



FIT for School Approach



Simple
Sustainable



Scalable
Systems Thinking

4S



Localized SBFP– LUNCH for wasted and severely wasted children

- 20 Recipes based on rice and mung bean (monggo) approved by FNRI
- Basic recipe with locally available veggie and fish
- Large quantities can be stored easily
- High nutritional value at reduced cost
 - 446 kcal
 - 13g Protein
 - 150µg Vit.A
 - Php 10.50 per meal



Snacks for all children every day

- 10 recipes for healthy, nutritious and low-cost snacks approved by FNRI
 - 155 – 314 kcal
 - 3.34 – 10.54 g Protein
 - 34 – 33 µg Vit. A
 - Php 1.70 to Php 4.20
- Snacks are offered to all children regardless of their nutritional status
- Venue to integrate group handwashing and toothbrushing activities



Localized SBFP Study

Assess impact on:

- School Attendance
- Nutritional Status

	5 Implementing Schools	3 Control schools
Selection	Selected by DepED based on EHCP implementation, size, accessibility, school readiness, support from school head and community	Selected by DepED to match size and location
Data Collected	<ul style="list-style-type: none">• Random spot checks of school attendance*• Anthropometric measurements by school nurse	<ul style="list-style-type: none">• Random spot checks of school attendance

**2 schools not visited due to security reasons*

Improvement in BMI status

Feeding days	Children who improved n(%)		Total Improved n(%)
	Severely Thin to Normal	Thin to Normal	
60	5 (3%)	55 (37 %)	60 (41 %)
120	8 (5%)	87 (59%)	95 (65%)

Improvement of wasted and severely wasted children to normal

41% after ~60 days of daily feeding* with lunch and snack

65% after ~120 days of daily feeding* with lunch and snack

Differences in school attendance

% Attendance by group & gender

Group	Girls	Boys	All
LSBFP	94%	89%	91%
Control	81%	63%	72%

- Children in schools implementing LSBFP go to school more often than in control schools
- Boys go to school less than girls.
- Boys miss afternoon classes more than girls.
- The gender difference is more pronounced in control schools.
- **Boys are more disadvantaged compared to girls and they benefit more from the program.**
- **Snacks given to all children is an incentive to keep children in schools.**

Publications



Thank You!

