2	6. Idagdag ang petchay at ibalik ang isda. Takpan at pakuluin ng 2 minuto.		
Hugas bigas		litro	1	7. Ihain ang maintit.		
Mantika		sandok	1			
Paminta, buo		butil	5			
Asin – ayon sa panlasa						
DAMI NG IBIBIGAY SA BATA		1 hiwa ng isda, 2 piraso ng kamote at gulay		<u>Pamalit:</u> Kamote, dilaw = patatas		

Contributor:

Ms. Ma. Christina M. Florendo, RND – FO V (Bicol)



Linggo#: 1

Araw: MIYERKULES

PANGALAN NG PAGKAIN	SARCIADONG ITLOG NA MAY UPO	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Itlog		piraso	10	1. Ilaga, balatan at itabi ang itlog.	
Upo, hiniwa ng maninipis, pabilog		kilo	½	2. Igisa ang sibuyas, bawang at kamatis sa katamtamang apoy.	
Sibuyas, malaki, hiniwa ng pino		piraso	1	3. Idagdag ang tubig at hayaang kumulo.	
Bawang, dinikdik		butil	5	4. Ilagay ang itlog at upo. Lutuin ng 3 minuto o hanggang maluto ang upo.	
Kamatis, hiniwa ng pino		kilo	¼	5. Timplahan ng asin at paminta.	
Tubig		tasa	2	6. Ihain ng mainit.	
Mantika		kutsara	3		
Asin – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA	1 pirasong itlog at gulay				

Contributor:

Ms. Leah Luisa D. Molina, RND – FO I



Linggo#: 1

Araw: HUWEBES

PANGALAN NG PAGKAIN	FISH AND VEGETABLE PARTIES	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Isda, hasa-hasa, hiniimay		kilo	½	1. Linisin ang isda. Pakuluan sa katamtaman tubig at himayin. Siguraduhing walang tinik na matira.	
Sibuyas, malaki, hiniwa ng pino		piraso	2	2. Paghaluin ng mabuti ang himamay na isda, sibuyas, bawang, karots, kangkong, dahon ng malunggay, itlog at harina. Timplahan ng asin at paminta.	
Bawang, dinikdik		butil	2	3. Kumuha ng ¼ tasa, ihubog ng palapad na bilog katulad ng hamburger.	
Karots, malaki, hiniwa ng pino		kilo	¼	4. Iprito ng baliktaran hanggang maging "golden brown". Patuluin ang mantika.	
Tangkay ng kangkong, pino		tali	1	5. Ihain ng mainit na may ketsup.	
Malunggay, dahon		tangkay	2		
Itlog, binati		piraso	3		
Harina		tasa	½		
Asin		kutsarita	1		
Paminta, durug		kutsarita	½		
Mantika, pamprito		tasa	2		
Ketsup		bote	1		
DAMI NG IBIBIGAY SA BATA	1 pirasong patty at ketsup				

Pamalit:

Isda = Tilapia o ibang isda na hindi matirnik
Malunggay, dahon = dahoon ng kangkong, hiniwa ng maliit; ibang berdeng gulay na dahon na nasa paligid/hardin

Contributor:

Ms. Pauline Liza C. Nadera, RND – FO VIII



DSWD

Araw: **BIYERNES**

Department of Social Welfare and Development
Protective Service Bureau
Supplementary Feeding Program
RECIPES

Linggo#: 1

PANGALAN NG PAGKAIN	ALMONDIGAS	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Para sa bola-bola:					
Karne ng baboy, giniling		kilo	½	<ol style="list-style-type: none"> Paghaluin ng mabuti ang giniling na baboy, karot, malunggay, itlog at harina, Timplahan ng asin at paminta. Gumawa ng bola-bola at iprito. Itabi ang meatballs. Igisa ang sibuyas at at bawang. Ihalo ang pinitong meat balls. Lagyan ng tubig at pakuluin ng 5 minuto sa katamtamang apoy. Idagdag ang patola at lutuin ng 3 minuto. Ilagay ang malunggay hanggang maluto. Ihain ng mainit. 	
Karot, malaki, ginaddag o hiniwa ng pino		kilo	¼		
Malunggay, dahon		tangkay	2		
Itlog, binati		piraso	2		
Harina		tasa	½		
Asin		kutsarita	1		
Paminta, durog		kutsarita	1		
Mantika		tasa	2		
Para sa sabaw:					
Sibuyas, malaki, hiniwa ng pino		piraso	1		
Bawang, dinikdik		butil	5		
Tubig		litro	1		
Patola, hiniwa ng manipis, pabliog		kilo	½		
Malunggay, dahon		tasa	1		
Miswa		pakete	1		
Mantika		sandok	1		
Asin – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA		3 pirasong bola-bola, gulay at sabaw			

Contributor:

Ms. Alitha A. Directo, RND – FO CAR



Linggo#: 2

Araw: LUNES

PANGALAN NG PAGKAIN	TINOLANG MANOK NA MAY BISOL	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Manok, pitso, hiniwa para sa 10 bata	kilo	1		1. Hugasan ng mabuti ang manok.	
Papaya, hilaw, hiniwa ng pahaba	kilo	$\frac{3}{4}$		2. Igisa ang sibuyas, luya at manok sa katamtamang apoy.	
Bisol, hiniwa	kilo	$\frac{1}{2}$		3. Layan ng patis, takpan at hayaang lumabas ang katas ng manok.	
Sili, dahon	tali	1		4. Idagdag ang tubig at pakuluin ng 10 minuto o hanggang maluto ang manok.	
Sibuyas, malaki, hiniwa	piraso	1		5. Ilagay ang bisol at papaya, lutuin ng 5 minuto o hanggang maluto.	
Luya, maliit, hiniwa ng manipis, pahaba	piraso	1		6. Timplahan ng asin ayon sa panlasa.	
Hugas bigas	litro	1		7. Idagdag ang dahon ng sili. Patayin ang apoy.	
Patis	kutsara	2		8. Ihain ng mainit.	
Mantika	sandok	1			
Asin – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA					
	1 pirasong manok, sabaw at gulay (papaya, bisol at dahon ng sili)			<p>Pamaliit: Sili, dahon = Dahon ng Malunggay o dahon ng petsay, hiniwa Papaya, hilaw = sayote Bisol = karlang o ibang variety ng gabi</p> <p>Kaalaman: Ang bisol ay maliit na uri ng gabi.</p>	

Contributor:

Ms. Merilyn A. Guerra, RND – FO XII



Linggo#: 2

Araw: MARTES

PANGALAN NG PAGKAIN	MONGGO PARTIES WITH MALUNGGAY	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Monggo, tuyo		Kilo	¼	1. Ibabad ang monggo sa katamtamang tubig magdamag upang madaling lumambot	
Karne ng baboy, giniling		Kilo	¼	2. Palambutin ang munggo sa bagong tubig (HUWAG sa pinagbabaran). Salain ang monggo at hayaang lumamig.	
Malunggay, dahon		tasa	2	3. Ligisin ang pinakulong monggo gamit ang tinidor o sandok.	
Bawang, dinikdik		butil	3	4. Haluin ng mabuti ang niligis na monggo, giniling na baboy, dahoon ng malunggay, bawang, sibuyas, harina at itlog, asin at itlog.	
Sibuyas, malaki, hiniwa ng pino		piraso	1	5. Kumuha ng ¼ tasa, ihubog ng palapad na bilog katulad ng hamburger.	
Harina		tasa	½	6. Iprito ng baliktarang hanggang maging "golden brown". Patuluin ang mantika.	
Itlog, binati		piraso	1	7. Ihain ng mainit na may ketsup.	
Asin		kutsarita	1		
Paminta, durog		kutsarita	½		
Mantika		tasa	2		
Ketsup		bote	1		
DAMI NG IBIBIGAY SA BATA	1 piraso patty at ketsup			Pamaliit: Giniling na baboy = giniling na karne ng manok Karagdagang impormasyon: Maaari itong dagdagan ng dinurog na tokwa o tofu kung meron sa inyong lugar	

