REGIONAL POLICY FORUM
From Farms to Schools: Towards Sustainable and Inclusive School-Based Food and Nutrition Programs in Southeast Asia

Crimson Hotel, Alabang, Muntinlupa City, Philippines
24–25 April 2023
Securing a Nutrition-Conscious Young Generation through School-Based Interventions: The SEAMEO RECFON Nutrition Goes to School Program Experiences

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Deputy Director for Program
SEAMEO RECFON
SEAMEO RECFON History
SEAMEO RECFON Vision, Mission & Values

Vision

A Centre of Excellence for building capabilities in food and nutrition for all in Southeast Asia

Mission

To provide food and nutrition development options for better quality of life for the peoples of Southeast Asia

Values

Integrity
Respect
Empowerment and Excellence
Commitment
Fortitude
Optimism
Nutrition for All
SEAMEO RECFON Mandates

1. Education/Training
2. Capacity Building
3. Research
4. Information Dissemination
5. Partnership
6. Community Development
RECFON’s 3rd FYDP Framework: **MINDful**
in Southeast Asia

- **Multi-sectoral and Inclusive Nutrition Development for Upholding Life**
- **F&N Scientific Processes & Options**
- **Institutional Engagements & Commitments**
- **Dynamic biophysical and enabling environments**

Individual Participation & Commitments

Upholding Life in SEA

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**Upholding Life in SEA**

**Individual Participation & Commitments**

**F&N Scientific Processes & Options**

**Institutional Engagements & Commitments**

Dynamic biophysical and enabling environments
SEAMEO RECFON’s Approach to Combat Malnutrition in SEA Countries

- **Problem**: Malnutrition
- **Approach**
  - **MITIGATION**
    - Early Childhood: Prevent later effects of malnutrition
  - **PREVENTION**
    - School-aged children and adolescents: Prevent child born (next generation) from being malnourished
    - Productive age
- **Target**
SEAMEO RECFON’s Food and Nutrition Flagship Programs throughout the Life Cycle

Pre-natal to 5 years old

6-17 years old

Above 18-years old

Supported by Food-based Approaches

In the contexts of SDG 2, 3, 4, 6 and 17, Industrial Revolution 4.0 & Society 5.0
SEAMEO RECFON’s Program Implementation Framework

- **Demand (De)**
  - Knowledge & Information
  - Capacity Building

- **Healthy Schools & Communities**
- **Policy (P)**
  - Commitment
  - Management
  - Advocacy
- **Supply (S)**
  - Learning Materials
  - Technical Assistance
  - Facilities

- **Information System (IS)**
  - Communication Platform for Sharing & Monitoring of Lesson Learned
SEAMEO RECFON’s Program Implementation Phases

Initiation Phase
- Partnership Establishment
- Stakeholders Meeting
- Capacity Building
- Action Plan Development

Strengthening
- Action Plan Implementation
- Continuous Technical Assistance
- Refresher Courses
- Monitoring & Evaluation of Progress
- Documentation & Sharing of Best Practices
- Policy Formulation & Implementation

Institutionalization
- Program Impact Assessment
- Official Recognition of Implementing Partners
- Continuous Promotion and Advocacy
- Scaling Up
Nutrition Goes to School (NGTS) Program

Description:
• A school-based multisectoral program emphasizing the role of schools as effective media for character building education that is centered toward good nutritional practices both in school and at home

Goal:
• Develop AWESOME students (Active, Well nourished, Smart Of ME)

Current Educational Levels Covered:
• Primary schools
• Secondary schools
• Vocational schools
• Madrasah schools

Expansion of Coverage during 3rd FYDP:
• Special Education schools
• Boarding schools
<table>
<thead>
<tr>
<th>Nutrition Specific</th>
<th>Nutrition Sensitive</th>
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<tbody>
<tr>
<td>• Generation and implementation of food-based recommendations for school children</td>
<td>• School Readiness Mapping (IS)</td>
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<td>and adolescents from locally available nutrient-dense food sources (DE, S)</td>
<td>• Learning Module Development (DE)</td>
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<tr>
<td>• Breakfast and Iron Folic Acid (IFA) supplementation promotion for female</td>
<td>• ToT for Teachers on Nutrition, WASH and Physical Education (online/offline) (DE)</td>
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<td>adolescents (DE, S)</td>
<td>• Establishment of School Garden (S)</td>
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<td>• Establishment of Healthy School Canteen (S)</td>
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<td>• Advocacy/dialogue with local government units to mainstream NGTS (P)</td>
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<td></td>
<td>• School-based Nutrition Promotion Working Group Formation and Functioning (DE, S, P, IS)</td>
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<tr>
<td></td>
<td>• Promotion of NGTS Best Practices (S, P)</td>
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<td>• Monitoring and Evaluation (S, IS)</td>
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NGTS Program Sites

- Lao PDR
- Cambodia
- The Philippines
- Malaysia
- Timor Leste
- Pontianak City and Sambas District, West Kalimantan
- Jakarta
- Bogor District, Bogor City, Bandung District, and Bandung City, West Java
- Cirebon District, West Java
- Klaten District, Central Java
- Malang District and Malang City, East Java
- Tasikmalaya City, West Java
- Jakarta
NGTS Training Course Sessions

