



30
Recipes for
Lunch &
Snacks



RECIPE BOOK

Low-cost and Healthy Recipes for School Feeding

Simple Recipes for use by Teachers, Principals and Parents



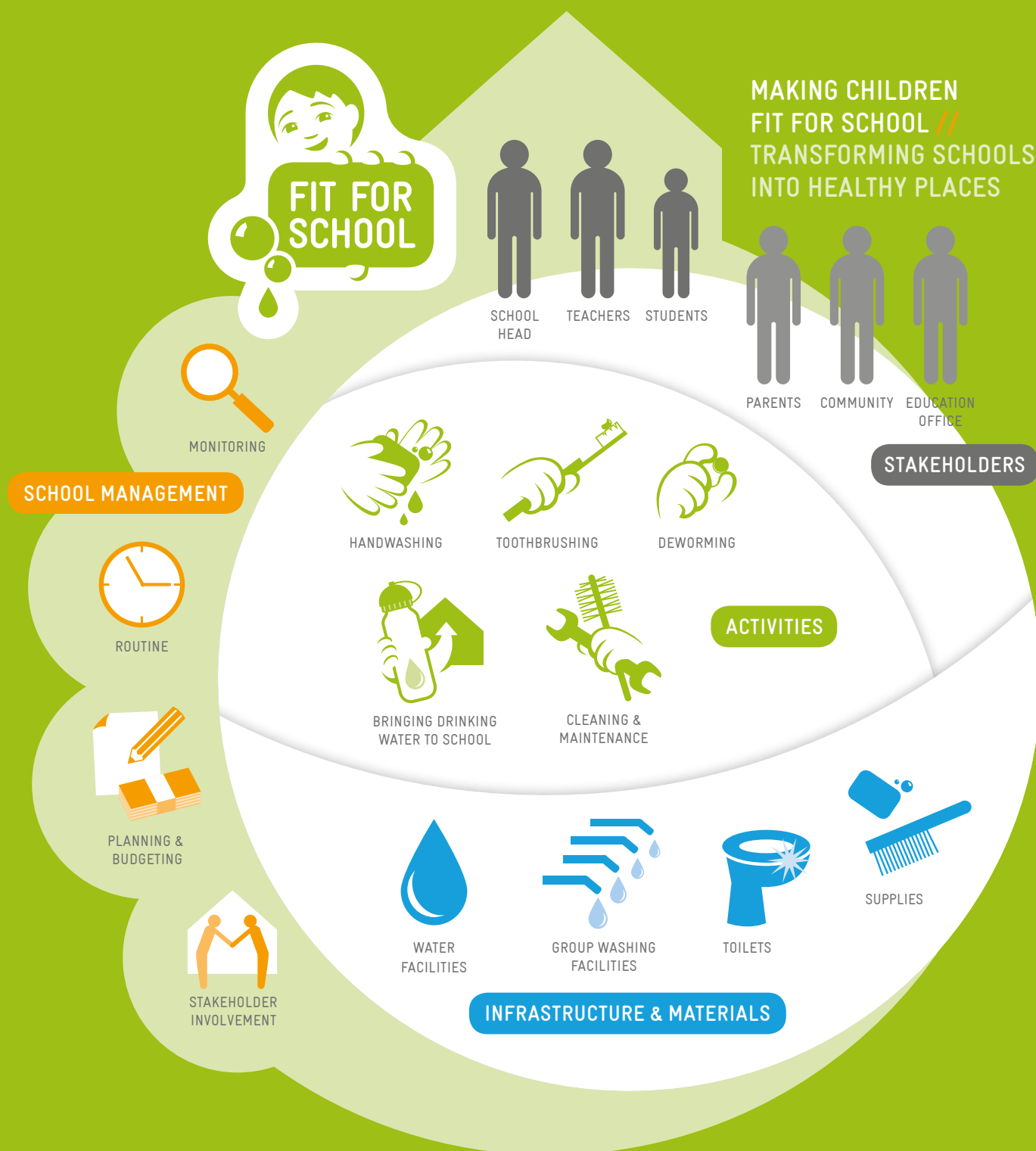


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Imprint // Acknowledgement	



Introduction

In partnership with the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH, the Department of Education in the Autonomous Region in Muslim Mindanao (DepEd ARMM) has made water, sanitation and hygiene (WASH) in all schools in the region one of its centerpiece programs. As part of the Basic Education Assistance for Muslim Mindanao (BEAM-ARMM) program, funded by the Australian Department of Foreign Affairs and Trade with additional funding from the German Government, DepEd ARMM has made significant progress on WASH in Schools. However, WASH alone is not sufficient to create healthy learning environments. Larger concerns of undernutrition and hunger can only be addressed with additional complementary interventions.

To find ways to improve nutrition in children and to complement the Essential Health Care Program (EHCP), DepEd ARMM and GIZ, with support from the German Federal Ministry for Economic Cooperation and Development (BMZ), developed a localized, simplified school feeding concept as part of GIZ's Fit for School Program. This localized school feeding concept was piloted in five schools following DepEd's School-Based Feeding Guidelines. In these pilot schools, children underwent deworming and practiced handwashing and toothbrushing before and after each feeding.

The objective of the school feeding concept is to provide suggestions to enhance existing school feeding procedures to make them more effective and feasible in the ARMM environment. The learnings of the piloting of this concept are summarized in the report "Localized School-Based Feeding Concept in the Autonomous Region in Muslim Mindanao." This is disseminated as part of the Australian-funded Basic Education for Muslim Mindanao (BEAM-ARMM) program.

This recipe book provides similar recipes to those used in the piloting of this concept. Twenty simple lunch recipes and 10 simple snack recipes were developed to be applied in the unique context of ARMM. A preparation guide accompanies each recipe so that it could be easily prepared in schools. The lunch recipes are mung bean and rice-based, to provide basic carbohydrates and protein, respectively. These ingredients are locally available, inexpensive, and can be bought in large quantities and stored easily. Base recipes can be modified with local vegetables, fish and other meat sources, which are in season, and hence, less costly. To make the recipes even more practical, add-ons can come from home or school gardens and local markets. This recipe book also contains 10 snacks that are made from inexpensive locally available ingredients. Preparation involves minimal cooking effort and less energy consumption.

All recipes in this book have been analyzed for cost and nutritional content. Cooking procedures are presented simply, and ingredients come with household measures and estimated costs. Likewise, the nutritive value per serving is presented for easy reference.

It is hoped that this recipe book can help schools in the ARMM better appreciate the value of the school-based feeding program. The program is part of a larger solution and must be combined with other proven interventions with the same objectives, particularly, group handwashing, group toothbrushing and bi-annual deworming. By providing school heads and teachers with all the tools needed to make school-based feeding a success, DepEd ARMM is confident that hunger in children in schools can be a thing of the past and that attendance and school performance can be improved.

Guidelines // Food Safety & Hygiene



Maintain high standards of personal hygiene

-
- Always wash your hands thoroughly with soap.
-
- Tie back and cover your hair with hairnet or hair cap.
-
- Do not handle food if you are suffering from stomachache, skin infection or other sickness.
-
- Do not sneeze or cough over food.
-
- Protect kitchen area and food from insects, pets and other animals.

This guideline provides practical guidance and advice on food hygiene and safety for principals, teachers, support staff and parents.



Ensure good quality and prevent risks of contamination

-
- Always buy from a clean and reputable seller; select fresh and wholesome foods.
-
- Never exceed "best before" date.
-
- Cover all foods and store in sealed containers.
-
- Avoid contact between raw and prepared foods.
-
- Separate raw meat, poultry and seafood from other foods.
-
- Wash all fruits and vegetables.
-
- Home or school gardens should be free from harmful/toxic substances.



Clean preparation makes meals palatable, acceptable and safe

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- Train and supervise all kitchen staff in personal hygiene and handling of food.
-
- Guarantee the availability of handwashing facility and soap.
-
- Ensure safe waste management.
-
- Clean and disinfect worktops and utensils throughout use.
-
- Use different utensils for raw and ready-to-eat foods.
-
- Cook and reheat food thoroughly (especially meat, egg, seafood, and poultry).
-
- Bring stews and soups to boil.



Ensure appropriate serving of the food

-
- Do not leave cooked food outside for more than 2 hours.
-
- Wipe up spilt food right away.
-
- A dirty cloth can spread bacteria, wash kitchen cloths regularly and leave them to dry before using them again.
-
- Use clean water for drinking as well as for preparation.
-
- Protect service area from insects and other animals.
-
- Ensure that children wash their hands before eating.

20 Lunch Recipes with Monggo

1. Ginataang Monggo with Squash, Okra and Kangkong	10	11. Monggo with Dilis and Malunggay Leaves	30
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Basic Recipe for Monggo



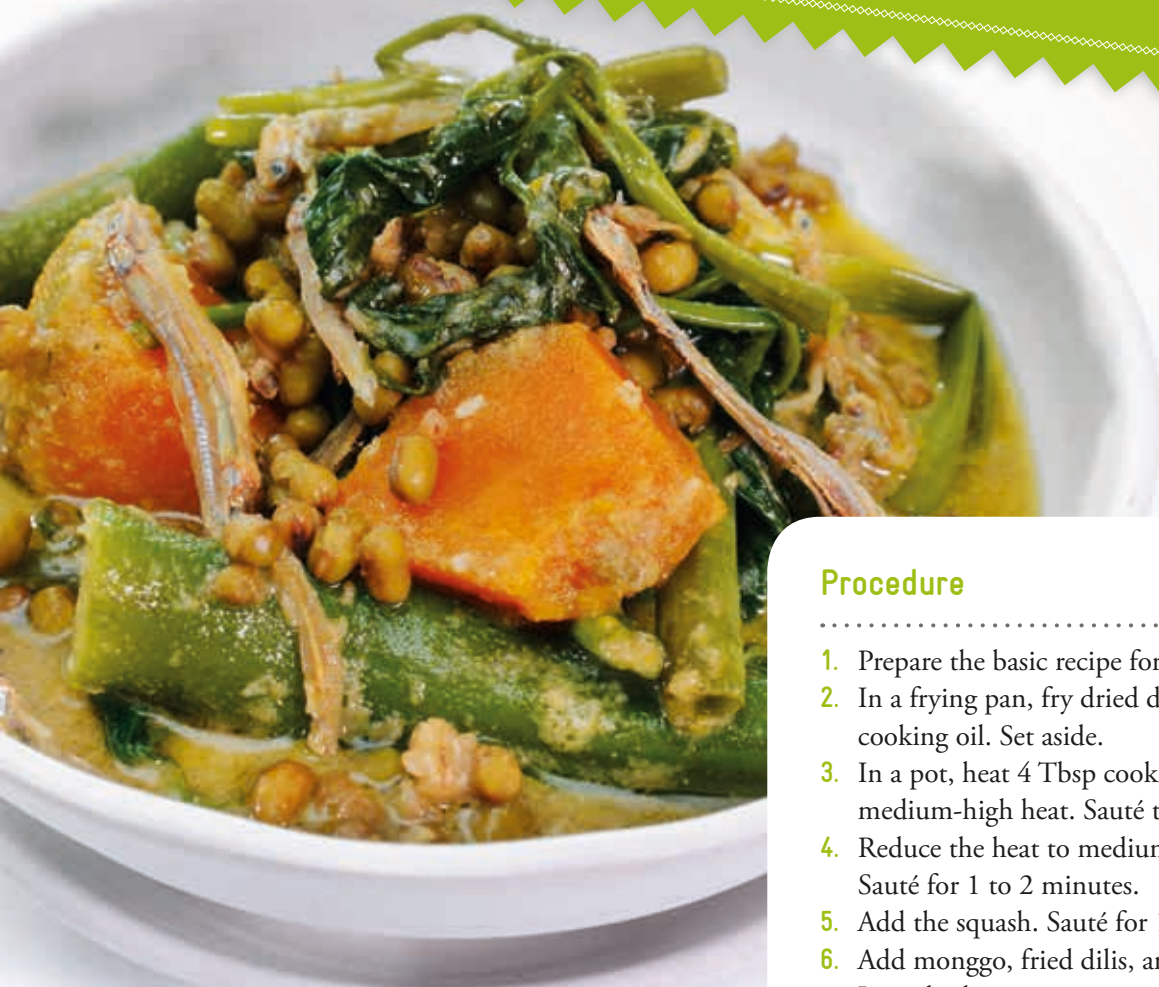
1. Remove tiny pebbles and other contaminants. Wash monggo.
2. Soak 1 cup monggo overnight with 5 cups water or more, just enough to cover up to 1 inch above the beans for easier and less-energy consuming cooking.
3. Discard soaking water and rinse with clean water.
4. Add 5 cups of water, cover and boil for 35 to 50 minutes or until soft.
5. Set aside.
Yield: 2 $\frac{1}{3}$ cups

Basic Recipe for Rice



1. Remove any impurities from 6 $\frac{2}{3}$ cups of rice.
2. Wash the rice once.
3. Measure rice and water, proportion of 1 cup rice to 1 cup water.
4. Cook rice.
Yield: 15 cups

1. Ginataang Monggo with Squash, Okra and Kangkong



Preparation
time for
one person:
1 h

Total cooked weight: 3,900 grams
No. of servings: 15 cups
Weight per serving: 260 grams
Weight per serving (rice): 160 grams
Total cost: 157.20 PhP
Cost per serving: 10.48 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a frying pan, fry dried dilis over ¼ cup cooking oil. Set aside.
3. In a pot, heat 4 Tbsp cooking oil over medium-high heat. Sauté the garlic and ginger.
4. Reduce the heat to medium-low, add the onions. Sauté for 1 to 2 minutes.
5. Add the squash. Sauté for 1 to 2 minutes.
6. Add monggo, fried dilis, and 5 cups of water. Let it boil.
7. When boiling, add the okra. Cover the pot.
8. Add the coconut cream, and wait until it boils. Then, season with salt to taste.
9. Add kangkong leaves. Cover the pot and let it boil.
10. Prepare the basic recipe for rice in page 9.