Contributor:
Ms. Juvy Anne Pimentel, RND – FOX



Linggo#: 2

Araw: MIYERKULES

PANGALAN NG PAGKAIN	CHICKEN – SAYOTE ALA CHOPSUEY	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Manok, pitso, hiniwa		kilo	1	1. Hugasan at hiwain ang manok para sa 10 bata.	
Sayote, hiniwa, katamtamang nipis		kilo	¾	2. Igisa ang sibuyas, bawang at manok.	
Sili (sweet pepper), malaki		piraso	1	3. Timplahan ng tuyo at paminta at lutuin ng 10 minuto. Hayaang lumabas ang katas ng manok ngunit huwag pabayaang matuyo. Maaring magdagdag ng kaunting tubig.	
Bawang, dinkdik		tail	1	4. Idagdag ang sayote at sweet pepper. Lutuin ng 7 minuto o hanggang maluto.	
Sibuyas, malaki, hiniwa		piraso	1	5. Timplahan ng asin at paminta ayon sa panlasa.	
Toyo		sandok	1	6. Tunawin sa malamig na tubig ang cornstarch. Ilagay sa sayote habang tuloy-tuloy na hinahalo hanggang lumapot ang sarsa.	
Cornstarch, tinunaw		kutsara	2	7. Ihain ng mainit.	
Mantika		sandok	1		
Asin – ayon sa panlasa					
Paminta – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA		1 pirasong manok at ½ tasa ng gulay			

Contributor:

Ms. Elaine L. Bañares, RND



Linggo#: 2

Araw: HUWEBES

PANGALAN NG PAGKAIN	FISH POCHERO WITH CAMOTE AND SABA	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Tilapia, walang tinik, 5 piraso/kilo		kilo	1	1. Linsin ang isda, gawing fillet. Timplahan ng asin, iprito ng bahagya. Itabi	
Kamote, maliit, hiniwa sa 2 piraso		piraso	5	2. Hugasan at hiwain ang abitswelas at repolyo.	
Saba, maliit, hiniwa sa 2 piraso		piraso	5	3. Igisa ang sibuyas, bawang at kamatis sa katamtamang apoy.	
Repolyo, maliit, hiniwa, 1" kwadrado		buo	1	4. Ilagay ang pinitirong isda, hugas bigas at tomato sauce. Timplahan ng patis at pakulin ng 2 minuto. Tanggaliin ang isda. Itabi	
Abitsuelas, hiniwa sa 2, 2" haba		gramo	100	5. Lutuin ang gulay ayon sa pagkakasunod: kamote, saba, repolyo at abitsuelas. Pakuluan ang gulay ng 5-7minuto o hanggang maluto.	
Bawang, dinikdik		butil	3	6. Timplahan ng asin at paminta ayon sa panlasa.	
Sibuyas, malaki, hiniwa ng pino		piraso	1	7. Ilagay ang tinabing isda sa ibabaw ng gulay sa paghain ng pagkain.	
Kamatis, malaki, hiniwa		piraso	2		
Hugas bigas		tasa	2		
Mantika, pamprito		tasa	1		
Mantika		sandok	1		
Tomato Sauce, 150g		pakete	1		
Patis		kutsara	2		
Asin – ayon sa panlasa					
Paminta – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA					
				1 pirasong isda, 1 piraso ng kamote, 1 piraso ng saba, gulay at sarsa	

Contributor:

Ms. Maria Eleonor L. Leal, RND – CO



Linggo#: 2

Araw: BIYERNES

PANGALAN NG PAGKAIN	ADOBONG MANOK SA GATA NA MAY PAPAYA	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
	SANGKAP				
Manok, pitso, hiniwa para sa 10 bata	kilo	1		1. Hugasan ng mabuti ang hiniwang manok.	
Toyo	sandok	1		2. Ibabad ang manok sa hinalong toyo, suka at paminta ng 30 minuto–1 oras. Takpan ang lalagyan.	
Suka	kutsara	2		3. Sa kawali, igisa ang bawang, luya at sibuyas sa katamtamang apoy.	
Paminta, durog	kutsarita	½		4. Idagdag ang ibinabad na manok, isangkutsa ng 7 minuto o hanggang bahagyang maluto ang manok.	
Bawang, dinikdik	butil	5		5. Ilagay ang gata, haluin hanggang kumulo ang gata.	
Luya, malit, hiniwa ng manipis, pahaba	piraso	1		6. Ilagay ang papaya, pakuluin ng 5 minuto o hanggang maluto ang papaya.	
Sibuyas, Malaki, hiniwa	piraso	1		7. Timplahan ng patis ayon sa panlasa.	
Gata ng niyog	tasa	3		8. Para ito ay mabango, ilagay ang siliing haba. Huwag hayaang madurog ang sili.	
Patis	kutsara	2		9. Ihain ng mainti	
Papaya, hilaw, hiniwa	kilo	¾			
Sili, haba, buo	piraso	3			
Paminta – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA	1 pirasong manok at 3 piraso ng papaya				

Karagdagang impormasyon:

- Hinahalo ang gata hanggang ito ay kumulo upang di kumurta (curdle). Maaari ring gumawa ng kakang gata para mas malinammam ang sarsa ng ginataan.

Pamaliti:
Papaya, hilaw = sayote

Contributor:
Elaine L. Bañares, RND



Linggo#: 3

Araw: LUNES

PANGALAN NG PAGKAIN	FRIED CHICKEN WITH MIXED VEGETABLES	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Manok, hita o kahit anong parte	kilo	1		1. Hugasan ang manok ng mabuti	
Bawang, dinikdik	butil	5		2. Sa isang bowl, ibabad ang manok sa hinalong bawang, kalamansi, toyo, asin, asukal at paminta ng isang (1) oras.	
Kalamansi, katas	piraso	5-7		3. Iprito ang manok hanggang maging "golden brown". Itabi.	
Toyo	sandok	1			
Asin	kutsara	4			
Asukal, washed	kutsara	1			
Paminta, durog	kutsarita	½			
Mantika, pamprito	tasa	2			
Mixed Veggies:					
Karots, hiniwa ng maliit na kwadrado	kilo	¼		1. Magpakulo ng katamtamang dami ng tubig (½ litro).	
Kalabasa, hiniwa ng maliit na parisukat	kilo	¼		2. Lagyan ng asin. Pakuluan ang gulay ng 5 minuto o hanggang ito ay maluto ayon sa pagkakasunod: karots, kalabasa, sayote at green beans.	
Sayote, hiniwa ng maliit na kwadrado	kilo	¼		3. Salain, ilagay sa isang lalagyan.	
Baguio beans, hiniwa, ¼" habai	kilo	¼		4. Idagdag ang mantikilya habang mainit ang gulay.	
Mantikilya (butter)	bar	½		5. Ihain ng mainit kasama ng piniritong manok	
Asin	kutsarita	1			
DAMI NG IBIBIGAY SA BATA					
				1 pirasong manok at ½ tasa ng gulay	

Contributor:

