

THE BENEFITS OF SCHOOL-BASED FEEDING PROGRAM

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Every school year, the Department of Education monitors the nutritional status of learners. They check the Body Mass Index (BMI) of every learner to determine their status. Pupils who fall under the Severely Wasted category are given intervention. They will be included in School-Based Feeding Programs.

Through this program, DepEd can help the learner acquire optimum nutrition. Why are feeding programs important? Here are some reasons.

1. Learners receive assistance to help them acquire proper nutrition;

These assistances include nutrition meals for designated periods, vitamins and other medicines (like deworming tablets) which can help them achieve target BMI, and other perks like health kits (toothbrush and toothpaste, soaps, etc).

2. It gives more awareness to parents;

Before the start of the feeding program, meetings and orientations are held with the parents and the guardians. In doing so, they can more knowledge on the importance of good nutrition to their children. Furthermore, it gives them more ideas on nutritious yet affordable meals for their children.

3. It strengthens the partnership between the school and its stakeholders;

There are feeding programs that get the help of parents in preparing the meals. This increases the cooperation of parents. Additionally, the community, specifically, the

local government unit, usually extends its support to the program. By doing this, the school, the parents and the community work hand in hand to help the learners.

4. It serves as an extrinsic motivation among learners;

Admit it or not, it serves as a motivation for pupils to go to school. He/She is excited to come to class because he/she enjoys the time spent in the feeding program. This is not bad as the result is favorable. The learner comes to school and avoids being absent.

5. It creates a domino effect.

Once the learner receives proper nutrition, he performs well in school. It also helps decrease, if not fully trimmed the dropout rate to zero. It then leads to a higher level of achievement, and thus, benefits the school in increasing performance levels.

Feeding programs are indeed helpful to our learners and it also helps maintain good educational status.

References:

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