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	505 kcal	1600	32
Protein	15.6 g	30	52
Vitamin A	105 µg RE	400	26
Vitamin C	12 mg	45	27
Thiamin	0.22 mg	0.7	31
Riboflavin	0.14 mg	0.7	20
Niacin	6.3 mg NE	9	70
Calcium	227 mg	700	32
Iron	3.4 mg	10	34

Estimated energy and nutrient content
per serving of the recipe
"Ginataang Monggo with Squash,
Okra and Kangkong"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, frying	¼ cup	50 g	3.90 PhP
Dilis – dried	¾ cup	80 g	34.00 PhP
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	62 g	7.30 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Squash/ Kalabasa – cubed	¼ piece	580 g	8.68 PhP
+ Water	5 cups (for boiling the ingredients above)		
Okra	1 bundle (ca. 11 pieces)	150 g	7.05 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Coconut cream	¾ cup	200 g	25.00 PhP
Kangkong leaves	1 bundle	362 g	5.43 PhP
Rice	6 ⅔ cups	1360 g	46.20 PhP
+ Water	6 ⅔ cups (for cooking the rice)		
Total			157.20 PhP

2. Monggo Chicken Tinola with Malunggay

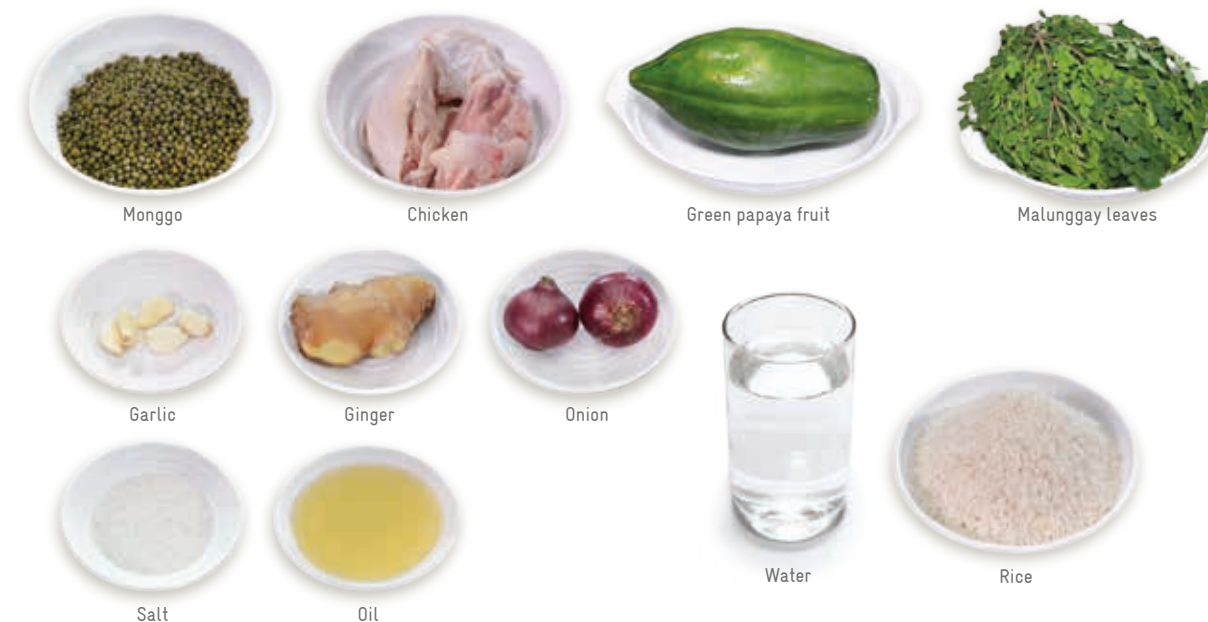


Preparation
time for
one person:
30 min

Total cooked weight:	3,600 grams
No. of servings:	15 cups
Weight per serving:	240 grams
Weight per serving (rice):	160 grams
Total cost:	156.73 PhP
Cost per serving:	10.45 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a pot, heat the cooking oil over medium-high heat. Sauté the onions until soft.
3. Reduce the heat to medium-low, add the garlic and ginger. Sauté for 1 to 2 minutes.
4. Add the sliced chicken breast, then simmer to soften the chicken and until cooked.
5. Add the monggo, green papaya and 5 cups of water. Let it boil, until papaya softens.
6. Season with salt to taste. Add malunggay leaves.
7. Prepare the basic recipe for rice in page 9.



Ingredients and costs (as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	450 kcal	1600	28
Protein	17.3 g	30	58
Vitamin A	225 µg RE	400	56
Vitamin C	45 mg	45	100
Thiamin	0.24 mg	0.7	34
Riboflavin	0.19 mg	0.7	27
Niacin	8.5 mg NE	9	94
Calcium	137 mg	700	20
Iron	3.1 mg	10	31

Estimated energy and nutrient content
per serving of the recipe
"Monggo Chicken Tinola
with Malunggay"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Onion – sliced	2 pieces, medium size	54 g	2.62 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	62 g	7.30 PhP
Chicken breast – sliced	1 pc sliced into 15 pcs	480 g	71.43 PhP
Green papaya fruit – sliced	1 piece	750 g	7.50 PhP
+ Water	5 cups (for boiling the ingredients above)		
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Malunggay leaves	1 bundle	446 g	4.46 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			156.73 PhP

3. Monggo Curry

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a pot, heat the cooking oil over medium-high heat. Sauté onions until soft.
3. Reduce the heat to medium-low, add the garlic and ginger. Sauté for 1 to 2 minutes.
4. Add the cubed chicken breast, and then simmer to soften the chicken and until cooked.
5. Add the monggo, sweet potato and 5 cups water. Let it boil until sweet potato softens.
6. Add dissolved curry powder in pure coconut milk. Cover the pot and let it boil.
7. Season with salt to taste. Add malunggay leaves.
8. Prepare the basic recipe for rice in page 9.

Total cooked weight:	3,600 grams
No. of servings:	15 cups
Weight per serving:	240 grams
Weight per serving (rice):	160 grams
Total cost:	166.47 PhP
Cost per serving:	11.10 PhP

Preparation
time for
one person:
45 min



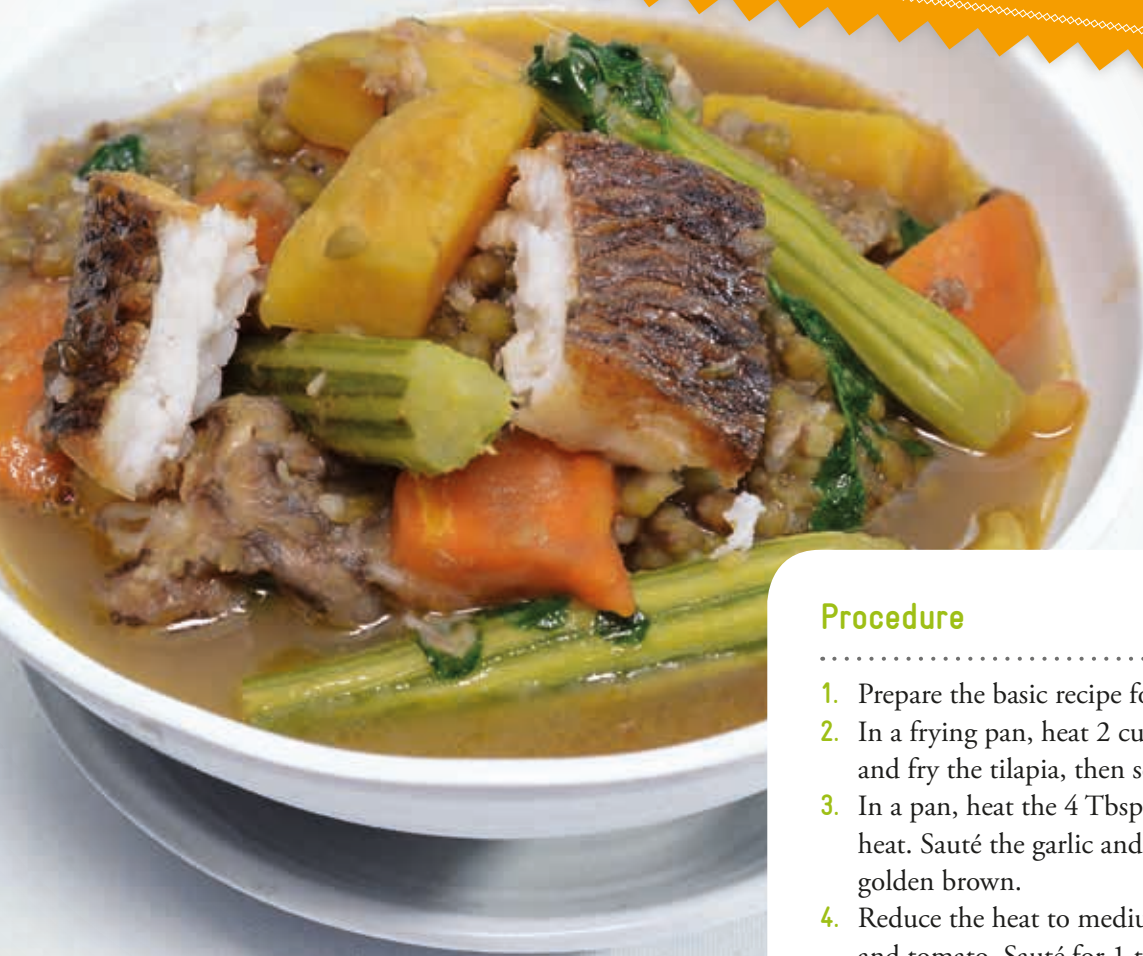
Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	516 kcal	1600	32
Protein	16.3 g	30	54
Vitamin A	200 µg RE	400	50
Vitamin C	47 mg	45	104
Thiamin	0.25 mg	0.7	36
Riboflavin	0.17 mg	0.7	24
Niacin	8 mg NE	9	89
Calcium	118 mg	700	17
Iron	3.2 mg	10	32

Estimated energy and nutrient content
per serving of the recipe
"Monggo Curry"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Onion – sliced	2 pieces, medium size	54 g	2.69 PhP
Garlic – minced	5 cloves	26 g	1.81 PhP
Ginger – strips	1 piece	65 g	7.44 PhP
Chicken breast – cubed	1 pc cut into 15 pcs	360 g	45.00 PhP
Sweet potato, purple/orange – sliced	1 piece, medium size	600 g	6.40 PhP
+ Water	5 cups (for boiling the ingredients above)		
Curry powder	2 packs	10 g	11.00 PhP
Coconut cream	¾ cup	200 g	25.00 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Malunggay leaves	1 bundle	394 g	5.36 PhP
Rice	6 ⅔ cups	1360 g	46.20 PhP
+ Water	6 ⅔ cups (for cooking the rice)		
Total			166.47 PhP

4. Monggo with Fish, Malunggay Fruits and Sweet Potato



Preparation
time for
one person:
45 min

Total cooked weight: 3,300 grams
No. of servings: 15 cups
Weight per serving (viand): 220 grams
Weight per serving (rice): 160 grams
Total cost: 185.82 PhP
Cost per serving: 12.39 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a frying pan, heat 2 cups cooking oil and fry the tilapia, then set aside.
3. In a pan, heat the 4 Tbsp oil over medium-high heat. Sauté the garlic and ginger until soft and golden brown.
4. Reduce the heat to medium-low, add the onions and tomato. Sauté for 1 to 2 minutes. Set aside.
5. In a pot arrange accordingly; monggo, malunggay fruit, sweet potato, sautéed garlic, ginger, onions and tomato. Then add fried fish.
6. Add 5 cups of water. Cover the pot and let it boil.
7. Season with salt to taste. Add malunggay leaves.
8. Prepare the basic recipe for rice in page 9.