Ms. Daphne Joyce B. Embradora, RND – FO VII



Linggo#: 3

Araw: MARTES

PANGALAN NG PAGKAIN	FISH CARDILLO WITH MALUNGGAY	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Isda, Alumahan, 5 piraso/kilo	kilo	1	1	1. Linaan at hugasan ang isda, hatiin sa dalawa.	
Mantika	tasa	1	1	2. Lagyan ng asin at iprito. Itabi.	
Sibuyas, malaki, hiniwa ng pino	piraso	1	1	3. Igisa ang bawang, sibuyas at kamatis sa katarntamang apoy.	
Bawang, dinikdik	butil	5	5	4. Ilagay ang piniritong isda at tubig. Timplahan ng patis at pakuluin ng bahagya.	
Kamatis, malaki, hiniwa	piraso	2	2	5. Idagdag ang karots, pakuluin ng 3 minuto.	
Patis	kutsara	2	2	6. Idagdag ang binating itlog habang tuloy-tuloy na hinahalo	
Tubig	tasa	1	1	7. Timplahin ng asin at parminta ayon sa panlasa.	
Itlog, binate	piraso	3	3	8. Ilagay ang dahon ng malunggay bago alisin sa apoy.	
Karots, hiniwa ng maliit na kwadrado	gramo	150	150	9. Ihain ng mainit.	
Malunggay, dahon	tasa	2	2		
Asin – ayon sa panlasa					
Parminta, durog – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA					
	1 pirasong isda, gulay at sarsa			Pamali: Alumahan = salay-salay, hasa-hasa o ibang isda na hindi matinik	

Contributor:

Ms. Melinda D. Canares, RND – FO VII

Linggo#: 3

Araw: MITYERKULES

PANGALAN NG PAGKAIN	EGG SOTANGHON WITH MALUNGGAY		PARAAN NG PAGLUTO	PRESYO
SANGKAP	SUKAT	DAMI		
Itlog, nilaga	Piraso	10	1. Ilagay ang itlog, balatan at itabi.	
Margarine	Kutsarita	2	2. Igisa ang bawang at sibuyas sa katamtamang apoy. Ilagay ang chicken broth, pakuluin.	
Bawang, dinikdik	Butil	5	3. Ilagay ang sotanghon at hayaang kumulo hanggang maluto.	
Sibuyas, malaki, hiniwa ng pino	Piraso	1	4. Lagyan ng asin at paminta ayon sa panlasa.	
Chicken broth	litro	1	5. Haluin ang sotanghon paminsan-minsan upang maiwasan ang pagdikit ng sotanghon sa lutuan.	
Sotanghon	Kilo	½	6. Idagdag ang karots at nilagang itlog, pakuluin ng 3 minuto.	
Carrots	Tasa	1	7. Ilagay ang malunggay. Tanggalin sa apoy.	
Dahon ng Malunggay	Tasa	1		
Asin – ayon sa panlasa				
Paminta, durog – ayon sa panlasa				
DAMI NG IBIBIGAY SA BATA	1 pirasong itlog, sotanghon, gulay at sabaw		Karagdagang impormasyon: Paglaga ng itlog – Orasan ng 10 minuto ang itlog simula sa pagkulo ng tubig. Ibadad ang itlog sa tubig na malamig (o galing sa gripo) matapos maluto para mabataan ng mabilis. Chicken broth (pinagpakuluan ng manok) – pukuluin ng 20–30 minuto ang buto–buto ng manok.	

Contributor:

Ms. Jea Girl R. Malacad, RND – FO XII



Linggo#: 3

Araw: HUWEBES

PANGALAN NG PAGKAIN	BEEF (OR PORK) LAUYA	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Karne ng baka, hiniwa ng pa-kwadrado	kilo	1		<ol style="list-style-type: none"> Hugasan ng mabuti ang karne, hiwain sa 20 piraso. Ilagay ang hugas bigas, karne, sibuyas, luya at paminsa sa kaldero. Pakuluin ng 30 minuto or hanggang lumambot ang karne. Lutuin ang gulay ayon sa pagkakasunod: mais, kamote, karot, green beans at petsay. Timplahan ng pats/asin ayon sa panlasa. Ihain ng mainit <p><u>Pamalit:</u> Karne ng baka = karne ng baboy Kamote = patatas</p>	
Hugas bigas	litro	1			
Sibuyas, malaki, hiniwa sa 4	piraso	1			
Luya, maliit, hiwain ng manipis	piraso	5			
Paminsa, buo	butil	5			
Mais, dilaw, hiniwa sa 5 putol	piraso	2			
Kamote, maliit, hiniwa sa 2	piraso	5			
Karot, hiniwa sa sampung piraso	piraso	1			
Baguio (green) beans, hiniwa sa 2	piraso	5			
Petsay, hiniwa sa 2	kilo	¼			
Patis	sandok	1			
Asin – ayon sa panlasa					
Karne – 2 piraso, Mais – 1 piraso, Kamote – 1 piraso, Beans – 1 piraso, Petsay at sabaw					
DAMI NG IBIBIGAY SA BATA					

Contributor:

Ms. Elaine L. Bañares, RND



Linggo#: 3

Araw: BIYERNES

PANGALAN NG PAGKAIN	LUMPIANG TOGUE WITH TOKWA	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Toque		kilo	½	1. Igisa ang sibuyas, bawang at togue sa katamtamang apoy.	
Karot, hiniwa ng pahaba, manipis		piraso	1	2. Timplahan ng asin at paminta.	
Sibuyas, Malaki, hiniwa ng pino		piraso	1	3. Idagdag ang itlog at harina habang hinahalo. Ilagay ang tokwa, lutuin ng 2-3 minuto.	
Bawang, dinkdik		butil	5	4. Hanguin ang gulay at palamigin.	
Itlog, binati		piraso	3	5. Balutin ang gulay sa lumpia wrapper.	
Tokwa, hiniwa ng pahaba		piraso	3	6. Igulong ang lumpia sa bread crumbs, prituhin hanggang maging golden brown.	
Harina, tinunaw		tasa	¼		
Mantika		tasa	2		
Asin – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
Lumpia wrapper, katamtaman ang laki		piraso	10		
Bread crumbs (optional)		tasa	1		
DAMI NG IBIBIGAY SA BATA		1 pirasong lumpia at sawsawan			

Contributor:

Ms. Rechel Grace Ceniza, RND – FOX



Linggo#: 4

Araw: LUNES

PANGALAN NG PAGKAIN		VEGGIE OKOY		
SANGKAP	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
Karne ng manok, giniling	kilo	¼	1. Hugasan ng mabuti ang mga gulay bago hiwain.	
Toque	kilo	¼	2. Igisa ang sibuyas, bawang at giniling na manok. Timplahan ng asin at paminta. Hanguin at palamigin.	
Kalabasa, hiniwa ng pahaba, manipis	kilo	¼	3. Haluin ang itlog at harina ng mabuti. Ihalo ang guinisang karne ng manok at lahat ng gulay.	
Carrots, hiniwa ng pahaba, manipis	piraso	1	4. Maglagay ng ¼ tasa ng pinaghalong sangkap sa isang plastik na platito. Marahang ihulog sa mainit na mantika. Prituhin ang okoy hanggang maging “golden brown”.	
Kulitis, dahon, hiniwa ng maninipis	tali	1	5. Hanguin at ihain na may kasamang ketsup (o sawsawang may suka).	
Sibuyas, malaki, hiniwa ng pino	piraso	1		
Bawang, dinikdik, pino	butil	3		
Itlog, binati	piraso	2		
Harina	tasa	½		
Asin	kutsarita	2		
Paminta, durog	kutsarita	1		
Mantika	tasa	2		
Ketsup	bote	1		
DAMI NG IBIBIGAY SA BATA	1 pirasong okoy + sawsawan		<p>Pamalit: Kulitis, dahon = dahon ng malunggay o ibang berdeng dahon na gulay sa bakuran/hardin Karagdagang impormasyon: ☞ Lutuin ang okoy pag malapit na kumain ang mga bata upang ito ay hindi lumambot. ☞ Maaaring maghanda ng sawsawan: 1 tasa suka, ¼ tasa tubig, 1 kutsarita asin, 1 kutsara asukal, paminta, 1 sibuyas hiniwa ng pino</p>	

Contributor:

Ms. Wahida B. Guinomla, RND – FO ARMM



Linggo#: 4

Araw: MARTES

PANGALAN NG PAGKAIN	GINATAANG SITAW AT KALABASA WITH DILIS	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Mantika		sandok	½	1. Igisa ang sibuyas, bawang, karne at diliis.	
Bawang, dinikdik		butil	5	2. Ilagay ang gata, haluin hanggang kumulo.	
Sibuyas, hiniwa ng pino		piraso	1	3. Ihalo ang kalabasa, lutuin ng 10 minuto.	
Karne ng baboy, hiniwa, maliit, kwadrado		kilo	¼	4. Timplahan ng asin at paminta ayon sa panlasa.	
Diliis, tuyo, ibinabad, tanggal ang ulo		balot	1	5. Idagdag ang sitaw. Pakuluin ng 5 minuto o hanggang ito ay maluto.	
Sitaw, hiniwa ng 1 pulgada		tali	2	6. Ilagay ang siliing haba para ang niluto ay mabango. Huwag hayaang madurog ng sili.	
Kalabasa, hiniwa ng pakwadrado		kilo	½	7. Ihain ng mainit.	
Gata		tasa	2		
Asin – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
Sili, haba, buo		piraso	3		
DAMI NG IBIBIGAY SA BATA		½ tasa ng gulay na may sahog			

Contributor:

Ms. Maria Johanna S. Alincastre, RND – FO III



Linggo#: 4

Araw: MAYERKULES

PANGALAN NG PAGKAIN	SINIGANG NA ISDA SA KAMIAS	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Isda, hinati sa 10 piraso		kilo	1	1. Linisan at hugasan ang isda ng mabuti	
Hugas bigas		litro	2	2. Pakuluan ang sibuyas, kamatis at kamias sa hugas-bigas.	
Sibuyas, hiniwa sa 4		piraso	1	3. Durugin ang kamias gamit ang sandok at tinidor. Ihalo muli sa sabaw.	
Kamatis, hiniwa sa 4		piraso	2	4. Ilagay ang isda, pakuluan ng 3 minuto. Marahang alisin ang isda upang ito ay hindi madurog. Itabi.	
Luya, maliit, hiniwa ng manipis		piraso	1	5. Lutuin ang gulay ayon sa pagkasunod–sunod: gabi, bataw, sitaw at kangkong.	
Gabi, maliit, hiniwa sa 2		piraso	5	6. Ibalik ang isda at ilagay ang siling haba. Timplahan ng asin ayon sa panlasa.	
Bataw, ibinabad		tasa	1		
Sitaw, hiniwa, 1 pulgada ang haba		tali	1		
Kangkong, dahon		tali	2		
Sili, haba, buo		piraso	3		
Kamias, tanggal ang dulo, hatiin sa 2		tumpok	1		
Asin – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA					
		1 hiwa/pirasong isda, ½ tasa ng gulat at sabaw			
				<p>Pamalit: Kangkong, dahon = dahon ng kamote, malunggay o ibang berdeng dahon na gulay sa bakuran/hardin Kamias = sampalok, kalamansi, bunga ng rattan, batwan o ibang napapanahon na maasim na prutas tulad ng santol. Karagdagang impormasyon: Ang paggamit ng luya ay nakatutulong sa pagtanggal ng lansang ng isda.</p>	

Contributor:

Mr. Mark Angelo Lorenzo, RND – FO IV-B



Linggo#: 4

Araw: HUWEBES

PANGALAN NG PAGKAIN		PORK AND BEANS			
	SANGKAP	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
	Mantika	sandok	1	1. Ibabad ang "kidney beans" sa katamtamang dami ng tubig upang mas madaling lumambot.	
	Bawang, dinikdik	butil	5	2. Palambutin ang binabad na "kidney beans" (HUWAG sa pinagbabaran).	
	Sibuyas, malaki, hiniwa ng pino	piraso	1	3. Igisa ang bawang, sibuyas at karne. Timplahan ng asin at paminta.	
	Karne ng baboy, giniling	kilo	1/2	4. Ihalo ang ketsup at tubig. Takpan at pakuluin ng 10 minuto sa katamtamang apoy	
	Kidney beans, ibinabad	kilo	1/4	5. Ihalo ang pinalambot na beans at ginayat na keso. Lutuin ng 5 minuto.	
	Ketsup, maliit na bote	bote	1	6. Ilagay ang Chinese pechay bago ihain.	
	Tubig	tasa	1		
	Asin – ayon sa panlasa				
	Paminta, durog – ayon sa panlasa				
	Chinese pechay, hiniwa ng manipis	kilo	1/2		
	Keso, 80 grams, ginayat ng maliit	kahon	1/2		
	DAMI NG IBIBIGAY SA BATA	1/2 tasa ng gulay			

Contributor:

Ms. Ma. Elena Carreon, RND – FO III



Linggo#: 4

Araw: BIYERNES

PANGALAN NG PAGKAIN	BEEF BATCHOY WITH GREEN PAPAAYA	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Mantika		sandok	1		
Bawang, dinikdik		butil	5	1. Hugasan ang karne at hiwain. Itabi.	
Sibuyas, malaki, hiniwa ng pino		piraso	1	2. Igisa ang bawang, sibuyas, luya, karne at atay sa katamtamang apoy.	
Luya, maliit, hiniwa ng pahaba at manipis		piraso	1	3. Ilagay ang hugas bigas. Timplahan ng pats at paminta. Pakuluin hanggang lumambot ang karne.	
Karne ng baka, hiniwa ng pahaba at manipis		kilo	½	4. Ilagay ang papaya, lutiin ng 10 minuto.	
Atay, hiniwa ng pahaba at manipis		gramo	50	5. Idagdag ang miswa at dahon ng sibuyas (spring onion) bago ihain.	
Papaya, berde, hiniwa, pahaba at manipis		kilo	¾		
Hugas bigas		Litro	2		
Patis		sandok	½		
Asin – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
Miswa, 150g		pakete	1		
Sibuyas, dahon, hiniwa ng pino		piraso	2		
DAMI NG IBIBIGAY SA BATA					
				½ tasa ng sabaw na may karne at gulay	

Contributor:

Ms. Elaine L. Bañares, RND



Linggo#: 5

Araw: LUNES

PANGALAN NG PAGKAIN	FISH BOLA-BOLA SOUP WITH VEGETABLES	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Fish Bola-bola:					
Galunggong, himimay	kilo	½		1. Linisin ang isda. Pakuluan ang isda sa katamtamang tubig at himayin. Itabi ang pinagpakuluan ng isda para sa sabaw.	
Karots, ginadgad	piraso	2		2. Sa isang bowl, pagsamahin ang himimay na isda, karots, bawang, sibuyas, harina at itlog.	
Bawang, dinikdik ng pino	butil	5		3. Gumawa ng bola-bola, iprito hanggang maging Timplahan ng asin at paminta. Haluin ng mabuti.	
Sibuyas, hiniwa ng pino	piraso	2		4. Pakuluan ang pinaglagaan ng isda. Timplahan ng pats at paminta.	
Harina	tasa	1		5. Ihulog ang bola-bolang isda at hayaang kumulo.	
Itlog, binate	piraso	2		6. Lutuin ng 5 minuto.	
Asin	kutsarita	1		7. Ihain ng mainti.	
Paminta, durog	kutsarita	½			
Mantika	tasa	1			
Fish Soup:					
Fish broth (dagdagan ng hugas bigas)	litro	2			
Chinese cabbage, hiniwa ng manipis	kilo	¼			
Patis – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA					
	2-3 piraso bola-bola, gulay at sabaw			Pamalit: Chinese cabbage = repolyo o petsay	

Contributor:

