



TRAINING COMPLETION REPORT

- I. **Title:** NUTRIPAK Promotion and Cooking Demonstration Among Health and Nutrition Workers, and Mothers in MAGPANGUAPA (Marcos, Gabas, Pangasugan, Guadalupe, Patag) Barangays
- II. **Date and Venue:** April 29, 2025
Institute for Strategic Research & Development Studies (ISRDS) Training Room
- III. **Implementing Unit:** Institute for Strategic Research & Development Studies (ISRDS)
- IV. **Cooperating Agency:** Hindang NutriPak Processing Cooperative (HNPC)
- V. **Persons Involved:** Womens Group members, and Barangay Health and Nutrition Workers

VI. Rationale

The "NUTRIPAK Promotion and Cooking Demonstration Among Health and Nutrition Workers, and Mothers in MAGPANGUAPA (Marcos, Gabas, Pangasugan, Guadalupe, Patag) Barangays" is a collaborative extension activity under the Visayas State University's Institute for Strategic Research and Development Studies (ISRDS). This initiative is jointly implemented through two flagship extension programs: VSU-BIDANI and the MAGPANGUAPA Extension Projects.

The MAGPANGUAPA Project focuses on establishing localized, data-driven governance strategies to empower barangay-level decision-making, while BIDANI (Barangay Integrated Development Approach for Nutrition Improvement) contributes to the university's long-standing commitment to sustainable development. BIDANI seeks to uplift marginalized communities by addressing key dimensions of development, particularly nutrition improvement, food security, health promotion, and poverty alleviation—with nutrition positioned as both a primary goal and a metric of progress.

By merging these two initiatives, the activity aimed to amplify community impact, ensuring a more integrated approach to development and public service delivery, especially in the areas surrounding VSU. The



synergy between MAGPANGUAPA's data-driven governance model and BIDANI's nutrition-focused agenda creates a powerful framework for evidence-based, community-led transformation.

A central feature of the activity was the promotion and demonstration of NutriPak, a ready-to-cook nutritious food product developed to combat malnutrition and enhance food access in vulnerable communities. The NutriPak products used in the demonstration were produced by the Hindang Nutripak Processing Cooperative (HNPC)—a valued, community-based partner of VSU-BIDANI from the Municipality of Hindang. Their participation underscores the importance of grassroots innovation and local enterprise in achieving sustainable nutrition outcomes.

The event also employed a clientele-to-clientele learning approach, emphasizing participatory knowledge-sharing. In this model, actual practitioners and beneficiaries of the Nutripak program facilitated the demonstration and discussion. This bottom-up method not only validated the success of community-driven solutions but also fostered trust and relatability among participants, particularly health and nutrition workers and mothers, who are key influencers in local household practices.

Ultimately, this joint activity reinforces VSU's mission to bridge academic research, policy-making, and grassroots empowerment—contributing to a healthier, more resilient, and nutritionally secure Eastern Visayas.

VII. Objectives:

The *NUTRIPAK Promotion and Cooking Demonstration Among Health and Nutrition Workers, and Mothers in MAGPANGUAPA Barangays* aimed to achieve the following objectives:

1. **To promote the adoption and utilization of NutriPak** as a nutritious and accessible food product for improving household nutrition, especially among vulnerable populations in the MAGPANGUAPA barangays.
2. **To enhance the knowledge and skills of health and nutrition workers and mothers** in preparing and incorporating NutriPak into daily meal planning through hands-on cooking demonstrations.
3. **To facilitate peer-to-peer learning** through a clientele-to-clientele approach, allowing actual beneficiaries and practitioners of the NutriPak

program to share practical experiences and encourage community-based learning.

4. **To strengthen the collaborative implementation** of the VSU-BIDANI and MAGPANGUAPA extension projects in promoting integrated approaches to nutrition, governance, and community development.
5. **To support the empowerment of local communities** by reinforcing data-driven and nutrition-sensitive strategies for health improvement and food security.
6. **To showcase the role of community-based enterprises**, such as the Hindang Nutripak Processing Cooperative (HNPC), in sustaining local nutrition interventions and contributing to inclusive development.

