

# YOU GROW, GIRL!

Volume 1, Issue 1 | July 2020

Girl Scouts of the Philippines  
Official Digital Magazine for  
Nutrition Month Celebration 2020

## GPN BADGE LAUNCH

WAGGGS, NI and GSP debut  
new program in the Philippines

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# GPN BADGE LAUNCH

WAGGGS, NI and GSP debut new program in the Philippines



GPN Badge. The Girl Powered Nutrition (GPN) Badge and advocacy campaign builds on existing efforts to tackle girls' malnutrition and raise the importance of girls' nutrition.

By Cdt. GS Francine Beatriz DG. Pradez  
Dagupan Council, Northern Luzon Region

The World Association of Girl Guides and Girl Scouts (WAGGGS) through its Member Organization, the Girl Scouts of the Philippines (GSP), partnered with Nutrition International (NI) in launching the Girl Powered Nutrition badge and advocacy campaign on July 11, 2020 at the Josefa Llanes Escoda Hall of the GSP National Headquarters, Manila.

Girl Powered Nutrition is the latest program of the Movement that was co-created with girls to address the rising rates of malnutrition among their peers and raise the call for the prioritization of girls' nutrition in policy formulation.

Key decision-makers and media personnel were invited to the launch and were given the opportunity to interact with young nutrition champions who advocated for increased local support for healthcare and proper nutrition, improved food labels, regulation of food advertisements streamed on media platforms, and the restriction of the sale of junk food in school vicinities.

This is a pivotal move for girls nationwide as the country faces a triple burden of childhood malnutrition namely stunting, undernutrition, and obesity aggravated by hidden hunger or micronutrient deficiency that persists in low-income communities.

Currently, the program is administered in four countries – Madagascar, Sri Lanka, Tanzania, and the Philippines. The latter is expected to reach over 115,000 girls by March 2021.

## How to be a Woman

By Cdt. GS Kathleen Nicole M. Vivas  
Lipa Council, Southern Luzon Region

It was when I heard Eleanor Roosevelt's quote that I learned how. No one can make you feel inferior without your consent. I've always been labeled by my mates as one of those "strong, independent women". It could be because I try to speak my mind at all times or that I handle leadership roles often given to men— it could be. As I engaged myself with different opportunities the World Association of Girl Guides and Girl Scouts gave me, I learned many stories of women of all ages and races across the globe. I realize how hard it is to be a woman in this world where we constantly have to prove our worth in order to be and feel respected. People always have something to say but we don't have to pay attention to every single one of them. It's hard but it is also wonderful to be a woman. You just have to know how: you do you, girl.

# A CELEBRATION OF GPN ACCOMPLISHMENTS

By Cdt. GS Cyrene Dawn N. Montano  
Aklan Council, Visayas Region

Last February 28 to March 1, 2020, the World Association of Girl Guides and Girl Scouts (WAGGGS) and Girl Scouts of the Philippines (GSP) core team held the pilot project evaluation and review of the Girl Powered Nutrition (GPN) Program at the Josefa Llanes Escoda Hall of the GSP National Headquarters in Manila. Among the notable attendees were Ms. Miriam Shindler (former WAGGGS Global Programmes Manager), Mr. Miguel Camacho (WAGGGS Monitoring & Evaluation Officer), Dr. Loreto Roquero (Nutrition International Country Director), Mrs. Susan R. Locsin (GSP National President), and Mrs. Ma. Dolores T. Santiago (GSP National Executive Director). This event included the one-day Outcome Harvesting Workshop with the advocacy champions followed by the two-day National Project Review attended by Regional Executive Directors, Troop Leaders, and Girl Scouts participating in various GPN projects.

Mr. Camacho shared that, "Doing the GPN Outcome Harvesting and National Project Review in the Philippines was so much great fun, especially having the chance to celebrate GSP's accomplishments for the past two years with various stakeholders and to learn together on how we can improve GPN (and other programmes) in the future!"