Ms. Ana Mariel Lopez, RND – FO I



Linggo#: 5

Araw: MARTES

PANGALAN NG PAGKAIN	RELLENONG TALONG WITH CATSUP	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Talong, Malaki, pang-relleno	piraso	10		1. Pakuluan o ihawin ang talong. Balatan at itabi.	
Sibuyas, malaki, hiniwa ng pino	piraso	1		2. Sa isang kawali: Igisa ang sibuyas, bawang at giniling na baboy.	
Bawang, dinkdik ng pino	butil	5		3. Idagdag ang dinurog na tokwa. Timplahan ng asin at paminta. Isangkusa ng mabuti at bahayang patyuin. Tanggalin sa apoy at palamigin.	
Laman ng Baboy, giniling	gramo	100		4. Sa isang bowl: Haluin ang guinisang baboy-tokwa, dinurog na kamote, dahon ng malunggay, itlog at cornstarch. Timplahan ng asin at paminta ayon sa panlasa.	
Tokwa, dinurog	piraso	2		5. Ibabad ang talong sa hinalong palaman ng torta.	
Asin (ayon sa panlasa)	kutsarita	1		6. Sa isang platitong plastik, ayusin ang talong ng palapad, lagyan ng palaman at marahang ibaba sa kawaling may mainit na mantika. Lutuin ng baliktaran hanggang maging "golden brown".	
Paminta, durog (ayon sa panlasa)	kutsarita	½		7. Ihain ng mainit kasama ng ketsup.	
Mantika, pang-guisa	kutsara	2			
Kamote, dilaw, nilaga at dinurog	piraso	2			
Malunggay, dahon	tasa	½			
Itlog, binati	piraso	5			
Constarch	tasa	1			
Mantika, pang-prito	tasa	3			
Ketsup	bote	1			
DAMI NG IBIBIGAY SA BATA	1 piraso talong at ketsup			Karagdagang impormasyon: Pag-ihaw ng talong: tusok—tusukin ang balat ng talong para ito ay di pumutok habang inihaw. Ibabad sa tubig pagkatapos ihawin para madaling balatan.	

Contributor:

Ms. Delia De Guzman, RND – FO II



Linggo#: 5

Araw: Miyerkules

PANGALAN NG PAGKAIN	LUMPIANG SHANGHAI WITH LEMON-CARROT SAUCE	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Lumpiang Shanghai:					
Laman ng baboy o manok, giniling	kilo	½		<p>Lumpiang Shanghai:</p> <ol style="list-style-type: none"> 1. Sa isang bow: haluin ng mabuti ang giniling na karne, karots, bisol at itlog. Timplahan ng asin at paminta. 2. Balutin ang lumpia. 3. Iprito hanggang maging "golden brown". <p>Lemon-Carrot Sauce:</p> <ol style="list-style-type: none"> 1. Haluin sa kawali ang katas ng kalamansi, tubig, asukal, asin, toyo, paminta at karots. 2. Isalang sa katamtamang apoy, haluin hanggang maluto an gang karots. 3. Idagdag ng paunti-unti ang tinunaw na cornstarch habang tuloy – tuloy na hinahalo hanggang lumapot ang sarsa. 4. Hanguin at gawing toppings sa lumpiang shanghai. <p>Pamaliit:</p> <p>Bisol = karlang o ibang variety ng gabi</p> <p>Karagdagang impormasyon:</p> <ul style="list-style-type: none"> ☛ Ang bisol ay maliit na uri ng gabi. ☛ Maaring dagdagan ng ½ tasa dahon ng malunggay ang lumpiang shanghai. 	
Karots, ginadgad o hiniwa ng pinong-pino	piraso	1			
Bisol, ginadgad o hiniwa ng pinong-pino	kilo	½			
Sibuyas, hiniwa ng pinong-pino	piraso	1			
Itlog, binati	piraso	1			
Asin	kutsarita	2			
Paminta, durog	kutsarita	1			
Balat ng lumpia, maliit	piraso	20			
Mantika	tasa	2			
Lemon-Carrot Sauce:					
Kalamansi, katas	piraso	6			
Tubig	tasa	1 ½			
Asukal, pula	kutsara	1 ½			
Asin	kutsarita	1			
Toyo	kutsarita	1			
Paminta, durog – ayon sa panlasa					
Constarch, tinunaw sa malamig na tubig	kutsara	2			
Karots, ginadgad o hiniwa ng pinong-pino	piraso	1			
DAMI NG IBIGAY SA BATA	2 piraso lumpiang shanghai				

Contributor:

Ms. Helen Calatrava, RND – FO XI



Linggo#: 5

Araw: HUWEBES

PANGALAN NG PAGKAIN	CHICKEN CABBAGE STIR-FRY	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Manok, pitso, hiniwa		kilo	1	1. Hugasan at hiwain ang manok para sa 10 bata.	
Repolyo, hiniwa, pa-kwadrado		kilo	¾	2. Igisa ang sibuyas, bawang at manok.	
Karots, hiniwa ng pabilog/bulaklak		piraso	1	3. Timplahan ng tuyo at paminta, lutuin ng 10 minuto.	
Bawang, dinikdik		butil	5	Hayaang lumabas ang katas ng manok ngunit huwag pabayaang matuyo. Maaaring magdagdag ng kaunting tubig.	
Sibuyas, malaki, hiniwa		piraso	1	4. Idagdag ang repolyo at karots. Lutuin ng 7 minuto o hanggang maluto ang gulay.	
Toyo		sandok	1	5. Timplahan ng asin at paminta ayon sa panlasa.	
Cornstarch, tinunaw		kutsara	2	6. Tunawin sa malamig na tubig ang cornstarch.	
Mantika		sandok	1	7. Ilagay sa repolyo habang tuloy-tuloy na hinahalo hanggang lumapot ang sarsa.	
Asin – ayon sa panlasa					
Paminta – ayon sa panlasa					
DAMI NG IBIBIGAY SA BATA					
			1 pirasong manok at ½ tasa ng gulay		

Contributor:

Ms. Elaine L. Bañares, RND



Linggo#: 6

Araw: LUNES

PANGALAN NG PAGKAIN	MOLO SOUP AT PANDESAL	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Pork, kasim, giniling	kilo	¼		1. Paghaluin sa isang bowl ang giniling na baboy, kalabasa, carrots, sibuyas, paminta, toyo at itlog. Haluin ang mga sangkap ng mabuti.	
Carrots, malaki, hiniwa na pino	piraso	1		2. Kumuha ng 1 kutsara ng pinaghalo–halong sangkap at balutin ito ng molo wrapper (katulad ng siomai). Itabi.	
Kalabasa, hiniwa na pino	gramo	150		3. Magtira ng kaunti ng pinaghalo–halong sangkap para sa paggawa ng sabaw.	
Sibuyas, malaki, hiniwa ng pino	piraso	1		Molo Soup	
Itlog, katamtaman ang laki	piraso	1		4. Igisa ang bawang at sibuyas. Ihalo ang natitirang pork mixture at timplahan ng patis.	
Toyo	tasa	¼		5. Lagyan ng tubig, pakuluin ng 5 minuto.	
Paminta, durog	kutsarita	½		6. Ihulog ng isa–isa ang ginawang molo at hayaang maluto. Marahang haluin upang di magdikit–dikit ang molo.	
Molo wrapper	piraso	20		7. Ilagay ang patola, lutuin ng 3 minuto o hanggang maluto ang gulay.	
Mantika	sandok	1		8. Timplahan ng asin at paminta ayon sa panlasa.	
Bawang, dinikdik	butil	3		9. Ipartner ang molo soup sa pandesal.	
Sibuyas, malaki, hiniwa ng pino	piraso	1			
Tubig	litro	1 ½			
Patis/asin – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
Patola, hiniwa ng pabilog, manipis	k	½			
Pandesal, katamtaman ang laki	piraso	10			
DAMI NG IBIBIGAY SA BATA	2 piraso ng molo, 1 tasa sabaw at patola				

Contributor:

