

GULAYAN SA PAARALAN: A KEY TO FOOD SECURITY AND SUSTAINABILITY IN SCHOOLS

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Gulayan sa Paaralan, or school garden, is an innovative approach to promoting food security and sustainability in schools. By establishing a garden within the school premises, students, teachers, and the community can work together to grow their own fruits, vegetables, and herbs. This approach not only provides a sustainable source of food but also serves as a hands-on learning experience for students. The benefits of Gulayan sa Paaralan are numerous. For one, it provides a reliable source of fresh produce, which can be used to feed students, teachers, and staff. This helps to address food insecurity and malnutrition, particularly in areas where access to healthy food is limited. Additionally, the school garden serves as a platform for teaching students about sustainable agriculture, nutrition, and environmental conservation.

Gulayan sa Paaralan also promotes sustainability in schools by reducing reliance on external food sources and minimizing waste. By growing their own food, schools can reduce their carbon footprint and promote eco-friendly practices. Furthermore, the school garden can serve as a model for the community, promoting sustainable living and environmental stewardship. In the Philippines, Gulayan sa Paaralan has been successfully implemented in several schools, with positive outcomes. Students who participate in the program have shown improved knowledge and skills in agriculture, nutrition, and environmental conservation. The program has also helped to increase food security and reduce poverty in the community.

In conclusion, Gulayan sa Paaralan is a key to promoting food security and sustainability in schools. By establishing a school garden, schools can provide a reliable

source of fresh produce, promote sustainable agriculture, and reduce their carbon footprint. As we move forward, it is essential that we prioritize the implementation of Gulayan sa Paaralan in our schools and provide students with the opportunity to learn and grow in a sustainable and environmentally conscious way.

References:

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