VIII. **Methodology**

a. Pre-Activity Coordination and Communication – Formal communication letters were sent to the Barangay Chairpersons of the five MAGPANGUAPA barangays to invite their barangay health workers to the activity. Each barangay submitted their official list of participants two days after receipt of the communication letters. This step secured local support and ensured the participation of key stakeholders in each barangay.

b. Orientation and Introduction – An overview of the NutriPak program, its nutritional benefits, and its role in addressing malnutrition was presented to all participants.

c. Clientele-to-Clientele Learning Sessions – Actual beneficiaries and practitioners of the NutriPak program from other communities led the demonstrations, sharing personal experiences and practical applications of NutriPak in everyday meals.

d. Hands-on Cooking Demonstration – Participants observed the members of the Hindang Nutripak Processing Cooperative (HNPC) in cooking *chamorado* using NutriPak as the base ingredient.

e. Open Forum and Feedback Session – A discussion segment allowed participants to share insights, ask questions, and provide feedback on the usability and acceptability of NutriPak in their own households and communities.

f. Documentation and Monitoring – The activity was documented through photos, attendance sheets, and feedback forms to evaluate the effectiveness of the learning exchange and inform future engagements.

IX. Persons involved:

- a. Resource Persons
 - Ms. Maribel Aberilla, Chairperson of the Hindang Nutripak Processing Cooperative (HNPC)
 - Ms. Fevilma Gambe, HNPC member
 - Ms. Melodina Edullantes, BIDANI-BMIS Coordinator
- b. Training Coordinators – Lilian B. Nuñez and Elia Maury C. Jadina
- c. Facilitator - Rhea Angelie F. Dayondon and Princess Ann G. Butlig

X. Source of Funds (please indicate how much each agency contributed. This shall also include the participants’ registration/contribution.)

Source of Funds	Amount	Items
VSU-Extension Office		Snacks & lunch of participants
BIDANI Extension Project	2000 php	<ul style="list-style-type: none">● Ingredients for cooking demonstration● sample Nutripak for each participant● Transportation expenses of HNPC resource persons

XI. Contents/highlights

A total of 38 participants attended the activity. Four of the five MAGPANGUAPA barangays were represented.

The event featured clientele-to-clientele sharing, a participative approach where the learning exchange was facilitated by actual practitioners and beneficiaries or partner LGU of the VSU-BIDANI, LGU Hindang.

Ms. Maribel Aberilla, Chairperson of the Hindang NutriPak Processing Cooperative (HNPC), and Ms. Fevilma Gambe served as resource persons, guiding the participants in the preparation of healthy and nutritious meals using NutriPak products.

Ms. Melodina Edullantes, PNEA Coordinator, provided an overview of the NutriPak Processing initiative, highlighting its relevance to the goals of the PNEA component in enhancing community-based nutrition strategies.

The NutriPak products used in the demonstration were produced by the Hindang NutriPak Processing Cooperative (HNPC), a community-based enterprise from the Municipality of Hindang, which remains a committed partner of the VSU-BIDANI Extension Project.

The participants expressed their interest in using NutriPak for the feeding programs in their respective barangays and considered looking into the possibility of engaging in NutriPak distribution as a form of livelihood project with HNPC as the supplier of the product.

XII. Problems met:

One barangay (Brgy. Gabas), which committed nine attendees for the activity, was not able to attend.

The training room did not have enough ventilation as the air conditioner was non-functional.

The event started late as the resource persons and some participants did not arrive on time.

XIII. Recommendations:

Secure online platform communication strategies with barangay focal persons.

Look for other options for the venue of the activity.

Allocate more time for participants to perform hands-on cooking of different NutriPak recipes and interaction with other participants.

Facilitate the establishment of NutriPak distribution as a livelihood activity of existing women's associations or groups in the MAGPANGUAPA barangays.

Facilitate the Barangay LGUs' and elementary schools' utilization of the NutriPak product for their feeding programs and consumption among children and pregnant and lactating women in the communities.

XIV. Profile/Directory of Participants (Name, Sex, Age, Home Address, Office Address (if Applicable), Type of Participants, Educational attainment)

XV. Budget/Breakdown of Expenses

Expenses	Budget allotment (in php)
Transportation of 2 HNPC Officers	400.00
NUTRIPAK	1,000.00
Ingredients	600.00
TOTAL	2,000.00

XVI. Documentation



Arrival of participants at the ISRDS Training Room



ISRDS Director, Dr. Nuñez introducing the activity to the participants



Ms. Maribel Aberilla, Chairperson of the Hindang Nutripak Processing Cooperative (HNPC) presenting her topic



Ms. Maribel Aberilla, Chairperson of the Hindang Nutripak Processing Cooperative (HNPC) - Ms. Fevilma Gambe, HNPC member, conducting the cooking demonstration with the participants



Participants, resource persons, and committee pose for a photo opportunity before participants head back to the convention center

Vision: A global green university providing progressive leadership in agriculture, science & technology, education and allied fields for societal transformation.

Mission: To produce graduates equipped with advanced knowledge and lifelong learning skills with ethical standards through high quality instruction, innovative research, and impactful community engagements.