Ms. Carol Mae P. Martinez, RND – FO IV A



Linggo#: 6 Araw: MARTES

PANGALAN NG PAGKAIN		MACARONI SOUP WITH EGG AND PUTONG PUTI		
SANGKAP	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
Macaroni, elbow, 200g	pakete	1	1. Ilog ang itlog, balatan at itabi.	
Manok, nilaga, hinimay	kilo	1/2	2. Pakuluan ang manok sa katamtamang dami ng tubig at himayin. Itabi.	
Bawang, dinkdik	butil	3	3. Igisa ang bawang, sibuyas at manok.	
Sibuyas, malaki, hiriwa ng pino	piraso	1	4. Ihalo ang pinagpakuluan ng manok (chicken broth) at macaroni. Haluin paminsan-minsan upang hindi magdikit-dikit ang noodles.	
Chicken broth	litro	1 1/2	5. Ilagay ang mais at timplahan ayon sa panlasa. Lutuin ng 5 minuto o hanggang maluto ang mais.	
Mais, bunga, butil	piraso	1	6. Ilagay ang gatas na ebaporada at pakuluin ng bahagya.	
Dahon ng Malunggay	Tasa	1	7. Ihalo ang dahon ng malunggay.	
Patis/asin – ayon sa panlasa			8. Ihain ng mainit.	
Paminta, durog – ayon sa panlasa				
Mantika	sandok	1		
Gatas, ebaporada, maliit na lata	lata	1		
Itlog, nilaga, hinati sa 2	piraso	5		
Putong puti, katamtaman ang laki	piraso	10		
DAMI NG IBIBIGAY SA BATA				
1 tasa macaroni soup, 1/2 nilagang itlog at gulay				

Paraan ng Pagluto:

- Ilog ang itlog, balatan at itabi.
- Pakuluan ang manok sa katamtamang dami ng tubig at himayin. Itabi.
- Igisa ang bawang, sibuyas at manok.
- Ihalo ang pinagpakuluan ng manok (chicken broth) at macaroni. Haluin paminsan-minsan upang hindi magdikit-dikit ang noodles.
- Ilagay ang mais at timplahan ayon sa panlasa. Lutuin ng 5 minuto o hanggang maluto ang mais.
- Ilagay ang gatas na ebaporada at pakuluin ng bahagya.
- Ihalo ang dahon ng malunggay.
- Ihain ng mainit.

Pamalit:
Putong puti = ibang uri ng kakaniin, tinapay o rootcrops

Karagdagang impormasyon:
Paglaga ng itlog – Orasan ng 10 minuto ang itlog simula sa pagkulo ng tubig. Ibadad ang itlog sa tubig na malamig (o galing sa gripo) matapos maluto para mabilis na mabalatan.

Contributor:
Mr. Edwardson Tad-o, RND – FO II



Linggo#: 6

Araw: MIYERKULES

PANGALAN NG PAGKAIN	CHICKEN LOMI AT KAMOTE	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Pancit miki/lomi		kilo	1/2	1. Buhusan ng maintit na tubig ang pancit miki. Itabi.	
Manok, nilaga, hinimay		kilo	1/2	2. Pakuluan ang manok, himayin at itabi.	
Mantika		sandok	1	3. Igisa ang bawang, sibuyas at manok.	
Bawang, dinikdik		butil	5	4. Ihalo ang pinagpakuluan ng manok (chicken broth). Timplahan ng asin at paminta. Pakuluin.	
Sibuyas, malaki, hiniwa ng pino		piraso	1	5. Ilagay ang lomi, carrots, sayote hanggang maluto.	
Chicken broth		litro	1 1/2	6. Ilagay ang talbos ng kangkong at itlog habang hinahalo ng tuloy-tuloy.	
Carrots, hiniwa ng pahaba, manipis		piraso	1	7. Ihain ng maintit kasama ang nilagang kamote.	
Sayote, hiniwa ng pahaba, manipis		kilo	1/4		
Kangkong, dahon, hiniwa ng manipis		tali	1		
Patis/asin – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
Itlog, binati		piraso	3		
Kamote, dilaw, nilaga, hinati sa 2		piraso	5		
DAMI NG IBIBIGAY SA BATA					
		1 tasa ng lomi soup, gulay at 1/2 kamote			

Contributor:

Ms. Liza Pagarigan, RND – NCR



Linggo#: 6

Araw: HUWEBES

PANGALAN NG PAGKAIN	SOTANGHON SOUP WITH EGG AND BREAD	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Sotanghon, binabad, 200g		pakete	1	1. Iлага ang itlog, balatan at itabi.	
Mantekilya (margarine)		kutsara	2	2. Pakuluan ang manok sa katamtamang dami ng tubig at himayin. Itabi.	
Mantika		kutsara	1	3. Igisa ang bawang, sibuyas at manoksa mantekilya.	
Bawang, dinikdik		butil	3	4. Ihalo ang pinagpakuluan ng manok (chicken broth). Timplahan ng asin at paminta. Pakuluin.	
Sibuyas, malaki, hiniwa ng pino		piraso	1	5. Ilagay ang sotanghon, pakuluan at kapag malapit ng maluto ay idagdag ang karots.	
Manok, nilaga, hiniway		kilo	¼	6. Ilagay ang nilagang itlog at dahon ng malunggay. Pakuluan ng bahayga, tanggalin sa apoy.	
Chicken broth		litro	1 ½	7. Ihain ng mainit kasama ng pandesal.	
Karots, hiniwa ng pino		piraso	1		
Dahon ng Malunggay		tasa	1		
Patis/asin – ayon sa panlasa					
Paminta, durog – ayon sa panlasa					
Itlog, nilaga		piraso	10		
Pandesal, katamtaman ang laki		piraso	10		
DAMI NG IBIBIGAY SA BATA					
				1 tasa ng sotanghon soup na may gulay, 1 itlog at 1 pandesal	

Contributor:

Ms. Jea Girl R. Malacad, RND – FO XII



Linggo#: 6

Araw: BIYERNES

PANGALAN NG PAGKAIN	MAMI SOUP (SERVED WITH BREAD OR KAKANIN)	SUKAT	DAMI	PARAAN NG PAGLUTO	PRESYO
SANGKAP					
Mami noodles, lapad	kilo	1/2		1. Ilaga ang itlog, balatan at itabi.	
Manok, nilaga, hinimay	kilo	1/2		2. Buhusan ng mainit na tubig ang mami noodles. Itabi.	
Mantika	sandok	1		3. Pakuluan ang manok at himayin. Itabi ang pinagpakuluan ng manok para sa sabaw.	
Bawang, dinikdik	butil	3		4. Igisa ang bawang, sibuyas at hinimay na manok.	
Sibuyas, malaki, hiniwa ng pino	piraso	1		5. Timplahan ng toyo at paminta. Itabi.	
Chicken broth	litro	1 1/2		6. Lagyan ng asin at paminta ang pinagpakuluan ng manok (chicken broth). Pakuluin	
Carrots, hiniwa ng pahaba, manipis	piraso	1		7. Ilagay ang karots at Chinese pechay, lutuin ng bahagya. Tanggalin sa sabaw ang gulay. Itabi.	
Chinese pechay, hiniwa ng manipis	kilo	1/2		8. Ayusin ang mami noodles sa bawat mangko ng 10 bata. Lagyan ng toppings: hinimay na manok, gulay, 1/2 itlog at dahon ng sibuyas (spring onions).	
Toyo	kutsara	2		9. Lagyan ng mainit na sabaw kapag malapit na kumain ang mga bata.	
Patis/asin – ayon sa panlasa				10. Ihain kasama ng tinapay.	
Paminta, durog – ayon sa panlasa				Pamalit:	
Sibuyas, dahon, hiniwa ng pino	piraso	2		Manok, hinimay = laman ng baboy, hiniwa ng pahaba at manipis	
Itlog, nilaga, hinati sa 2	piraso	5		Tinapay = ibang uri ng tinapay, kakanin, o rootcrops	
Tinapay, katamtaman ang laki	piraso	10		Karagdagang Impormasyon:	
DAMI NG IBIBIGAY SA BATA					
	1 mangko ng mami na may hinimay na manok, 1/2 itlog, gulay at 1 piraso ng tinapay			Paglaga ng itlog – Orasan ng 10 minuto ang itlog simula sa pagkulo ng tubig. Ibadad ang itlog sa tubig na malamig (o galling sa gripo) matapos maluto para mabilis na mabalatan.	