**You just have to know how: you do you, girl.**

CDT. GS KATHLEEN NICOLE M. VIVAS  
WAGGGS Global Advocacy Champion





# BE THE CHANGE YOU WANT TO SEE

**Cdt. GS Marie Rosary S. Abellar**  
*Manila Council, Central Luzon Region*

It was a year ago since the impactful event for girls and young women was held in Vancouver, Canada. The Women Deliver Conference is the world's largest conference tackling gender equality and the rights and well-being of girls and women. It aims to gather the great minds, influential activists, and future leaders all over the world. The Girl Scouts of the Philippines (GSP) is lucky enough to bring two of the most outstanding girls of this generation – Cdt. GS Angelika Joy G. Biñas, Manila Council, GPN Advocacy Champion, and Cdt. GS Justine Danielle Bautista, Mandaluyong Council, National Program Committee Member, both from Central Luzon Region with Ms. Rose Jade Eugenie S. Delgado, Iloilo Council, Visayas Region, National Program and International Affairs Committees Member, who represented the Youth Leaders for Nutrition of the Scaling Up Nutrition (SUN) Network. Given the talks and other activities, there were opportunities for young girls and women to engage and gather inspiration for different advocacies such as nutrition, including the Girl Powered Nutrition Program initiated by World Association of Girl Guides and Girl Scouts (WAGGGS) last 2017 in the Philippines. After this event, the advocacy on nutrition materialized in every region in our country. This event is a manifestation of how an individual responds to being a catalyst of change. Be the change you want to see in this world!

## A day with the Philippines' Young Nutrition Advocates

**Cdt. GS Melody B. Estrada**  
*Pangasinan Council  
 Northern Luzon Region*

From the recently concluded Women Deliver Conference, Ms. Rose Jade Eugenie S. Delgado and Cdt. GS Angelika Joy G. Biñas represented the Girl Scouts of the Philippines.

*How was your experience during the Women Deliver?*

**Jade:** It was definitely the place to broaden your knowledge on womens' rights as well as the challenges they face, connect with advocates around the globe and have a platform to speak out.

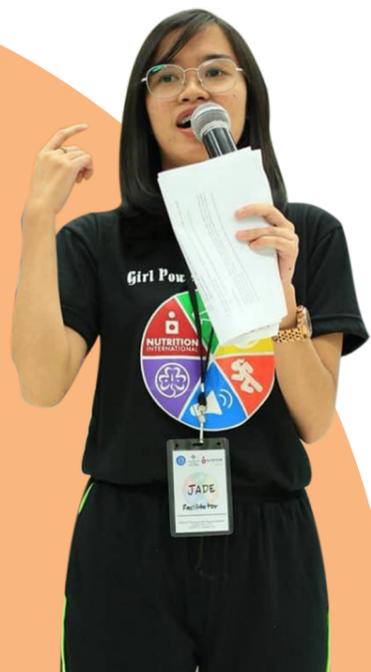
*How did your advocacy change your life?*

**Angelika:** The conference and my advocacy made my lifestyle better. It is not just me who've changed, but also my family and the girls whom I've reached.

*What is your message to all the aspiring advocates?*

**Jade:** Everything starts small and simple. What's important is making a positive impact and addressing a need.

**Angelika:** Bear in mind that advocating is not easy. But remember, it will be rewarding to see the result of the change you want see.



## GIRLPOWERED NUTRITION

This is in connection with our partnership with the World Association of Girl Guides and Girl Scouts (WAGGGS) and Nutrition International (NI) of Canada about the GPN program which aims to improve knowledge and awareness of nutritional needs, and dietary practices among girls and their communities.



### BADGEWORK

The badge programme includes fun and practical activities to learn about the importance of eating the right variety and the right amount of food. The badge has been built around 12 key nutrition messages developed in collaboration with NI.

### ACTION HUB

Nutrition action hubs are a community-led approach to improving the nutritional status of Girl Guides and Girl Scouts and their communities. The action hubs will be a location for nutrition actions that involve Girl Guides/Girl Scouts community members and other partners.

### ACTION FUND

The Community Action Fund is subdivided into two categories namely Action Fund and the Chief Girl Scout Medal Scheme (CGSMS) Fund.

### ADVOCACY CAMPAIGN

The Advocacy Champion Team is a 12-month commitment for Girl Scouts interested in taking a leadership role in the GPN campaign by speaking at national events, supporting the campaign in their region or council and promoting the campaign.

<https://www.wagggs.org/en/what-we-do/girl-powered-nutrition/>  
<https://www.wagggs.org/en/girl-powered-nutrition-resources/>



# ON NUTRITION

“In the 2020 Global Nutrition Report, valuable analyses have been done to reveal the nutrition inequalities across countries and populations; however, there is still a very big data gap on the nutrition outcomes of one important age group: adolescents. Having no data puts this age group being left behind; as such, we must continue putting adolescent nutrition, particularly girls and young women, at the national and global discussions to ensure that adolescents will be at the centre of nutrition policy and decision-making.”