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/RNI	% Energy and Nutrient Contribution
Energy	754 kcal	1600	47
Protein	14.8 g	30	49
Vitamin A	215 µg RE	400	54
Vitamin C	93 mg	45	207
Thiamin	0.26 mg	0.7	37
Riboflavin	0.21 mg	0.7	30
Niacin	6.9 mg NE	9	77
Calcium	138 mg	700	20
Iron	3.2 mg	10	32

Estimated energy and nutrient content
per serving of the recipe
"Monggo with Fish, Malunggay
Fruits and Sweet Potato"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, frying	2 cups	430g	27.95 PhP
Fish (tilapia)	5 slices	532 g	42.30 PhP
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	26 g	1.81 PhP
Ginger – strips	1 piece	60 g	7.20 PhP
Onion – sliced	2 pieces, medium size	50 g	2.69 PhP
Tomato – sliced	4 pieces	200 g	5.00 PhP
Malunggay fruits	1 bundle	560 g	22.40 PhP
Sweet potato, purple/orange – sliced	4 pieces	854 g	9.34 PhP
+ Water	5 cups (for boiling the ingredients above)		
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Malunggay leaves	1 bundle	394 g	5.36 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			185.82 PhP

5. Ginataang Monggo with Langka and Alugbati



Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a frying pan, heat 2 cups cooking oil then fry the tilapia, then set aside.
3. In a separate cooking pot, boil unripe langka in 5 cups water until soft. Set aside.
4. In a pot, heat the 4 Tbsp oil over medium-high heat. Sauté the garlic and ginger until soft and golden brown.
5. Reduce the heat to medium-low and add the onions. Sauté for 1 to 2 minutes.
6. Add the squash. Sauté.
7. Add the boiled unripe langka and coconut cream. Cover the pot and let it boil.
8. Season with salt to taste.
9. Add alugbati leaves. Let it boil.
10. Prepare the basic recipe for rice in page 9.

Total cooked weight:	3,675 grams
No. of servings:	15 cups
Weight per serving:	245 grams
Weight per serving (rice):	160 grams
Total cost:	196.67 PhP
Cost per serving:	13.11 PhP

Preparation
time for
one person:
45 min



Ingredients and costs (as purchased weight) for 15 servings

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, frying	2 cups	430 g	27.95 PhP
Fish (tilapia)	5 slices	280 g	43.48 PhP
Langka/Jack fruit – unripe	1 pack	800 g	12.00 PhP
+ Water	5 cups (for boiling the langka)		
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	62 g	7.30 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Squash/Kalabasa – cubed	1/4 piece	543 g	5.10 PhP
Coconut cream	3/4 cup	200 g	25.00 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Alugbati/Malabar spinach leaves	1 bundle	350 g	10.00 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			196.67 PhP

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	736 kcal	1600	46
Protein	13.7 g	30	46
Vitamin A	114 µg RE	400	28
Vitamin C	23 mg	45	51
Thiamin	0.25 mg	0.7	36
Riboflavin	0.14 mg	0.7	20
Niacin	5.6 mg NE	9	62
Calcium	127 mg	700	18
Iron	3.3 mg	10	33

Estimated energy and nutrient content
per serving of the recipe
“Ginataang Monggo with
Langka and Alugbati”
with rice

6. Monggo with Fried Fish and Gabi



Preparation
time for
one person:
1 h 15 min

Total cooked weight:	3,750 grams
No. of servings:	15 cups
Weight per serving:	250 grams
Weight per serving (rice):	160 grams
Total cost:	186.00 PhP
Cost per serving:	12.40 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a frying pan, heat 2 cups cooking oil then fry the tilapia. Set aside.
3. Heat 4 Tbsp cooking oil over medium-high heat. Sauté garlic and ginger until soft.
4. Reduce the heat to medium-low, add onions, sauté for 1 to 2 minutes.
5. Add the gabi stem, gabi tuber and gabi leaves, sauté for another minute.
6. Add the monggo and fried fish over the gabi. Add 5 cups water. Cover the pot, let it boil, until gabi is soft.
7. Add the coconut cream.
8. Season with salt to taste.
9. Prepare the basic recipe for rice in page 9.



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/RNI	% Energy and Nutrient Contribution
Energy	781 kcal	1600	49
Protein	14.9 g	30	50
Vitamin A	188 µg RE	400	47
Vitamin C	22 mg	45	49
Thiamin	0.28 mg	0.7	40
Riboflavin	0.16 mg	0.7	23
Niacin	6.4 mg NE	9	71
Calcium	131 mg	700	19
Iron	3.4 mg	10	34

Estimated energy and nutrient content
per serving of the recipe
"Monggo with Fried Fish and Gabi"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, frying	2 cups	430 g	27.95 PhP
Fish (tilapia) – fried	5 slices	435 g	34.80 PhP
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	26 g	1.81 PhP
Ginger – strips	1 piece	65 g	7.44 PhP
Onion – sliced	2 pieces, medium size	54 g	2.69 PhP
Gabi stem – sliced	12 stems	450 g	4.50 PhP
Gabi tuber – cubed	3 tubers	820 g	16.40 PhP
Gabi leaves	4 leaves	364 g	3.64 PhP
+ Water	5 cups (for boiling the ingredients above)		
Coconut cream	¾ cup	200 g	25.00 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Rice	6 ⅔ cups	1360 g	46.20 PhP
Water	6 ⅔ cups (for cooking the rice)		
Total			186.00 PhP



7.Tortang Monggo

Preparation
time for
one person:
30 min

Total cooked weight:	1,350 grams
No. of servings:	15 pieces
Weight per serving:	90 grams
Weight per serving (rice):	160 grams
Total cost:	145.66 PhP
Cost per serving:	9.71 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a bowl, mix the monggo with the beaten eggs, spring onions, garlic, tomatoes, onion and salt.
3. Divide the mixture into 15 parts then flatten. In a medium heat pan with 9 tbsp cooking oil, fry the mixture until golden brown.
4. Prepare the basic recipe for rice in page 9.



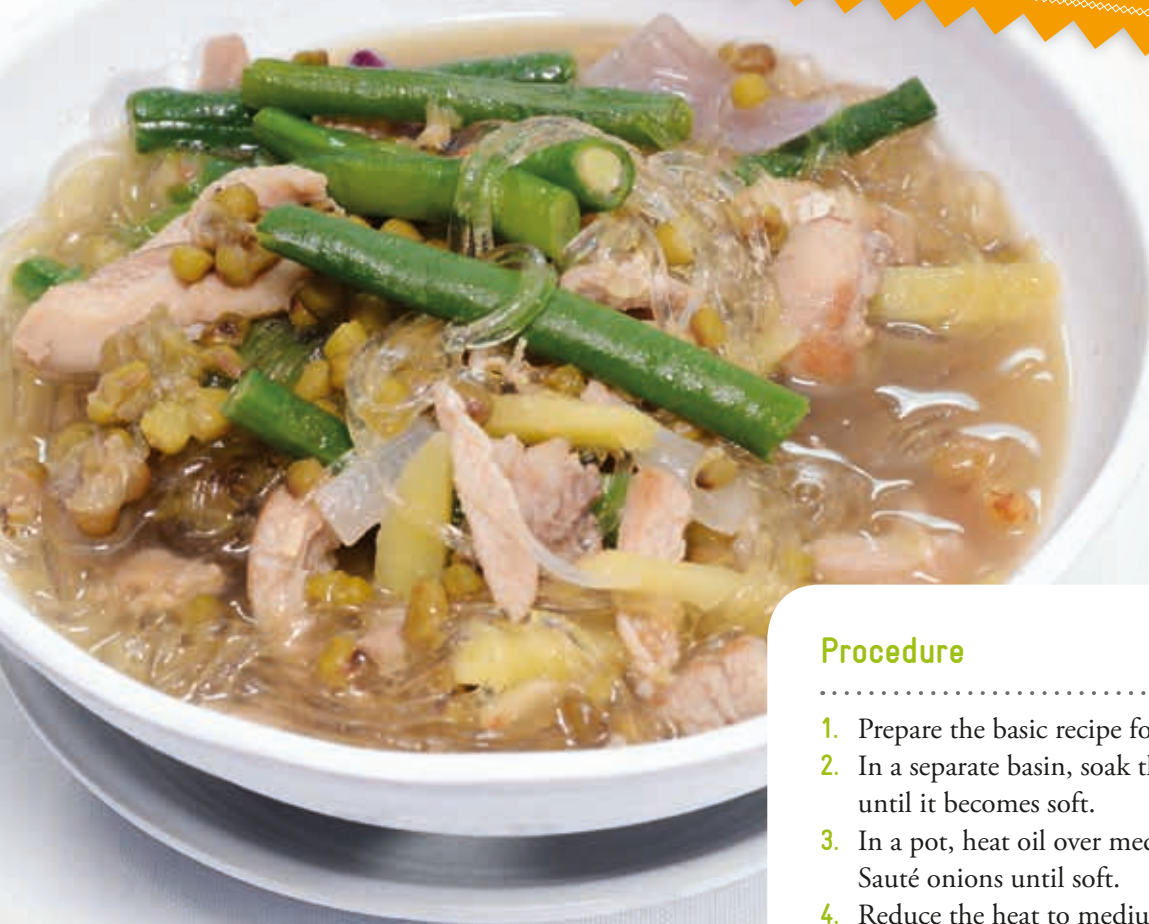
Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	560 kcal	1600	35
Protein	14.3 g	30	48
Vitamin A	119 µg RE	400	30
Vitamin C	7 mg	45	16
Thiamin	0.22 mg	0.7	31
Riboflavin	0.21 mg	0.7	30
Niacin	5.8 mg NE	9	64
Calcium	84 mg	700	12
Iron	3.1 mg	10	31

Estimated energy and nutrient content
per serving of the recipe
"Tortang Monggo"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Egg (chicken, duck) – beaten	10 pieces	550 g	59.50 PhP
Spring onions	1 bundle	90 g	2.92 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Tomato – sliced	4 pieces	210 g	5.05 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Cooking oil, frying	1 cup	210 g	13.65 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			145.66 PhP

8. Monggo Sotanghon Soup



Preparation
time for
one person:
40 min

Total cooked weight:	3,450 grams
No. of servings:	15 cups
Weight per serving:	230 grams
Weight per serving (rice):	160 grams
Total cost:	142.57 PhP
Cost per serving:	9.50 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a separate basin, soak the sotanghon noodles until it becomes soft.
3. In a pot, heat oil over medium-high heat. Sauté onions until soft.
4. Reduce the heat to medium-low, add the garlic and ginger. Sauté for 1 to 2 minutes.
5. Add the flaked chicken, and then simmer to soften the chicken. Add 5 or more cups of water (as desired) and cover the pot.
6. Add the monggo and string beans. Let it boil.
7. Add the soaked sotanghon noodles, season with salt.
8. Prepare the basic recipe for rice in page 9.



Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	438 kcal	1600	27
Protein	14.4 g	30	48
Vitamin A	12 µg RE	400	3
Vitamin C	3 mg	45	7
Thiamin	0.21 mg	0.7	30
Riboflavin	0.1 mg	0.7	14
Niacin	6.7 mg NE	9	74
Calcium	67 mg	700	10
Iron	2.3 mg	10	23

Estimated energy and nutrient content
per serving of the recipe
"Monggo Sotanghon Soup"
with rice

Ingredients and costs (as purchased weight)
for 15 servings

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Sotanghon noodles	1 pack	80 g	20.00 PhP
+ Water	10 cups (for soaking noodles)		
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Onion – sliced	2 pieces, medium size	54 g	2.69 PhP
Garlic – minced	5 cloves	26 g	1.81 PhP
Ginger – strips	1 piece	68 g	7.70 PhP
Chicken breast – flaked	1 piece	320 g	40.00 PhP
+ Water	5 cups (for boiling the ingredients above)		
String beans/ Sitaw	1 bundle	172	8.60 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			142.57 PhP

9. Monggo with Sardines and Kulitis

Preparation
time for
one person:
30 min

Total cooked weight:	3,300 grams
No. of servings:	15 cups
Weight per serving:	220 grams
Weight per serving (rice):	160 grams
Total cost:	115.17 PhP
Cost per serving:	7.68 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a pot, heat 4 Tbsp cooking oil over medium-high heat. Sauté the garlic and ginger until soft and golden brown.
3. Reduce the heat to medium-low, add the onions. Sauté for 1 to 2 minutes.
4. Add the tomatoes and sauté for another minute.
5. Add the monggo and sardines, then sauté. Add 5 cups of water. Cover the pot and let it boil.
6. Season with salt to taste. Add kulitis leaves. Let it boil.
7. Prepare the basic recipe for rice in page 9.



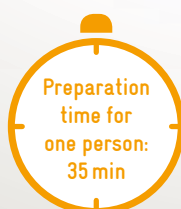
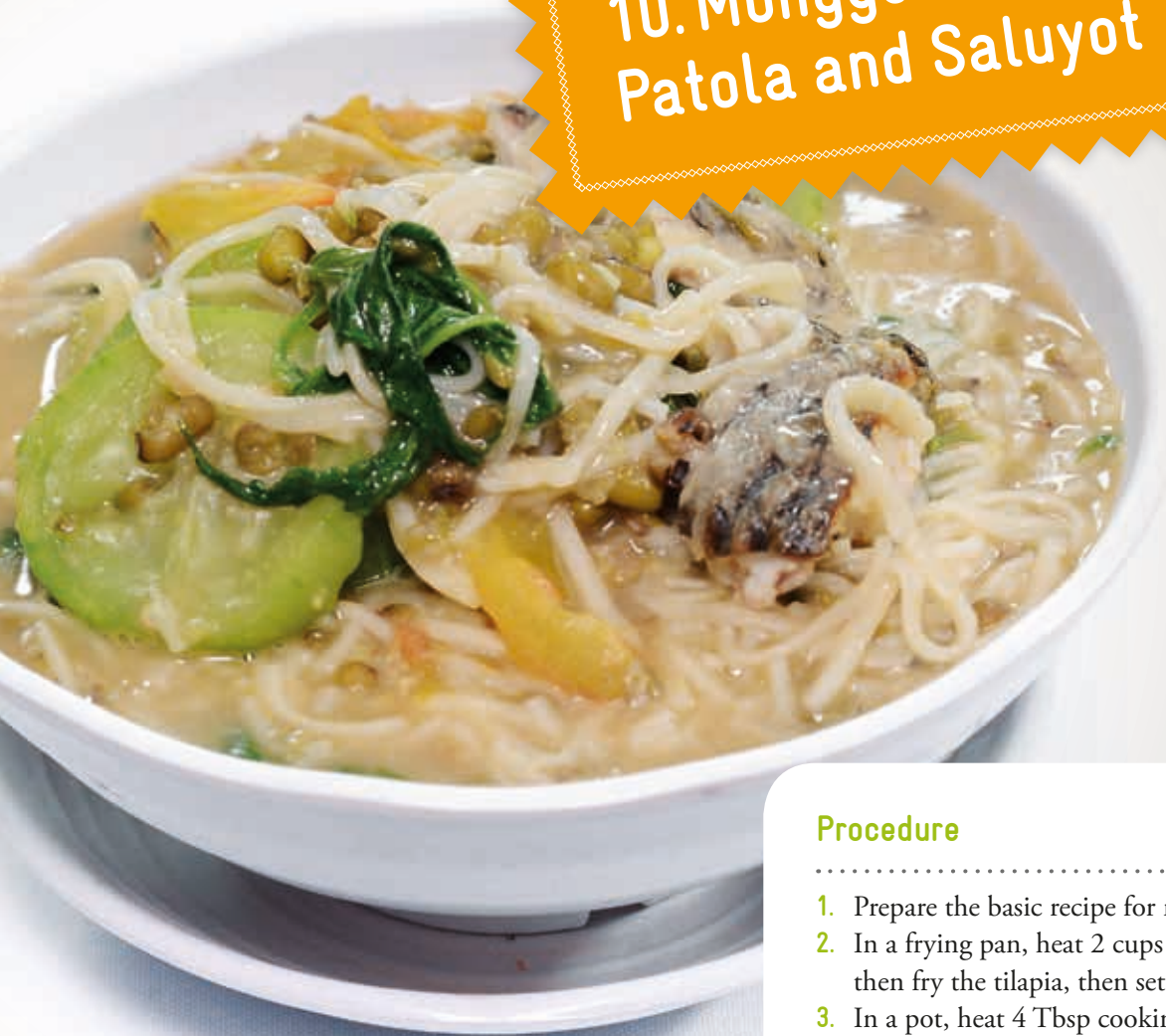
Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	430 kcal	1600	27
Protein	13 g	30	43
Vitamin A	156 µg RE	400	39
Vitamin C	20 mg	45	44
Thiamin	0.2 mg	0.7	29
Riboflavin	0.17 mg	0.7	24
Niacin	5.9 mg NE	9	66
Calcium	160 mg	700	23
Iron	4.1 mg	10	41

Estimated energy and nutrient content
per serving of the recipe
"Monggo with Sardines
and Kulitis"
with rice

Food Items	Household Measure	Weight As Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	62 g	7.30 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Tomato – sliced	4 pieces	210 g	5.05 PhP
Sardines – canned	2 cans	310 g	25.73 PhP
+ Water	5 cups (for boiling the ingredients above)		
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Kulitis leaves	1 bundle	375 g	11.25 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			115.17 PhP

10. Monggo with Misua, Patola and Saluyot



Total cooked weight:	3,450 grams
No. of servings:	15 cups
Weight per serving:	230 grams
Weight per serving (rice):	160 grams
Total cost:	173.67 PhP
Cost per serving:	11.58 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a frying pan, heat 2 cups cooking oil then fry the tilapia, then set aside.
3. In a pot, heat 4 Tbsp cooking oil over medium-high heat. Sauté the garlic and ginger until soft.
4. Reduce the heat to medium-low, add the onions. Sauté for 1 to 2 minutes.
5. Add the fried fish, then simmer.
6. Add the monggo and 5 cups of water. Let it boil.
7. Add the misua noodles and patola, season with salt to taste.
8. Add the saluyot. Let it boil.
9. Prepare the basic recipe for rice in page 9.



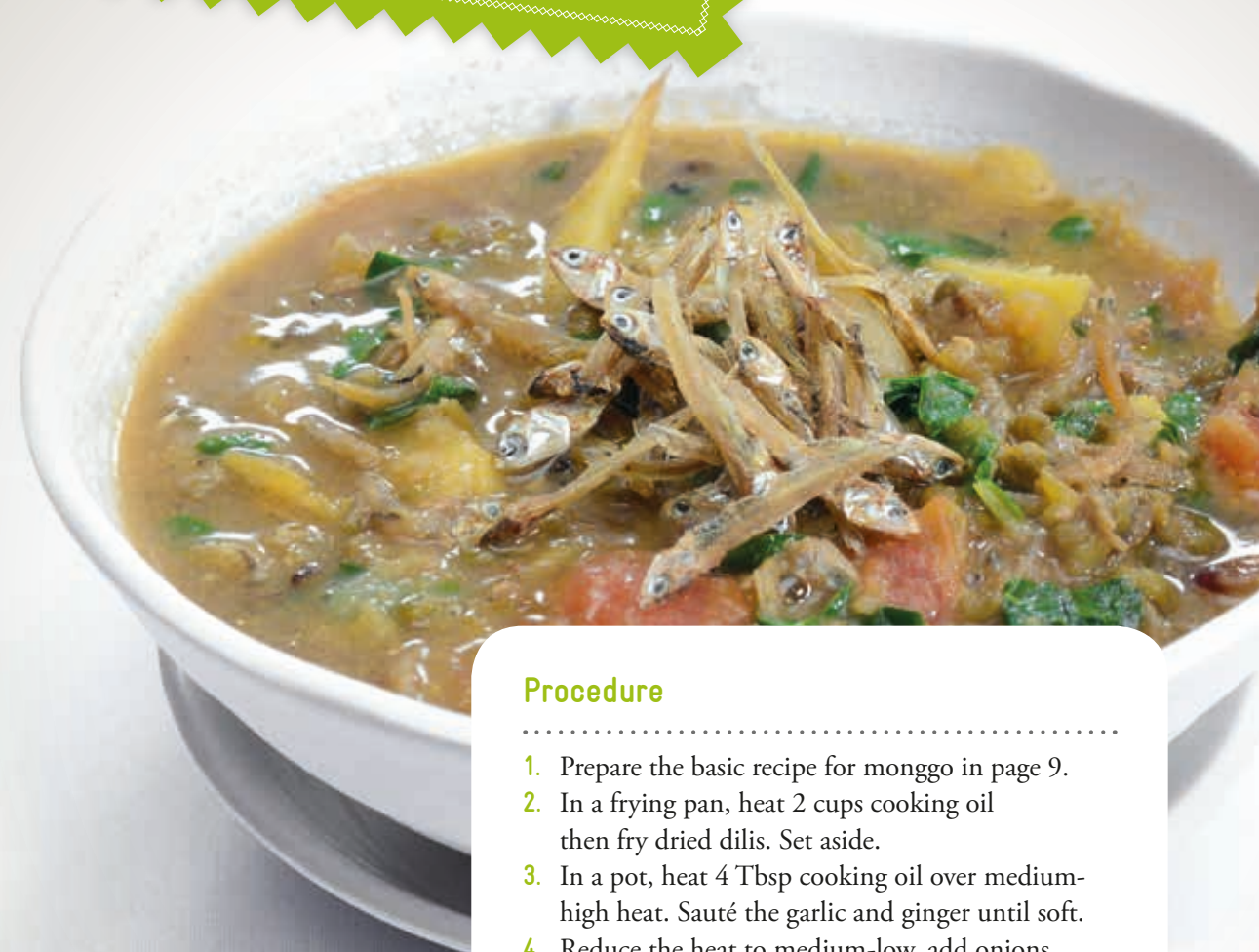
Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	703 kcal	1600	44
Protein	14.8 g	30	49
Vitamin A	133 µg RE	400	33
Vitamin C	11 mg	45	24
Thiamin	0.23 mg	0.7	33
Riboflavin	0.14 mg	0.7	20
Niacin	6.1 mg NE	9	68
Calcium	122 mg	700	17
Iron	3.8 mg	10	38

Estimated energy and nutrient content
per serving of the recipe
"Monggo with Misua,
Patola and Saluyot"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, frying	2 cups	430 g	27.95 PhP
Fish (tilapia)	5 slices	521 g	41.69 PhP
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	26 g	1.81 PhP
Ginger – strips	1 piece, medium size	65 g	7.44 PhP
Onion – sliced	2 pieces, medium size	54 g	2.69 PhP
+ Water	5 cups (for boiling the ingredients above)		
Misua noodles	12 packs	120 g	16.80 PhP
Sponge gourd/ Patola – cubed	2 pieces	330 g	8.27 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Saluyot/Jute leaves	1 bundle	350 g	5.25 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			173.67 PhP

11. Monggo with Dilis and Malunggay Leaves

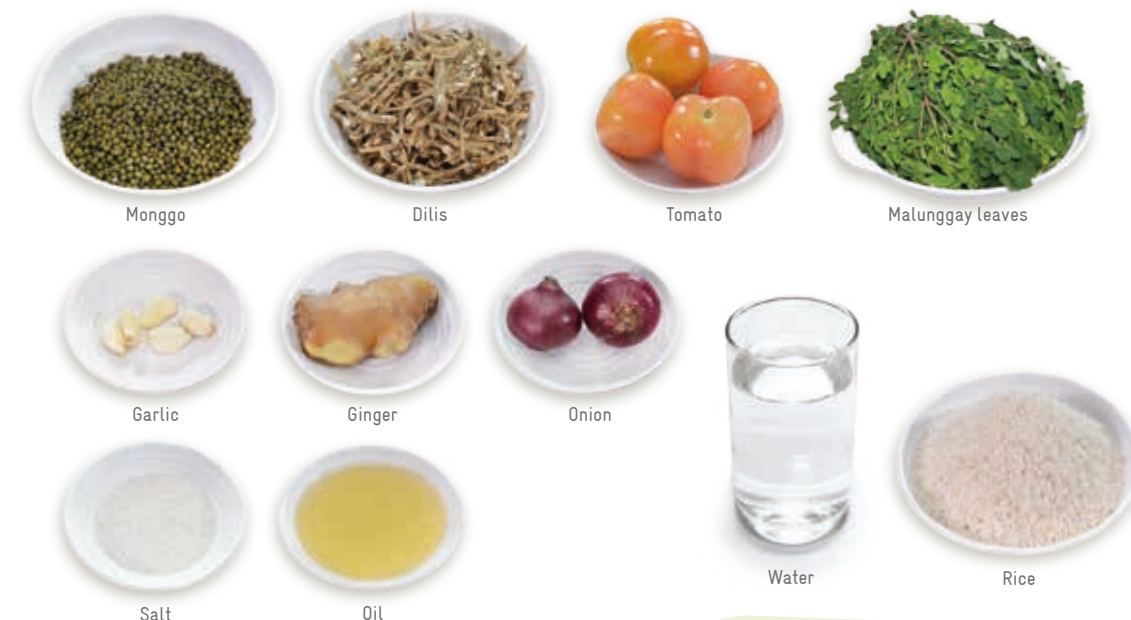


Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a frying pan, heat 2 cups cooking oil then fry dried dilis. Set aside.
3. In a pot, heat 4 Tbsp cooking oil over medium-high heat. Sauté the garlic and ginger until soft.
4. Reduce the heat to medium-low, add onions, sauté for 1 to 2 minutes.
5. Add the tomatoes and sauté for another minute.
6. Add the monggo, fried dilis and add 3 cups of water. Let it boil.
7. Season with salt to taste. Add the malunggay leaves.
8. Prepare the basic recipe for rice in page 9.

