



# BATANGAS STATE UNIVERSITY

## The National Engineering University

### BATANGAS STATE UNIVERSITY COMBATS MALNUTRITION THROUGH BIDANI AND PANDE-MEAL PLAN

Batangas State University (BatStateU) in partnership with the Local Government (LGU) of Balayan gathered for the kick off of Misyon sa Nutrisyon: Orientation on Barangay Integrated Development Approach for Nutrition Improvement (BIDANI) on June 30, 2023.

The project BIDANI is a comprehensive nutrition-in-development strategy emphasizing the need to mainstream improving the nutrition of Filipino towards achieving rural development. The initiative is part of the extension project of the College of Nursing and Allied Health Sciences (CONHAS) which aims to strengthen grassroots-level action to combat malnutrition and improve overall community well-being.

The orientation brought together, barangay leaders, nutritionist, municipal health workers, and community volunteers, who received a comprehensive education on the importance of nutrition as a foundation for healthy living. The program focused on empowering communities to identify and address specific nutritional challenges that their residents face and equips them with knowledge and strategies for enhancing nutrition education, and promoting a healthier lifestyle. The event also provides avenue for the following:

- creation of the Program Planning and Implementing Committee (PPIC);
- formation of Barangay Integrated Development Approach (BIDA);
- identification of barangay needs vital for nutrition through Barangay Management Information System (BMIS);
- implementation of localized nutrition program through Participative Nutrition Enhancement Approach (PNEA).

Participants expressed enthusiasm for the initiative and commits to integrating these nutrition strategies into their local development plans.



### PANDE-MEAL PLAN: TRAINING ON NUTRITIOUS MEAL PANNING

In an effort to bolster community health and well-being, 48 barangay nutrition scholars from Municipality of Balayan attended a specialized training session on May 22, 2023 under the "Pande-MEAL Plan" program. The training focused on equipping participants with practical skills in nutritious meal planning, an essential step in addressing community nutrition programs such as feeding program.

The training was led by a team from Batangas State University who guided participants through the basics of creating balanced meals that are both affordable and accessible. Emphasizing nutritious meal planning, the Pande-MEAL Plan promotes a diet that supports family health while respecting budget constraints. Participants learned how to prepare meal plans that cater to the dietary needs of all family members, from young children to seniors, with a special focus on preventing malnutrition. The training included interactive workshops on identifying nutrient-rich foods, and preparation methods that retain nutritional value.

With enthusiasm, municipal mayor Emmanuel Salvador Fronda expressed gratitude and commitment in supporting Pande-MEAL Plan.

Source: Research, Development and Extension Services Office

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### BARANGAY HEALTH WORKERS EMPOWERED FOR ENHANCED COMMUNITY HEALTHCARE



A community-focused initiative to improve healthcare access and outcomes was launched in Nasugbu, Batangas. The "Empowering Barangay Health Workers: Establishing a Solid Foundation for Community Wellness" project aimed to equip local health workers with the knowledge and skills needed to provide effective care to residents.

The project, held on November 18, 2023, at BatStateU ARASOF-Nasugbu, brought together Barangay Health Workers for a series of lectures, demonstrations, and workshops. Participants learned about the latest healthcare practices and participated in hands-on exercises to reinforce their skills.

Source: Research, Development and Extension Services Office

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