**Miguel Camacho**

*Monitoring and Evaluation Officer  
 World Association of Girl Guides and Girl Scouts*



“With good nutrition, girls are able to reach their full potential as they have the nutrients their body needs to be healthy, concentrate in school and prevent illnesses. However, globally, girls are disproportionately affected by malnutrition, exacerbating existing issues of gender inequality. Through the Girl Powered Nutrition programme, Girl Guides and Girl Scouts have learned how to access good nutrition and have taken action to make an impact for girls on a local, national and global level. We are able to address the problem.”

**Sophie Rymer**

*Global Programmes Manager  
 World Association of Girl Guides and Girl Scouts*



CLR



## A RISK WORTH TAKING

By Cdt. GS Mary Rosary S. Abellar  
Manila Council, Central Luzon Region

Sharing the vision of combating issues on nutrition, the Council and Region's Advocacy Champions led the GPN Central Luzon Region School Tour which shed a light to 700 student leaders of 72 schools. Last May 2020, an online art contest commenced and the winning masterpieces from the poster, slogan, and digital art were used as campaign materials for the school tour. Moreover, an integration of the GPN Program during the regional activity entitled "My Quarantine Diary" was made possible wherein Girl Scouts were tasked to feature their meals everyday.



VR

## THE GREAT GPN MARATHON

By Cdt. GS Cyrene Dawn N. Montano  
Aklan Council, Visayas Region

The Girl Powered Nutrition advocacy campaign truly is a marathon, not a sprint. With not being able to follow through with the initial plans, adapting to the hurdles and challenges has been a great deal in this run. However, there is no finish line to this campaign for this is not a race. This campaign has started the ripple, reaching girls one at a time at their own pace. The pistol has been fired and now you have the baton. How will you live on the ideals and values of this advocacy?

NLR



## THE NUTRI-POSSIBLE MISSION

by Cdt. GS Francine Beatriz DG. Pradez  
Dagupan Council, Northern Luzon Region

It isn't everyday that one gets the opportunity to save the world, much more to change it. The pandemic has opened our eyes to the numerous inadequacies and challenges in the system such as malnutrition. Acknowledging this, we worked hand in hand to launch a poster making contest with the winning outputs distributed to decision makers and local stakeholders to strengthen the implemen-

and Cdt. GS Melody B. Estrada  
Pangasinan Council, Northern Luzon Region

tation of Department of Education (DepEd) Order No. 13, series of 2017. We also took the lead in rolling out a national online educational campaign, Put Your Best Fork Forward, complemented by a regional-based activity "Thursday with Nutrition".

The task ahead might seem daunting but we forge on with the hopes that in our own way we can make things better for Her world.

# REGIONAL CAMPAIGNS



EMR

## TRAIN TO IGNITE, WEIGH THEM RIGHT!

By Cdt. GS Darlene Psyche R. Buenaflor  
Davao Oriental Council, Eastern Mindanao Region  
and  
Cdt. GS Michelle Angela M. Ucab  
Davao Council, Eastern Mindanao Region

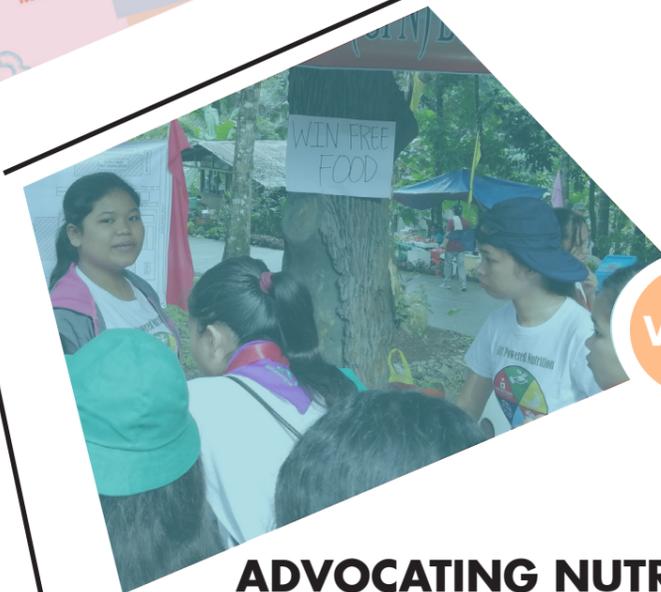
The inaccuracy in weighing children due to lack of training is one of the most pressing health issues among the Barangay Health Workers from the municipalities of Davao Oriental. Moreover, the skills and knowledge on accurate and proper weighing is not just a mere health requisite for children. Rather, it imposes a health necessity as the lives of children depend on the given nutritional care and treatment, on the basis of measurements and scales. Hence, the Girl Powered Nutrition Advocacy Champion from Eastern Mindanao Region, Darlene Psyche Buenaflor, took the initiative and led the lobbying and advocacy to local authorities and leaders from Davao Oriental.