Total cooked weight:	3,450 grams
No. of servings:	15 cups
Weight per serving:	230 grams
Weight per serving (rice):	160 grams
Total cost:	164.75 PhP
Cost per serving:	10.98 PhP

Preparation
time for
one person:
45 min



Ingredients and costs (as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/RNI	% Energy and Nutrient Contribution
Energy	686 kcal	1600	43
Protein	16.7 g	30	56
Vitamin A	106 µg RE	400	27
Vitamin C	22 mg	45	49
Thiamin	0.21 mg	0.7	30
Riboflavin	0.14 mg	0.7	20
Niacin	6.8 mg NE	9	76
Calcium	298 mg	700	43
Iron	3 mg	10	30

Estimated energy and nutrient content
per serving of the recipe
"Monggo with Dilis and
Malunggay Leaves"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, frying	2 cups	430 g	27.95 PhP
Dilis – dried	1 cup	130 g	55.38 PhP
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	62 g	7.30 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Tomato – sliced	4 pieces	220 g	5.33 PhP
+ Water	5 cups (for boiling the ingredients above)		
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Malunggay leaves	1 bundle	196 g	2.95 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			164.75 PhP



12. Monggo with Hipong Tagunton

Preparation
time for
one person:
45 min

Total cooked weight:	3,300 grams
No. of servings:	15 cups
Weight per serving:	220 grams
Weight per serving (rice):	160 grams
Total cost:	132.51 PhP
Cost per serving:	8.83 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a pot, heat 4 Tbsp cooking oil over medium-high heat. Sauté the garlic and ginger until soft.
3. Reduce the heat to medium-low, add the onions. Sauté for 1 to 2 minutes.
4. Add the tomatoes and shrimp. Sauté for 1 minute.
5. Squash and sauté for another minute.
6. Add monggo, string beans and 3 cups water. Cover the pot and let it boil.
7. Season with salt to taste. Add the kamote leaves. Let it boil.
8. Prepare the basic recipe for rice in page 9.



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/RNI	% Energy and Nutrient Contribution
Energy	442 kcal	1600	28
Protein	14.6 g	30	49
Vitamin A	165 µg RE	400	41
Vitamin C	19 mg	45	42
Thiamin	0.25 mg	0.7	36
Riboflavin	0.16 mg	0.7	23
Niacin	5.7 mg NE	9	63
Calcium	424 mg	700	61
Iron	5.4 mg	10	54

Estimated energy and nutrient content
per serving of the recipe
"Monggo with Hipong Tagunton"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	96 g	8.94 PhP
Ginger – strips	1 piece	62 g	7.30 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Tomato – sliced	4 pieces	240 g	5.88 PhP
Shrimps – freshwater, dried	¾ cup	200 g	20.00 PhP
Squash/Kalabasa – sliced	¼ piece	577 g	8.66 PhP
String beans/ Sitaw	1 bundle	172 g	8.60 PhP
+ Water	3 cups (for boiling the ingredients above)		
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Sweet potato/ Kamote, green, leaves	2 bundles	596 g	8.94 PhP
Rice	6 ⅔ cups	1360 g	46.20 PhP
+ Water	6 ⅔ cups (for cooking the rice)		
Total			132.51 PhP

13. Dinengdeng Na Monggo



Preparation
time for
one person:
45 min

Total cooked weight:	3,450 grams
No. of servings:	15 cups
Weight per serving:	230 grams
Weight per serving (rice):	160 grams
Total cost:	178.32 PhP
Cost per serving:	11.89 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a frying pan, heat 2 cups cooking oil then fry tilapia. Set aside.
3. In a pot, put squash, sweet potato, monggo, string beans, ampalaya, and okra. On top, put garlic, onion, ginger, sliced tomato and fried fish.
4. Add 5 cups of water. Cover the pot and let it boil.
5. Season with salt to taste.
6. Prepare the basic recipe for rice in page 9.



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/RNI	% Energy and Nutrient Contribution
Energy	701 kcal	1600	44
Protein	14.2 g	30	47
Vitamin A	71 µg RE	400	18
Vitamin C	25 mg	45	56
Thiamin	0.25 mg	0.7	36
Riboflavin	0.15 mg	0.7	21
Niacin	6.2 mg NE	9	69
Calcium	110 mg	700	16
Iron	2.7 mg	10	27

Estimated energy and nutrient content
per serving of the recipe
"Dinengdeng na Monggo"

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, frying	2 cups	430 g	27.95 PhP
Fish (tilapia)	5 slices	532 g	42.30 PhP
Squash/Kalabasa – sliced	1/4 piece	577 g	8.66 PhP
Sweet potato, yellow or orange – sliced	2 pieces	364 g	7.27 PhP
String beans/Sitaw – sliced	1 bundle	118 g	5.91 PhP
Bitter gourd/Ampalaya fruit – sliced	1 piece, medium size	110 g	3.29 PhP
Okra fruit – sliced	1 bundle	160 g	5.22 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Onion – sliced	2 pieces, med	50 g	2.42 PhP
Ginger – strips	1 piece	62 g	7.30 PhP
Tomato – sliced	4 pieces	240 g	5.88 PhP
+ Water	5 cups (for boiling the ingredients above)		
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			178.32 PhP

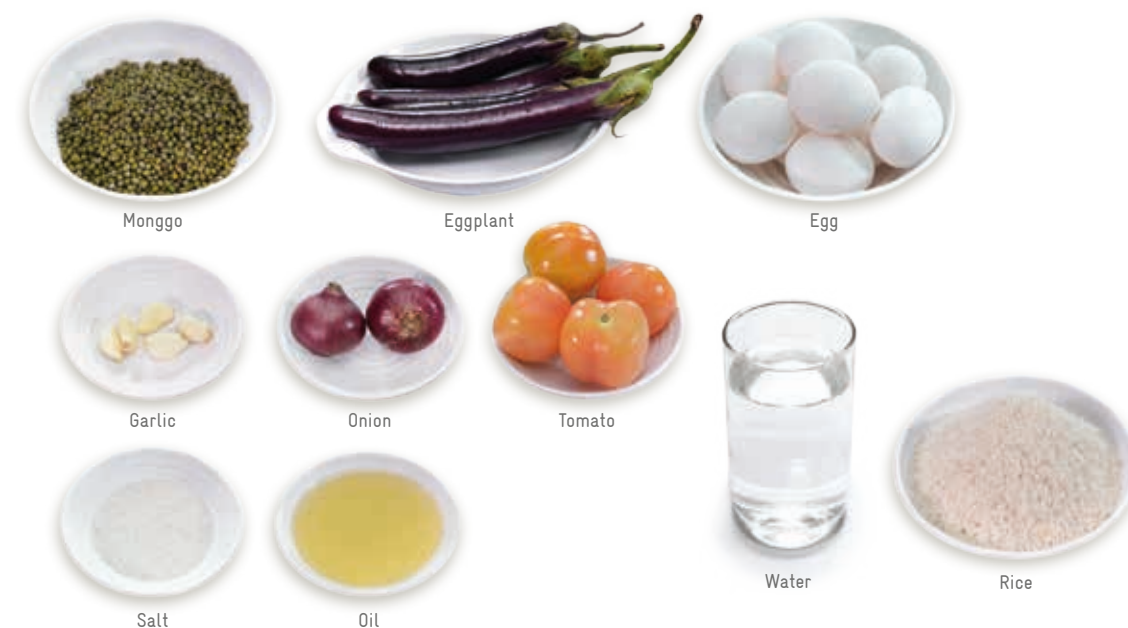
14. Tortang Monggo at Talong

Preparation
time for
one person:
30 min

Total cooked weight:	1,650 grams
No. of servings:	15 pieces
Weight per serving:	110 grams
Weight per serving (rice):	160 grams
Total cost:	144.07 PhP
Cost per serving:	9.60 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. Boil eggplant until soft, then chop.
In a bowl, mix the monggo with the beaten eggs, chopped eggplant, cubed tomatoes, sliced onion, garlic and salt.
3. Divide the mixture into 15 parts then flatten.
4. In a medium heat pan, fry the mixture until golden brown.
5. Prepare the basic recipe for rice in page 9.



Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	562 kcal	1600	35
Protein	14.3 g	30	48
Vitamin A	109 µg RE	400	27
Vitamin C	6 mg	45	13
Thiamin	0.22 mg	0.7	31
Riboflavin	0.21 mg	0.7	30
Niacin	5.8 mg NE	9	64
Calcium	86 mg	700	12
Iron	3 mg	10	30

Estimated energy and nutrient content
per serving of the recipe
"Tortang Monggo at Talong"
with rice

Ingredients and costs (as purchased weight) for 15 servings

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Eggplant/Talong	3 pieces, medium size	200 g	5.49 PhP
+ Water	3 cups (for boiling the eggplant)		
Egg (chicken), whole – beaten	10 pieces, medium size	550 g	49.50 PhP
Tomato – cubed	5 pieces	225 g	10.89 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Cooking oil, frying	1 cup	210 g	13.65 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			144.07 PhP

15. Ginataang Monggo with Banana Heart



Preparation
time for
one person:
45 min

Total cooked weight:	3,675 grams
No. of servings:	15 cups
Weight per serving:	245 grams
Weight per serving (rice):	160 grams
Total cost:	199.01 PhP
Cost per serving:	13.27 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a separate pot, boil the banana heart until soft. Slice then set aside.
3. In a frying pan, heat 2 cups cooking oil then fry the tilapia. Set aside.
4. In a pot, heat 4 Tbsp cooking oil over medium-high heat. Sauté garlic and ginger until soft and golden brown.
5. Reduce the heat to medium-low, add the onions. Sauté for 1 to 2 minutes.
6. Add the squash.
7. Add the monggo, sliced boiled banana heart, 5 cups water and put the fried fish on top.
8. Add the coconut cream. Cover the pot and let it boil until the ingredients are cooked.
9. Season with salt to taste. Add malunggay leaves.
10. Prepare the basic recipe for rice in page 9.