Contributor: Ms. Elaine L. Bañares, RND

GENERAL MEMORANDUM OF AGREEMENT

Know all Men by These Presents:

This General Memorandum of Agreement, hereinafter referred to as the General MOA, is made and entered into this _____ day of _____ 20__, by and between;

The **Department of Social Welfare and Development Field Office No. ____**, with office address at _____ herein represented by _____, in his/her capacity as Regional Director, hereinafter referred to as the DSWD;

(Insert if the Province is a signatory)

The **Province** of _____, a province of the Republic of the Philippines created under _____ with principal address at the Provincial Capitol _____ herein represented by _____ in his/her capacity as Provincial Governor and hereinafter referred to as the Province;

AND

The City/Municipality of _____ a City/Municipality of the Republic of the Philippines, with principal address at _____, herein represented by _____ in his/her capacity as Mayor and hereinafter referred to as the City/Municipality.

WITNESSETH THAT

WHEREAS, DSWD envisions a society where the poor, vulnerable and disadvantaged individuals, families, and communities are empowered for an improved quality of life, and takes protection of the poor and marginalized members of society as its main mission, hereinafter referred to as "Social Protection".

WHEREAS, in pursuit of this vision and to operationalize its Social Protection mission, the Department adopts a "Whole of DSWD" approach in ensuring convergence in implementation of the department's various strategies, programs, projects, and activities, otherwise known as "PPAs", to address the needs of the poor.

WHEREAS, under the Local Government Code, local government units are mandated to address the needs of its constituencies, and empower the people through direct participation in the affairs of government, by allowing them the widest possible space to decide on,

initiate, implement, and innovate on development activities that address their identified needs;

WHEREAS, the City/Municipality of _____, a _____ class City/Municipality in the Province of _____, recognizes its role in ensuring inclusive development, and commits to address the needs of the poor within its jurisdiction.

WHEREAS, DSWD and the City/Municipal LGU of _____ are willing and able to partner with each other to deliver a package of services to address poverty, empower citizens, and promote inclusive growth, composed of some or all of the following PPAs (i).....; (ii); (iii); and agree to commit each other to such partnership through this MOA.

NOW THEREFORE, for and in consideration of the foregoing premises, the parties agree as follows;

Section 1: Purpose of the MOA

The purpose of this Memorandum of Agreement (MOA) is to fortify the established partnership between DSWD and the City/Municipal LGU of _____ in developing and implementing social protection programs that address the needs of the poor, empower citizens, and promote inclusive growth in the City/Municipality.

Section 2: Objectives of the Partnership

The DSWD and the City/Municipality of _____ enter this partnership with the objective of reducing poverty in the City/Municipality by _____ within the next _____ years, through the coordinated and complementary implementation of social protection programs, projects, and activities supported by resources to be provided by all parties.

Section 3: Responsibilities of the Parties

Section 3.1 The DSWD shall;

1. Coordinate with the LGU on the introduction, development, implementation, monitoring, and assessment and evaluation of any and all DSWD PPAs to be undertaken in the City/Municipality.
2. Provide relevant data to the LGU in a timely manner which are important for informed decision making by the LGU in the implementation of DSWD PPAs.
3. Establish and strengthen a counterpart City/Municipality Action Team, hereinafter referred to as the MAT that will serve as DSWD's main unit for coordination and support in the implementation of all DSWD PPAs in the City/Municipality.
4. Provide technical assistance to enable LGUs and/or the communities within its jurisdiction/territory to enhance their capacity for effective program implementation.

5. Work with the LGU in ensuring all DSWD PPAs in the City/Municipality are implemented in a participatory and transparent manner, in ways that exact greater social accountability of government to citizens, while ensuring efficient and effective delivery of results.

Section 3.2 The City/Municipal LGU shall;

1. Coordinate with the DSWD on the various PPAs, both current and planned, being implemented in the City/Municipality that will support DSWD social protection PPAs.
2. Thru its Local Chief Executive, take a strong leadership role in ensuring the convergence of the programs of the LGU, DSWD and other NGAs to mobilize and focus support to PantawidPamilya beneficiaries in order to raise the status of their well-being from the baseline ____ (number) of families under ____ level this year, ____, to ____ (number) of families under ____ level by the end of 2016.
3. Provide relevant data to the DSWD in a timely manner which are important for informed decision making by the DSWD on the implementation of its various PPAs in the City/Municipality.
4. Establish and strengthen a counterpart City/Municipality Action Committee, hereinafter referred to as the MAC, chaired by the Local Chief Executive, which will serve as the body to coordinate technical assistance, monitoring, and resolution of issues in the implementation of all DSWD PPAs in the City/Municipality.
5. Allocate or mobilize resources in support of the DSWD social protection PPAs to be implemented in the City/Municipality. This also includes the designation of a permanent focal person within the LGU for the various PPAs.
6. Strengthen the Local Social Welfare and Development Office (LSWDO) of the LGU to plan and implement appropriate social protection programs to address the needs of the poor and vulnerable sectors of the City/Municipality. The LGU likewise commits to uphold the standards for quality service delivery by instituting the functionality indicators for LSWDOs and seeking technical assistance and capability building support from DSWD or other partners around targeting, planning, strategy development, monitoring and evaluation, and approaches to delivering services on social protection.
7. Adopt measures to ensure the safety and security of DSWD personnel who may be assigned to coordinate or facilitate implementation of the PPAs in the City/Municipality.
8. Work with the DSWD ensuring all DSWD PPAs in the City/Municipality are implemented in a participatory and transparent manner, in ways that build greater social accountability of government to citizens, while ensuring efficient and effective delivery of results.

Section 4: Implementation of Social Protection Programs

Any and all DSWD PPA seeking to achieve the purpose and objective of this general agreement shall be implemented through the execution of **SPECIFIC IMPLEMENTATION AGREEMENTS (SIA)**. Each SIA shall be entered into in writing by each party or their authorized representative. Once executed, each SIA shall form part of this MOAas Annex/es.

Programs, projects, and activities covered by specific SIAs under this agreement shall be subject to periodic reviews by all parties, focusing on (i) contributions of the PPAs in reducing/eradicating poverty; (ii) lessons and innovations in implementation, and; (iii) recommendations to enhance succeeding implementation.

Section 5: Voluntary Commitment

This Memorandum of Agreement is a voluntary commitment between the parties, and does not obligate the parties to engage solely with the other, nor restrict any activity of each party to engage in partnership with other groups or agencies for the delivery and/or implementation of social protection interventions. No party shall have any right, power, or authority to create any obligation, express or implied, for and in behalf of the other party.

Section 6: Resources to be provided

Each party shall be responsible for allocating and managing resources to cover costs of PPAs to implement the purpose of this agreement, and to cover activities and matters related to the fulfillment of each party's responsibilities as stipulated under Section 3 above. The specific amount of resources to be committed by both parties including, where applicable, system for fund transfer in accordance with applicable laws and regulations, shall be reflected in the SIA.

Section 7: Grievance Redress System

A grievance redress system (GRD) shall be jointly established or strengthened by the LGU and the DSWD to provide a venue for stakeholders to raise their concerns or complaints on any aspect of implementation of the PPA or address complaints against any official or staff of the LGU or DSWD involved in implementation. Any of the available systems existing in the municipality may be used to capture grievances. These systems include the LGUs own system (e.g. LuponngTagapamayapastructure), or the DSWDs Grievance Redress System in KALAHI CIDSS – NCDDP or PantawidPamilyangPilipino Program. Details of operationalizing the GRS may be agreed upon with the LGU and incorporated in the Specific Implementation Agreement (SIA).