1. Overview of NGTS Program
2. General Concepts and Principles of Balanced Nutrition/ Adolescent Nutrition
3. Anthropometric Measurement
5. Hygiene and Sanitation
6. Healthy School Canteen
7. School Garden for Nutrition Literacy
8. Nutrition in Entrepreneurship
9. School-Based Management of Nutrition and Health Programs
10. Micro Teaching
11. Management of NGTS Program Implementation
12. Action Plan Formulation
NGTS
Related Publication

Available at http://www.seameo-recfon.org/publications/
NGTS Program Publications

Available at http://www.seameo-recfon.org/publications/

Southeast Asia School-Based Nutrition Promotion Country Profiles

... as reference materials for schools in Southeast Asia to learn and improve the implementation of their school-based nutrition programs and activities.
NGTS Program Publications

Available at http://www.seameo-recfon.org/publications/
NGTS Program Supports Indonesia’s School Health Program (Upaya Kesehatan Sekolah/UKS)
UKS Programs and Components

Health Education
- Health Literacy
- Hygiene Behavior Change
- Nutrition Education
- Physical Activities
- Health Agent Coaching

Healthy School Environment
- Water, Sanitation & Hygiene
- Healthy School Canteen
- Green School
- Waste Management
- Safe and Inclusive School Environment

Health Services
- Health Screening (Anthropometric Measurement)
- Medical/Dental Check-Up
- Immunization
- First Aid
- Facilities and Human Resources
Nutrition Education & School Garden Nexus
Nutrition Education & School Garden Nexus

Intra-Curricular

School Health Program

Nutrition Education

School Garden

Extra-Curricular
How does a school garden work for students’ nutrition education under NGTS Program?
• Enabling students to understand how plants as food source are produced and harvested
Enabling students to become familiar with the plants and know the nutrients they contain.
• Enabling students to learn how school garden harvests can be cooked, processed, and eaten as healthy food.
Incorporating nutrition concepts in classroom subjects using school garden harvests and enabling students to appreciate them
Developing entrepreneurial and advocacy skills of students to promote vegetable consumption
Compilation of Nutrition Education Lesson Plans Using School Garden

(www.seameo-recfon.org)

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<thead>
<tr>
<th>NUTRITION EDUCATION LESSON PLANS FOR PRIMARY SCHOOL</th>
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<tbody>
<tr>
<td>Lesson Plan 1: Have Fun with Drawing Fruits and Vegetables</td>
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<tr>
<td>Lesson Plan 2: Green Vegetables in My School Garden</td>
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<td>Lesson Plan 3: My School Garden Plant Cards</td>
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<td>Lesson Plan 4: Math in Gardening</td>
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<td>Lesson Plan 5: Let’s Plant!</td>
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<td>Lesson Plan 6: Fun Cooking Spinach Omelet</td>
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<td>Lesson Plan 7: Beauty and Benefit of My Garden</td>
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<td>Lesson Plan 8: The Vegetable is My Friend</td>
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<td>Lesson Plan 9: Get to Know Me</td>
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<tr>
<th>NUTRITION EDUCATION LESSON PLANS FOR JUNIOR HIGH SCHOOL</th>
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<tr>
<td>Lesson Plan 10: Let’s Play Quartet</td>
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<td>Lesson Plan 11: Fainted? No Way!</td>
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<tr>
<td>Lesson Plan 12: Let’s Get to Know Vegetables and Fruits from Other Countries</td>
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<tr>
<td>Lesson Plan 13: Time-lapse of Vegetable Growth</td>
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<td>Lesson Plan 14: Food Rainbow</td>
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### Common Challenges & Possible Solutions in Maintaining School Garden for Nutrition Education

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<tr>
<th>Common Challenges</th>
<th>Possible Solutions</th>
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<tr>
<td>• Limited space/unfertile soil</td>
<td>• Adopt vertical, rooftop, and pot gardening techniques and layered hydroponics; make and apply compost</td>
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<td>• Limited gardening knowledge of teachers</td>
<td>• Attend workshops, search the internet, seek help of local farmers/practitioners; resort to peer learning</td>
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<tr>
<td>• Difficulty in fully integrating nutrition education through school garden in</td>
<td>• Search the internet for guidebooks, brainstorm among colleagues, join discussion groups</td>
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<td>intra- and extra-curricular activities</td>
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Common Challenges & Possible Solutions in Maintaining School Garden for Nutrition Education

**Common Challenges**

- Limited involvement of students in school gardening activities
- Limited funding
- Uncertain weather conditions/under emergency situation

**Possible Solutions**

- Implement clear school policies and incentivize students’ involvement in maintaining the school garden
- Seek support from local government, community, parents & alumni associations, agricultural companies
- Schedule learning activities according to season; bring gardening concepts at home
Take Home Messages

• A school garden is a potent educational tool to enhance students’ knowledge and behavior about food and nutrition toward improving their overall well-being

• A school garden must be properly integrated into the school curriculum, both in intra- and extra-curricular activities

• School garden activities must be based on the current contexts of the school and must foster a mindset of exploration among students

• Initially introduce plants that are locally available in the area and are common in the school canteen and students’ homes to gain acceptance

• Connect nutrition lessons in the classroom with the plants/food sources that are found in the school garden

• School management must extend administrative support & search for funding to sustain the school garden for classroom learning; involve the students too in maintaining it
Thank you!

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