



BATANGAS STATE UNIVERSITY

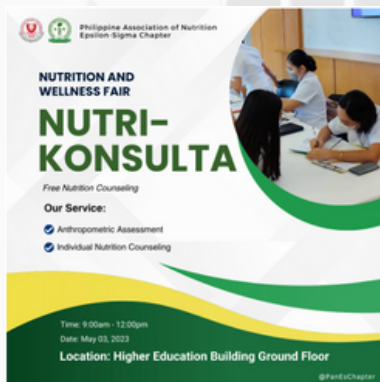
The National Engineering University

NUTRI-WELLNESS: HUNGER AND NUTRITION INTERVENTION FOR STAFF

Nutri-Wellness Days at Batangas State University: Organized by the Philippine Association of Nutrition - Epsilon Sigma (PAN-ES), is a dynamic event held on September 16, 2023, brought students, faculty, and health professionals together to promote health and wellness. Through interactive activities, informative booths, and engaging nutrition education sessions, participants gained valuable insights and practical tips on living healthier lifestyles. The event highlighted PAN's dedication to empowering communities with the knowledge and tools to make informed dietary choices for a better quality of life.



In May 2023, the Nutrition and Wellness Fair took place, bringing together students and staff, all eager to learn and participate. The event was made up of five main activities:



Nutrition Fest

Nutrition Fest featured health-focused games, food booths and fun activities to promote balanced eating.

Nutriseum

Nutriseum is an interactive museum-style display showcasing essential nutrition facts and how food choices affect our health.

Seminar

During the seminar, expert speakers shared their knowledge on the latest health and wellness topics, giving tips and advice to support healthy lifestyles.

Nutriresearch Exhibit

This is an educational exhibit that presented recent findings in nutrition research, helping attendees understand the science behind healthy habits.



Nutrikonsulta

Staff had a chance to consult with nutrition and dietetics students, discussing personalized plans and advice for a healthier diet.



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ADDRESSING HUNGER THROUGH NUTRITION EDUCATION

Batangas State University through the College of Nursing and Allied Health Sciences regularly conducts nutrition education to the university stakeholders. Among the common activities conducted were workshop and seminars, awareness program and establishment of peer support networks.

Workshops and Seminars

Workshops on healthy eating, meal planning, and budgeting for groceries are provided with employees.

Peer Support Networks

Peer support networks were created where staff can share resources and support each other.



Awareness Programs

Awareness campaigns to educate staff about the importance of nutrition and how to access available resources were conducted.

Community Partnerships

The university partnered with local food suppliers to provide food supplies to staff in need.



Emergency Food Assistance

The university provided ready-to-eat meals or food packages tailored to meet the immediate nutritional needs of staff and affected populations.