Section 8: Duration and Termination

This Agreement shall take effect upon signing by both parties, and shall be in effect while a SIA covering a DSWD social protection program is still in force, subject to yearly review by both or all parties. The agreement may be terminated by any party subject to a thirty (30) day written notice of termination.

Any amendment to this agreement shall be made in writing and must be concurred by **BOTH OR ALL PARTIES.**

IN WITNESS THEREOF, the parties have set their hands on this Agreement this ____ day of _____ 20__.

FOR THE DSWD FOR THE CITY/MUNICIPALITY

Regional Director

City/Municipal Mayor

For the Province

Provincial Governor

**SPECIFIC IMPLEMENTATION AGREEMENTS
SUPPLEMENTARY FEEDING PROGRAM (SFP)**

This is a supplementary agreement to the Unified Memorandum of Agreement made and entered into on the ___ day of _____ 20___, by and between the Department of Social Welfare and Development – FO _____ and the Local Government Unit (LGU) of _____. It details the implementation arrangements for the Supplementary Feeding Program and Supervised Neighborhood Play for C.Y _____ in the locality.

I. ROLES AND RESPONSIBILITIES OF THE PARTIES

A. The Department of Social Welfare and Development- Field Office _____

1. Manage and coordinate/supervise the Regional implementation of the Supplementary Feeding Program.
2. Designate a Focal Person for the Supplementary Feeding Program to provide guidance and technical assistance to the Local Government's Offices, DCW/SNP workers, DCW Federation, and DCSPG in the implementation of the program.
3. Convene the Regional Council for the Welfare of the Children (RCWC) and coordinate with the Regional Nutritional Council for the involvement in the monitoring and come up with a regional monitoring plan, as well as recommend implementation strategy including menu specification.
4. Conduct orientation to the City Development Councils, LGUs, NGOs/Pos and other stakeholders on the objective, mechanics and their roles and responsibilities in the program.
5. Release funds to the City LGU/DCWF/ DCSPG/SNP PG in accordance with COA Circular Numbers 94-013 and 2007-001 dated December 13, 1994 and October 25, 2007 respectively.
6. Purchase eating and cooking utensils and deliver to the LGUs if necessary.
7. For partnership with the Legislator/s, purchase goods in accordance with the existing budgeting, accounting and auditing rules and regulations, if FO will manage the fund.
8. Closely monitor the fund management, utilization, program implementation and respond to the operational concerns of the LGUs/DCWF/DCSPG/SNP-PG/DCW/SNP workers.
9. Consolidate LGU and NGO report and submit monthly physical accomplishment and financial report on the utilization of funds and quarterly accomplishment on nutritional status of children to Central Office-Protective Services Bureau.
10. Conduct a Regional Implementation Review at the end of the implementation period.
11. Conduct quarterly meeting with LGU's to update the status of the implementation.

B. City/Municipal Government (M/MSWDO)

1. Submit project proposal and masterlist of beneficiaries as basis for funding allocation;
2. Supervise the implementation of the Supplementary Feeding program in DCCs/SNP;
3. Designate the C/MSWDO as Focal Person for the feeding with the task of providing guidance, technical assistance and support to the Association, Day Care Workers and DCSPG in coordination with the City/Municipal Nutrition Action Officer (C/MNAO) and include in LGU/MNC meetings SF concern;
4. As the Focal Person, the C/MSWDO shall be responsible for the providing administrative and technical assistance in the operationalization of the SFP and overseeing the organization of Parent Committees in each DCC. The C/MSWDO shall ensure that funds intended for the DCWF/DCSPG shall be used solely for the latter's operation of the feeding in their respective day care centers/SNP;
5. Comply with the set deadline in the submission of all required documents such as masterlist of beneficiaries, baseline data of nutritional status as basis for funding allocation.
6. Purchase goods in accordance with the existing budgeting, accounting and auditing rules and regulations;
7. Allocate and release petty cash/funds to the DCSPG/SNP PG for the purchase of hot meal requirement, in case the rice and viand will be purchased by the DCSPG/SNP PG;
8. Immediately implement the SF program without unreasonable delay upon receipt of funds;
9. If deemed necessary, provide augmentation in the implementation of the feeding program at the city/municipal and barangay level to through cash or in kind if they catered beyond the target number of beneficiaries and other SF-related activities;
10. Liquidate all funds transferred by DSWD-FO in accordance with COA Circular Number 94-013 dated December 13, 1994;
11. Refund any unused funds to DSWD at the end of program implementation;
12. Tap the City/Municipal Nutrition Committee to assist in monitoring and providing technical assistance to the implementers of the Program monthly.

13. Submit Fund Utilization Report every last Friday of the month and nutritional status upon entry and after 60 and 120 days of implementation of children beneficiaries to DSWD Field Office for consolidation.
14. Update database of children beneficiaries of the program.
15. Submit inventory of eating utensils at the end of the implementation;
16. Responsible for the safekeeping of eating utensils.
17. Submit monthly partial liquidation or Fund Utilization Report duly certified by the City Accountant and should be acknowledged by LGU COA.
18. Responsible for the coordination to the City Health Office for the deworming of children beneficiaries for DCC's or SNP before the start of the feeding program and other health concerns for children.
19. Conduct Parent Effectiveness Sessions (PES) for parents encouragement, and motivation in nurturing their children.
20. Replacement of beneficiaries is allowed only if a child can still benefit the 90 days feeding program to gain impact on their nutritional status.

II. **DISENGAGEMENT, TERMINATION FOR CAUSE AND SANCTIONS**

The Local Government Unit may request termination and this SIA and disengagement from the SFP upon written notice to the other party specifying the reasons for the disengagement. The process of termination and disengagement shall follow SFP guidelines developed by the DSWD for the purpose.

Non-compliance or violation of the city/municipality to any of the provisions of this SIA, as determined by the DSWD after investigation, shall result in the imposition of the following sanctions, depending on the gravity of the offense: (a) warning or imposition of probationary status; (b) termination of SFP implementation, and (c) give rise to the filing of appropriate administrative and/ or criminal actions against responsible offices of the Erring Party.

III. **EFFECTIVITY AND AMENDMENTS**

This agreement shall take effect upon signing of the parties and shall remain in full effect until the completion of all SFP implementation and/or the end of CY _____, unless otherwise revoked by any of the concerned parties.

Any modification on this Agreement will not be valid except when there is a written concurrence of **BOTH PARTIES**.

IN WITNESS WHEREOF, the parties hereby affix their signatures this ____ day of _____, 20____ at _____

DEPARTMENT OF SOCIAL WELFARE AND
DEVELOPMENT

MUNICIPAL GOVERNMENT OF

(Name of the Regional Director)
Regional Director

(Name of the Mayor)
Municipal Mayor

ACKNOWLEDGEMENT

REPUBLIC OF THE PHILIPPINES

_____)S.S

BEFORE me, a NOTARY PUBLIC for and in this day of _____, 2015, personally appeared before me;

NAME	CTC NO.	DATE/PLACED ISSUED
DSWD Regional Director		
CITY/MUNICIPALITY MAYOR		

Known to me to be the same persons who executed the foregoing instrument consisting of three (3) ,including this page wherein this acknowledgement is written, signed by the parties and their instrumental witnesses, which instrument they acknowledge to be their free and voluntary act and deed, as well as that of the juridical persons which they represent.

IN WITNESS WHEREOF, I have hereunto affixed my notary seal and signature this ____ day of _____ 20__ at _____.

Notary Public

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Page No.

Book No.

Series No.