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	738 kcal	1600	46
Protein	14.9 g	30	50
Vitamin A	157 µg RE	400	39
Vitamin C	26 mg	45	58
Thiamin	0.23 mg	0.7	33
Riboflavin	0.17 mg	0.7	24
Niacin	6.2 mg NE	9	69
Calcium	127 mg	700	18
Iron	3 mg	10	30

Estimated energy and nutrient content
per serving of the recipe
"Ginataang Monggo with
Banana Heart"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Banana heart/ Puso ng saging	1 piece, medium size	865 g	8.65 PhP
+ Water	10 cups (for boiling the banana heart)		
Cooking oil, frying	2 cups	430 g	27.95 PhP
Fish, Dalag/Tilapia	5 slices	492 g	54.10 PhP
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	52 g	6.81 PhP
Onion – sliced	2 pieces, medium size	54 g	2.69 PhP
Squash/Kalabasa – sliced	1/4 piece	493 g	7.39 PhP
+ Water	5 cups (for boiling the ingredients above)		
Coconut cream	3/4 cup	200 g	25.00 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Malunggay leaves	1 bundle	200 g	3.00 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			199.01 PhP

16. Sprouted Monggo with Scrambled Egg



Procedure

Homemade monggo sprouts: Wash the monggo with water for 3 to 4 times. Place the monggo in a bowl and add 5 cups water or more to cover up to 1 inch above the beans. Cover the bowl with a lid and soak the monggo overnight. The next day, the monggo will start to swell. If there is any remaining water on top, discard all the water. Cover and keep the bowl for 2 days. You can check after a day and you will see the sprouts appearing. After 2 days, remove the remaining water, and wash it 3 times with clean water. The sprouts are ready for cooking.

1. In a pot, heat the 6 Tbsp cooking oil over medium-high heat. Sauté onions until soft.
2. Reduce the heat to medium-low, add the garlic, ginger and tomato. Sauté for 1 to 2 minutes.
3. Add the monggo sprouts, then sauté. Add the kalabasa strips.
4. Season with salt to taste. Stir and cover until half cooked. Set aside.
5. Beat eggs, season with salt then fry. Slice thinly and add as topping of sautéed monggo.
6. Prepare the basic recipe for rice in page 9.

Total cooked weight:	2,250 grams
No. of servings (with 1 slice of scrambled egg):	15 servings
Weight per serving:	150 grams
Weight per serving (rice):	160 grams
Total cost:	119.03 PhP
Cost per serving:	7.94 PhP

Preparation
time for
one person:
30 min



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	467 kcal	1600	29
Protein	13.2 g	30	44
Vitamin A	101 µg RE	400	25
Vitamin C	8 mg	45	18
Thiamin	0.22 mg	0.7	31
Riboflavin	0.18 mg	0.7	26
Niacin	5.5 mg NE	9	61
Calcium	84 mg	700	12
Iron	2.8 mg	10	28

Estimated energy and nutrient content
per serving of the recipe
"Sprouted Monggo with
Scrambled Egg"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	30 cups (for preparing the monggo sprouts)		
Cooking oil, saute	6 Tbsp, level	70 g	4.85 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	42 g	4.86 PhP
Tomato – sliced	4 pieces	180 g	4.85 PhP
Squash/Kalabasa – strips	1/4 slice	352 g	5.28 PhP
Egg (chicken), whole – beaten	7 pieces	385 g	34.65 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			119.03 PhP



17. Monggo Meatballs

Preparation
time for
one person:
30 min

Total cooked weight:	1,500 grams
No. of servings (60 pcs of meatballs):	15 servings
Weight per serving (4 pcs of meatballs):	100 grams
Weight per serving (rice):	160 grams
Total cost:	177.26 PhP
Cost per serving:	11.82 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a bowl, mix the all-purpose flour, onion, garlic, beaten eggs, malunggay leaves and salt.
3. Add the boiled monggo and corned beef and mix again.
4. Divide the mixture and form 60 small balls.
5. In a medium heat pan, fry the mixture until golden brown.
6. Prepare the basic recipe for rice in page 9.



Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	662 kcal	1600	41
Protein	19.1 g	30	64
Vitamin A	190 µg RE	400	48
Vitamin C	24 mg	45	53
Thiamin	0.23 mg	0.7	33
Riboflavin	0.26 mg	0.7	37
Niacin	7.9 mg NE	9	88
Calcium	125 mg	700	18
Iron	4 mg	10	40

Estimated energy and nutrient content
per serving of the recipe
"Monggo Meatballs"
with rice

Ingredients and costs (as purchased weight) for 15 servings

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
All-purpose flour	1 1/2 cup	300 g	10.87 PhP
Onion – sliced	2 pieces, medium size	54 g	2.69 PhP
Garlic – minced	5 cloves	59 g	4.12 PhP
Egg (chicken), whole – beaten	6 pieces	330 g	29.70 PhP
Malunggay leaves	1 bundle	268 g	4.02 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Corned beef, canned	2 cans	336 g	51.74 PhP
Cooking oil, frying	1 cup	210 g	13.65 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			177.26 PhP

18. Monggo Congee

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a bowl, soak $\frac{3}{4}$ cup regular rice and $\frac{3}{4}$ cup glutinous rice in 5 cups of water.
3. In a pot, heat cooking oil over medium-high heat. Sauté garlic and ginger until soft.
4. Reduce the heat to medium-low. Sauté onions for 1 to 2 minutes. Add the chicken and sauté for 5 minutes.
5. In cooking pot, put the sautéed chicken, regular rice and glutinous rice.
6. Add 6 cups of water. Bring to a boil, with constant stirring to avoid scorching. Simmer until rice is cooked.
7. Add boiled monggo. Let it boil for 10 minutes. Then add beaten eggs. Season with salt.
8. Add the malunggay.
9. Prepare the basic recipe for ice in page 9.

Total cooked weight:	3,600 grams
No. of servings:	15 cups
Weight per serving:	240 grams
Weight per serving (rice):	160 grams
Total cost:	152.12 PhP
Cost per serving:	10.14 PhP

Preparation
time for
one person:
50 min



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	510 kcal	1600	32
Protein	17.5 g	30	58
Vitamin A	131 µg RE	400	33
Vitamin C	17 mg	45	38
Thiamin	0.24 mg	0.7	34
Riboflavin	0.17 mg	0.7	24
Niacin	8.2 mg NE	9	91
Calcium	97 mg	700	14
Iron	3 mg	10	30

Estimated energy and nutrient content
per serving of the recipe
"Monggo Congee"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Regular rice	$\frac{3}{4}$ cup	150 g	5.55 PhP
Glutinous rice	$\frac{3}{4}$ cup	150 g	9.00 PhP
+ Water	5 cups (for soaking the rice above)		
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	72 g	9.73 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Chicken breast – sliced	1 piece	354 g	44.20 PhP
+ Water	6 cups (for boiling the ingredients above)		
Egg (chicken), whole – beaten	3 pieces	165 g	14.85 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Malunggay leaves	1 bundle	195 g	2.95 PhP
Rice	$6 \frac{2}{3}$ cups	1360 g	46.20 PhP
+ Water	$6 \frac{2}{3}$ cups (for cooking the rice)		
Total			152.12 PhP

19. Monggo with Kalabasa, Patola and Alugbati



Preparation
time for
one person:
45 min

Total cooked weight: 3,600 grams
No. of servings: 15 servings
Weight per serving: 240 grams
Weight per serving (rice): 160 grams
Total cost: 184.47 PhP
Cost per serving: 12.30 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a frying pan, heat 2 cups cooking oil then fry tilapia. Set aside.
3. In a pot, heat cooking oil over medium-high heat. Sauté the onions until soft and golden brown.
4. Reduce the heat to medium-low, add the garlic and ginger. Sauté for 1 to 2 minutes. Add the tomato and kalabasa, then sauté for another minute.
5. Add the monggo, fried fish and 3 cups of water. Cover the pot and let it boil.
6. Add the patola and alugbati leaves.
7. Season with salt to taste.
8. Prepare the basic recipe for rice in page 9.



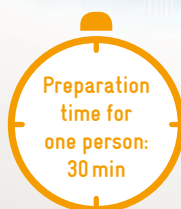
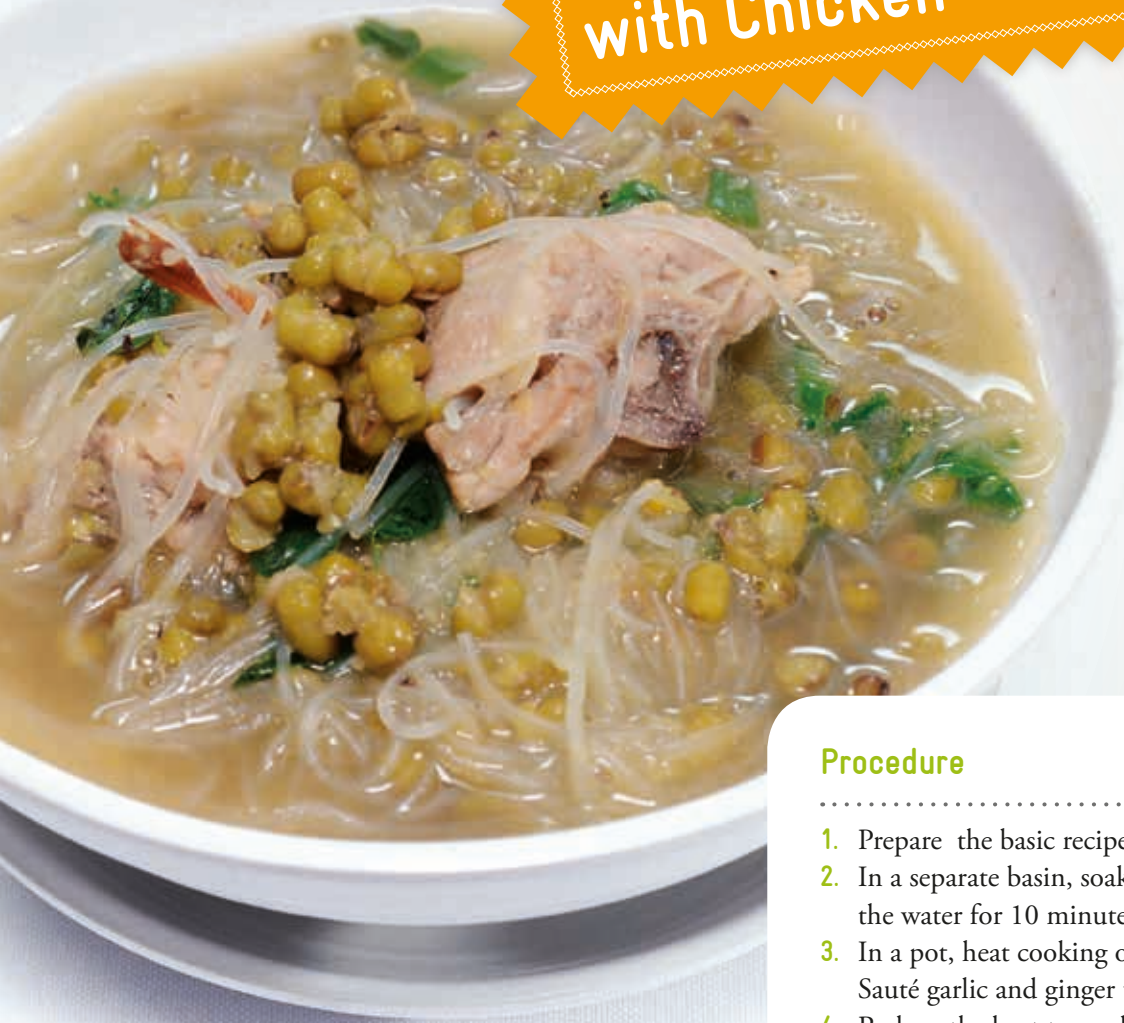
Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	686 kcal	1600	43
Protein	13.6 g	30	45
Vitamin A	117 µg RE	400	29
Vitamin C	23 mg	45	51
Thiamin	0.23 mg	0.7	33
Riboflavin	0.14 mg	0.7	20
Niacin	5.8 mg NE	9	64
Calcium	105 mg	700	15
Iron	3.2 mg	10	32

Estimated energy and nutrient content
per serving of the recipe
"Monggo with Kalabasa, Patola
and Alugbati"
with rice

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Cooking oil, frying	2 cups	430 g	27.95 PhP
Fish (tilapia)	5 slices	459 g	50.49 PhP
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Onion – sliced	2 pieces, medium size	50 g	2.42 PhP
Garlic – minced	5 cloves	22 g	1.65 PhP
Ginger – strips	1 piece	62 g	7.30 PhP
Tomato – sliced	4 pieces	230 g	5.58 PhP
Squash/ Kalabasa – sliced	1/4 piece	577 g	8.66 PhP
+ Water	3 cups (for boiling the ingredients above)		
Sponge gourd/ Patola – cubed	3 pieces, medium size	408 g	10.21 PhP
Alugbati/Malabar spinach leaves	1 bundle	281 g	8.44 PhP
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			184.47 PhP

20. Monggo Bihon with Chicken



Preparation
time for
one person:
30 min

Total cooked weight:	3,25 grams
No. of servings:	15 cups
Weight per serving:	235 grams
Weight per serving (rice):	160 grams
Total cost:	141.82 PhP
Cost per serving:	9.45 PhP

Procedure

1. Prepare the basic recipe for monggo in page 9.
2. In a separate basin, soak the bihon noodles in the water for 10 minutes.
3. In a pot, heat cooking oil over medium-high heat. Sauté garlic and ginger until medium brown.
4. Reduce the heat to medium-low, add the onions. Sauté for 1 to 2 minutes.
5. Add the chicken, and then simmer until the chicken is cooked.
6. Add the monggo and 5 cups water. Let it boil.
7. Add the bihon noodles, season with salt to taste. Cover the pot and let it boil.
8. Add malunggay leaves.
9. Prepare the basic recipe for rice in page 9.



Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	492 kcal	1600	31
Protein	16.3 g	30	54
Vitamin A	198 µg RE	400	50
Vitamin C	35 mg	45	78
Thiamin	0.23 mg	0.7	33
Riboflavin	0.17 mg	0.7	24
Niacin	7.6 mg NE	9	84
Calcium	111 mg	700	16
Iron	3.2 mg	10	32

Estimated energy and nutrient content
per serving of the recipe
"Monggo Bihon with Chicken"
with rice

Ingredients and costs (as purchased weight)
for 15 servings

Food Items	Household Measure	Weight as Purchased	Costs
Monggo, green	1 cup	200 g	14.00 PhP
+ Water	10 cups (for boiling the monggo)		
Bihon noodles	1 pack	250 g	16.25 PhP
+ Water	10 cups (for soaking the noodles)		
Cooking oil, saute	4 Tbsp, level	20 g	1.30 PhP
Garlic – minced	5 cloves	59 g	4.12 PhP
Ginger – strips	1 piece	65 g	7.43 PhP
Onion – sliced	2 pieces, medium size	54 g	2.69 PhP
Chicken breast – sliced	1 piece	354 g	44.20 PhP
+ Water	5 cups (for boiling the ingredients above)		
Salt, coarse	3 Tbsp, level	45 g	0.27 PhP
Malunggay leaves	1 bundle	394 g	5.36 PhP
Rice	6 2/3 cups	1360 g	46.20 PhP
+ Water	6 2/3 cups (for cooking the rice)		
Total			141.82 PhP

10 Snack Recipes

4-S Benchmark Snacks:

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Preparation
time for
one person:
10 min

Total weight:	1500 grams
No. of servings:	15 pieces
Weight per serving:	100 grams
Total cost:	37.50 PhP
Cost per serving:	2.50 PhP

Procedure

1. Wash the ripe banana in running water.
2. Place it in a tray and distribute to the children.

1. Sweet Banana Lacatan



Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	87 kcal	1600	5
Protein	1 g	30	3
Vitamin A	41 µg RE	400	10
Vitamin C	17 mg	45	38
Thiamin	0.02 mg	0.7	3
Riboflavin	0.03 mg	0.7	4
Niacin	0.5 mg NE	9	6
Calcium	14 mg	700	2
Iron	0.6 mg	10	6

Estimated energy and nutrient content
per serving of
"Sweet Banana Lacatan"

2. Peanuts (boiled)



Preparation
time for
one person:
1 h

Total weight:	1500 grams
No. of servings:	15 servings
Weight per serving:	100 grams
Total cost:	52.50 PhP
Cost per serving:	3.50 PhP

Procedure

1. Rinse the raw peanuts several times to remove debris.
2. Put the rinsed raw peanuts in a cooking pot. Add water to the pot, enough to float the peanuts, leaving at least 1 inch room at the top of the pot. Measure the water as you add it. Mix in about 8 tablespoons or ½ cup of salt per gallon of water.
3. Bring the water, peanuts, and salt to a boil. When the peanuts have softened to your liking, remove the pot from the burner, without removing the brine solution.
4. Measure 1 cup of boiled peanuts to each child.

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	151 kcal	1600	9
Protein	6.2 g	30	21
Vitamin A	1 µg RE	400	0
Vitamin C	0 mg	45	0
Thiamin	0.27 mg	0.7	39
Riboflavin	0.05 mg	0.7	7
Niacin	4.8 mg NE	9	53
Calcium	28 mg	700	4
Iron	0.8 mg	10	8

Estimated energy and nutrient content
per serving of
"Peanuts" (boiled)

3. Sweet Potato



Preparation
time for
one person:
1 h

Total weight:	1500 grams
No. of servings:	15 servings
Weight per serving:	100 grams
Total cost:	25.50 PhP
Cost per serving:	1.70 PhP

Procedure

1. Wash sweet potatoes (orange, yellow or white) under cold running water and scrub off any dirt stuck to the skin.
2. Place in a large cooking pot and add enough water to cover the sweet potatoes.
3. Cover and bring to a boil over high heat, then lower heat to medium and simmer for 1 hour or until sweet potatoes are fork tender.
4. Remove from heat and drain using a colander.
5. Serve warm and distribute 1 piece medium size boiled sweet potato to every child.

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	110 kcal	1600	7
Protein	0.5 g	30	2
Vitamin A	3 µg RE	400	1
Vitamin C	26 mg	45	58
Thiamin	0.04 mg	0.7	6
Riboflavin	0.02 mg	0.7	3
Niacin	1.1 mg NE	9	12
Calcium	20 mg	700	3
Iron	0.2 mg	10	2

Estimated energy and nutrient content
per serving of
"Sweet Potato"
(boiled)



4. Papaya

Preparation
time for
one person:
15 min

Total weight:	1500 grams
No. of servings:	15 servings
Weight per serving:	100 grams
Total cost:	25.50 PhP
Cost per serving:	1.70 PhP

Procedure

1. Wash the ripe papaya in a running water.
2. Using knife, remove the stalk of the papaya, and slice it quarterly.
3. Place it in a tray and distribute it to the children.
4. Let the children remove the seeds before eating.

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	34 kcal	1600	2
Protein	0.3 g	30	1
Vitamin A	48 µg RE	400	12
Vitamin C	47 mg	45	104
Thiamin	0.02 mg	0.7	3
Riboflavin	0.03 mg	0.7	4
Niacin	0.4 mg NE	9	4
Calcium	22 mg	700	3
Iron	0.6 mg	10	6

Estimated energy and nutrient content per serving of "Papaya" (ripe)



5. Cooking Banana, Saba

Preparation
time for
one person:
40 min

Total weight:	1500 grams
No. of servings:	15 pieces
Weight per serving:	100 grams
Total cost:	25.50 PhP
Cost per serving:	1.70 PhP

Procedure

1. Wash the bananas.
2. Using a knife cut individual bananas out of its stem and trim. Place in a large pot and pour enough water to cover at least 1 inch above the bananas.
3. Bring to a boil and simmer for 15 to 20 minutes. Remove from pot, drain the remaining water and let cool. Serve warm or cold.
4. Place it in a tray and distribute it to the children.

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	95 kcal	1600	6
Protein	0.7 g	30	2
Vitamin A	17 µg RE	400	4
Vitamin C	15 mg	45	33
Thiamin	0.03 mg	0.7	4
Riboflavin	0.02 mg	0.7	3
Niacin	0.5 mg NE	9	6
Calcium	11 mg	700	2
Iron	0.7 mg	10	7

Estimated energy and nutrient content per serving of "Cooking Banana, Saba" (boiled)

6. Squash Maja Blanca



Procedure

1. Wash the squash. Remove the skin and seeds of the raw squash (1350 grams). Slice it in cubes. Boil it in a cooking pot with 3 cups of water until soft. Drain the liquid and place back in the pot. Mash the boiled squash using a fork or a wooden ladle. Let it cool.
2. Dissolve the cornstarch in coconut cream and mix all other ingredients (boiled squash, sugar and kalamansi juice) in a bowl.
3. Cook in a low fire and constantly stir until thick.
4. Then transfer it on a tray with clean green banana leaf. Let it cool until firm.
5. Cut into desired sizes (160 grams per slice).

Preparation
time for
one person:
20 min

Total cooked weight:	2400 grams
No. of servings:	15 cups
Weight per serving:	160 grams
Total cost:	64.29 PhP
Cost per serving:	4.29 PhP



Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	435 kcal	1600	27
Protein	3.8 g	30	13
Vitamin A	61 µg RE	400	15
Vitamin C	7 mg	45	16
Thiamin	0.17 mg	0.7	24
Riboflavin	0.04 mg	0.7	6
Niacin	1.3 mg NE	9	14
Calcium	110 mg	700	16
Iron	2 mg	10	20

Estimated energy and nutrient content
per serving of the recipe
"Squash Maja Blanca"

Ingredients and costs
(as purchased weight)
for 15 servings

Food Items	Household Measure	Weight As Purchased	Costs
Squash/ Kalabasa	3 cups	1350 g	15.84 PhP
+ Water	3 cups (for boiling the squash)		
Corn starch	1 1/2 cups	345	8.63 PhP
Coconut cream	3 1/2 cups	900 g	22.50 PhP
Sugar, brown	1 cup	375 g	16.13 PhP
Kalamansi juice	1 1/2 Tbsp	22.5 g	1.19 PhP
Total			64.29 PhP



7. Champorado with Dilis

Procedure

1. Place both glutinous and regular rice in a pot, rinse once. Add 5 cups of water and bring to a boil.
2. Simmer for 15 minutes, until rice is almost cooked. It should look fluffy.
3. Set aside $\frac{3}{4}$ cups of coconut cream for toppings.
4. Add cocoa powder, sugar, and coconut cream. Stir until chocolate has melted. Cook for another 5 minutes until the porridge has thickened.
5. In a separate pan, pan fry the dilis until crisp. Set aside.
6. Serve hot with dilis on top.

Preparation
time for
one person:
30 min

Total cooked weight:	3750 grams
No. of servings:	15 cups
Weight per serving:	250 grams
Total cost:	88.29 PhP
Cost per serving:	5.89 PhP



Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	717 kcal	1600	45
Protein	19 g	30	63
Vitamin A	3 µg RE	400	1
Vitamin C	0 mg	45	0
Thiamin	0.17 mg	0.7	24
Riboflavin	0.1 mg	0.7	14
Niacin	6.8 mg NE	9	76
Calcium	207 mg	700	30
Iron	6.4 mg	10	64

Estimated energy and nutrient content
per serving of
"Champorado with Dilis"
(glutinous rice with cacao
with dried anchovies)

Ingredients and costs (as purchased weight)
for 15 servings

Food Items	Household Measure	Weight As Purchased	Costs
Glutinous rice	3 cups	1350 g	15.84 PhP
Regular rice	1 1/2 cups	345	8.63 PhP
+ Water	5 cups (for boiling the rice)		
Cocoa powder	1 cup	375 g	16.13 PhP
Sugar, brown	1 1/2 Tbsp	22.5 g	1.19 PhP
Coconut cream	3 cups	600 g	15.00 PhP
Cooking oil, frying	4 1/2 Tbsp	67.5 g	9.00 PhP
Dilis, dried	75 g	75 g	22.50 PhP
Total			88.29 PhP

8. Ube Rice Cake



Preparation
time for
one person:
30 min

Total cooked weight:	3000 grams
Weight per serving:	200 grams
No. of servings:	15 cups
Total cost:	69.98 PhP
Cost per serving:	4.67 PhP

Procedure

1. Cook glutinous rice using the ratio 1 cup glutinous rice to 1 cup water. Set aside.
2. In a separate cooking pot, boil coconut cream, wait until it simmers, then add the sugar and grated ube. Stir constantly until thick.
3. In sauce pan, put the cooked glutinous rice and place the mixture of ube and coconut cream on top.
4. Let it cool. Then serve.



Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	363 kcal	1600	23
Protein	4.8 g	30	16
Vitamin A	0 µg RE	400	0
Vitamin C	0 mg	45	0
Thiamin	0.07 mg	0.7	10
Riboflavin	0.02 mg	0.7	3
Niacin	1.8 mg NE	9	20
Calcium	16 mg	700	2
Iron	1 mg	10	10

Estimated energy and nutrient content
per serving of
"Ube Rice Cake"

Food Items	Household Measure	Weight As Purchased	Costs
Glutinous rice	2 ² / ₃ cups	675 g	30.38 PhP
+ Water	2 ² / ₃ cups (for boiling the rice)		
Coconut cream	2 ³ / ₄ cups	814 g	11.25 PhP
Ube (purple yam), grated	1 ¹ / ₂ cups	375 g	5.85 PhP
White sugar	1 ¹ / ₄ cups	375 g	22.50 PhP
Total			69.98 PhP

9. Palitaw



Glutinous rice



Water



Young coconut, grated



White sugar

Ingredients and costs
(as purchased weight)
for 15 servings

Nutrients	Nutrient Content	REI/ RNI	% Energy and Nutrient Contribution
Energy	221 kcal	1600	14
Protein	3.3 g	30	11
Vitamin A	0 µg RE	400	0
Vitamin C	0 mg	45	0
Thiamin	0.07 mg	0.7	10
Riboflavin	0.02 mg	0.7	3
Niacin	1.5 mg NE	9	17
Calcium	13 mg	700	2
Iron	0.5 mg	10	5

Estimated energy and nutrient content
per serving of
"Palitaw"
(glutinous rice dipped in
grated young coconut)

Food Items	Household Measure	Weight As Purchased	Costs
Glutinous rice, ground	2 ¾ cups	720 g	32.40 PhP
+ Water	¾ cup (for mixing the rice)		
Young coconut, grated	1 ⅛ cups	270 g	12.06 PhP
White sugar	¾ cup	180 g	10.80 PhP
Total			55.26 PhP

Procedure

1. In a bowl, put the ground glutinous rice slowly add water, then mix.
2. Out of the mixture, form medium-size balls and flatten.
3. In a sauce pan, put water and wait until it boils.
4. Put the flattened mixture in the boiling water and wait until it floats. Floating indicates that the flattened glutinous rice is already cooked. Let it cool.
5. In separate bowl, mix grated young coconut with white sugar. Then dip the flattened glutinous rice.
6. Place the palitaw in a separate plate and serve.

Preparation
time for
one person:
20 min

Total cooked weight:	1500 grams
No. of servings:	15 servings
Weight per serving (4 pieces medium size):	150 grams
Total cost:	55.26 PhP
Cost per serving:	3.68 PhP



10. Kalabasa Halaya



Total cooked weight:	2250 grams
No. of servings:	15 cups
Weight per serving:	150 grams
Total cost:	49.02 PhP
Cost per serving:	3.27 PhP

Procedure

1. Wash and peel the kalabasa.
2. Boil the kalabasa until cooked. Let it cool.
3. In a bowl, mash the kalabasa using fork or wooden spoon, then add the sugar and 2 cups of coconut cream. Mix thoroughly.
4. In a saucepan, put the kalabasa mixture, and stir constantly. Cook in a low fire until thick.
5. Cool the kalabasa halaya then serve.



Squash (Kalabasa)



Water



Coconut cream



Sugar

Nutrients	Nutrient Content	REI/RNI	% Energy and Nutrient Contribution
Energy	315 kcal	1600	20
Protein	2.8 g	30	9
Vitamin A	63 µg RE	400	16
Vitamin C	9 mg	45	20
Thiamin	0.03 mg	0.7	4
Riboflavin	0.05 mg	0.7	7
Niacin	0.9 mg NE	9	10
Calcium	91 mg	700	13
Iron	1.1 mg	10	11

Estimated energy and nutrient content per serving of "Kalabasa Halaya (boiled squash with coconut cream)"

Food Items	Household Measure	Weight As Purchased	Costs
Squash/Kalabasa	3 1/2 cups	900 g	19.02 PhP
+ Water	3 1/2 cup (for boiling the squash)		
Sugar, brown	2 1/2 cups	600 g	15.00 PhP
Coconut cream	2 1/2 cups	600 g	15.00 PhP
Total			49.02 PhP

Ingredients and costs (as purchased weight) for 15 servings

Sample Daily Menu Plan

	DAY 1	Recipe	Cost per serving
Snack		Champorado with Dilis	5.89 PhP
Lunch		Sprouted Monggo with Scrambled Egg	4.86 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 13.83 PhP			

	DAY 3	Recipe	Cost per serving
Snack		Squash Maja Blanca	4.29 PhP
Lunch		Monggo Sotanghon Soup	6.42 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 13.79 PhP			

	DAY 5	Recipe	Cost per serving
Snack		Peanuts, boiled	3.50 PhP
Lunch		Monggo with Dilis and Malunggay Leaves	7.90 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.48 PhP			

	DAY 7	Recipe	Cost per serving
Snack		Sweet Banana Lacatan	2.50 PhP
Lunch		Monggo Chicken Tinola with Malunggay	7.37 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 12.95 PhP			

	DAY 9	Recipe	Cost per serving
Snack		Sweet Potato (boiled)	1.70 PhP
Lunch		Ginataang Monggo with Langka and Alugbati	10.03 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.81 PhP			

	DAY 2	Recipe	Cost per serving
		Ube Rice Cake	4.67 PhP
		Tortang Monggo at Talong	6.52 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.27 PhP			

	DAY 4	Recipe	Cost per serving
		Palitaw	3.68 PhP
		Monggo Bihon with Chicken	6.37 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 13.13 PhP			

	DAY 6	Recipe	Cost per serving
		Kalabasa Halaya	3.27 PhP
		Ginataang Monggo with Squash, Okra and Kangkong	7.40 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 13.75 PhP			

	DAY 8	Recipe	Cost per serving
		Papaya (ripe)	1.70 PhP
		Monggo Curry	8.02 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 12.80 PhP			

	DAY 10	Recipe	Cost per serving
		Banana, Saba	1.70 PhP
		Monggo With Fried Fish and Gabi	9.32 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.10 PhP			

	DAY 11	Recipe	Cost per serving
Snack		Champorado with Dilis	5.89 PhP
Lunch		Tagunton	5.75 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.72 PhP			

	DAY 13	Recipe	Cost per serving
Snack		Squash Maja Blanca	4.29 PhP
Lunch		Monggo with Sardines and Kulitis	4.60 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 11.97 PhP			

	DAY 15	Recipe	Cost per serving
Snack		Peanuts, boiled	3.50 PhP
Lunch		Monggo Congee	7.06 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 13.64 PhP			

	DAY 17	Recipe	Cost per serving
Snack		Sweet Banana Lacatan	2.50 PhP
Lunch		Dinengdeng na Monggo	8.81 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.39 PhP			

	DAY 19	Recipe	Cost per serving
Snack		Sweet Potato (boiled)	1.70 PhP
Lunch		Monggo Meatballs	8.74 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 13.52 PhP			

	DAY 12	Recipe	Cost per serving
		Ube Rice Cake	4.67 PhP
		Tortang Monggo	6.63 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.38 PhP			

	DAY 14	Recipe	Cost per serving
		Palitaw	3.68 PhP
		Monggo with Misua, Patola and Saluyot	8.50 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 15.26 PhP			

	DAY 16	Recipe	Cost per serving
		Kalabasa Halaya	3.27 PhP
		Monggo with Fish, Malunggay Fruits and Sweet Potato	9.31 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 15.66 PhP			

	DAY 18	Recipe	Cost per serving
		Papaya (ripe)	1.70 PhP
		Monggo with Kalabasa, Patola and Alugbati	9.22 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.00 PhP			

	DAY 20	Recipe	Cost per serving
		Boiled Banana (Saba)	1.70 PhP
		Ginataang Monggo with Banana Heart	10.19 PhP
		Boiled Rice	3.08 PhP
Total cost for one child: 14.97 PhP			

Guidelines

Daily Handwashing



Daily Toothbrushing



Mass Deworming



Guidelines // Daily Handwashing

All children will wash their hands with soap at least once a day in school as a group activity.

The best time to do this is before eating at recess or at lunch time.

Make soap available at the group washing facility all the time. Soap can be placed in a stocking and tied to the facility.

The teacher will assign and train children to help their classmates conduct the handwashing activity in an organized manner.

Water is only needed at the beginning to wet hands and at the end to rinse hands. Turn off the water in between while children lather their hands.

After about a week, children get used to this procedure and the role of the teacher will be limited to supervision.

The teacher will remind the children to wash their hands with soap after using the toilet, before handling food and before eating.

Children are encouraged to be advocates for handwashing with soap and make it a routine in family life.



1. Apply soap, create lather and rub all surfaces for 20 seconds.



2. Rub right hand over left and vice versa.



3. Rub palms together with fingers interlaced.



4. Rub the backs of fingers against the opposite palm.



5. Grasp thumb and rub with a twisting motion. Repeat for other thumb.



6. Rub left palm against the back of the right hand and vice versa.



7. Rinse hands with running water.

Save water and don't let the water flow throughout the activity.



Do not use a towel! Towels become a source of infection after the first use. Dry hands in the air.

Guidelines // Daily Toothbrushing

Children should start their day with fresh breath and clean teeth.

.....
All children will brush their teeth at least once a day in school as a group activity.

.....
The teacher will assign and train student leaders to help their classmates conduct the toothbrushing activity in an organized manner.

.....
Children enjoy group activities. Daily toothbrushing will help make them even better at performing activities together. The role of the teacher is to supervise.

.....
After a week of training, the whole activity should not take longer than five minutes of each school day.

.....
Children are encouraged to be champions of clean teeth and fresh breath, and to motivate their parents and siblings to make a daily habit of brushing teeth, especially before going to bed.



1.
When using a dispenser, remove the two locks from the toothpaste dispenser and pump the plunger until the toothpaste comes out. Replace one lock before using. Press the dispenser once to apply a drop of toothpaste onto a dry toothbrush.



2.
If you are using a tube of toothpaste, squeeze a pea-sized amount onto the toothbrush. This can easily be done by applying the paste across the head of the toothbrush.



3.
There is no need to rinse the mouth before brushing. Brush all teeth, especially your molars, for two minutes.



6.
Feel with your tongue if all teeth are smooth and clean.



4.
Spit the toothpaste out. Do not rinse your mouth.



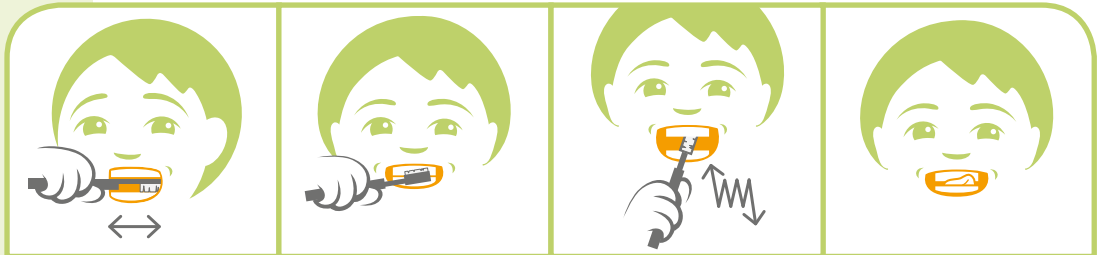
7.
Rinse your toothbrush with water.



5.
Wipe your mouth with some water using clean hands.



8.
Return your toothbrush to the toothbrush holder.



Guidelines // Mass Deworming

The DepEd health personnel in collaboration with the Barangay Health Worker (BHW) will orient and educate parents and teachers on mass deworming to address all questions and concerns.

Following the orientation session, teachers collect consent forms from each parent to allow their child to be dewormed. Without the consent form, the student cannot receive the deworming tablet.

The teacher will call five children at a time and administer the deworming tablets, which will be chewed by the children immediately under direct observation of the teacher.

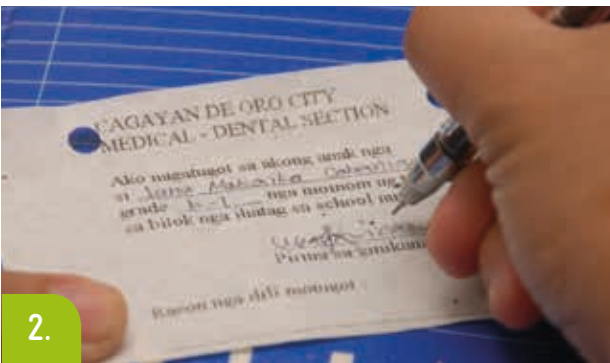
The school principal is encouraged to establish linkage with the community and seek the presence of Health Center staff on the deworming day.

This procedure will take place every 6 months.

The data of deworming and the names of all children dewormed will be documented in the teacher's record book.



1. Health personnel orient teachers and parents.



2. Teacher collects signed consent forms from each parent to allow their child to be dewormed.



3. Teacher calls five children at a time and distributes the deworming tablets.



4. Upon receiving the tablet, children must chew and swallow it immediately.



5. Teacher inspects the children's mouths.



6. A parent or another teacher can assist in the documentation.



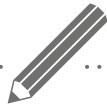
An entire class can be dewormed in less than 20 minutes.

Notes























































































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