SLR

## BEACON OF LIGHT

By Cdt. GS Lhea Mae F. Villena  
Batangas City Council, Southern Luzon Region  
and  
Cdt. GS Kathleen Nicole M. Vivas  
Lipa Council, Southern Luzon Region

The Girl Powered Nutrition is one of the programs of GSP which brought huge impacts to the lives of the girls. This opportunity enabled us to reach out more not only to our fellow Girl Scouts in the region but on a national level. Despite the challenges brought to us this year, the girls proved that no volcanic eruption nor virus can shake the Girl Scout spirit within them.



WMR

## ADVOCATING NUTRITION AT NATIONAL CAMP

By Cdt. GS Krizzia Janin S. Selanoba  
Zamboanga City Council, Western Mindanao Region  
and  
Cdt. GS Casandra Nicole V. Romero  
Zamboanga City Council, Western Mindanao Region

COVID-19 pandemic halted some plans of the Western Mindanao Region Girl Powered Nutrition team. But through online platforms, campaigning continued through a Nutri-dance contest.

Prior to quarantine, we facilitated the GPN booth during the 42nd National Camp in Dipolog City. Our booth prepared different activities found in the GPN activity pack and gave out healthy prizes. Girl Scouts were also informed on the action fund program for health related projects. Furthermore, we will release an online contest after the nutrition month celebration and the winning entry will be featured in our partner government department.

# PYBFF GROWS VIRTUALLY

PYBFF celebrates Nutrition Month 2020 virtually leading to the rise in social media engagements that ended with a remarkable number of 53,227 girls reached.

Source: Regional GPN Advocacy Champions

1138

Facebook followers before Nutrition Month 2020

137

Instagram followers before Nutrition Month 2020

91

Twitter followers before Nutrition Month 2020

2378

Facebook followers after Nutrition Month 2020

339

Instagram followers after Nutrition Month 2020

242

Twitter followers after Nutrition Month 2020

## Clara Oculus

Sr. GS Elysha Jyka T. Chua  
Ilocos Sur Council  
Northern Luzon Region



I spy with my bright eye something valuable!

A simple activity like this can already contribute to good health as girls like me were filled with patience to find something colorful, interesting, and nutritious like the different stages of the GPN badge. It wasn't only about looking for a specific object rather it was realizing that proper nutrition can be achieved with an ingenious combination of the resources we have around us.

## BEST FORK FORWARD BRINGS OUT THE BEST IN ME

Sr. GS Patricia Lei R. Fernandez  
Manila Council  
Central Luzon Region

We witnessed cancellation of educational activities like Nutrition Month every July due to the prohibition of social gatherings but Put your Best Fork Forward (PYBFF) came to the rescue, equipping us with the essentials of proper nutrition and eating healthy by providing webinars, and connecting us with our fellow Girl Scouts all over the Philippines through online activities.

I've learned the importance of good nutrition through their nutrition myths, healthy food recipes and meme reminder contents. I became aware of my food choices and now slowly cutting off junk foods, replacing them with fruits like apple, banana, and avocado. Their contents made me wake up everyday feeling excited in checking what more I can learn.

I realized the power of health starts within us. Through this activity, we become motivated to help and encourage others to make nutrition a priority.

## Spy and Scroll: Bridging Proper Nutrition for All

Cdt. GS Rosemarie C. Tabayoyong  
Pangasinan Council  
Northern Luzon Region

Annually, the month of July is physically celebrated as a reminder of the importance of proper nutrition however the pandemic opened an unprecedented platform to bring together Girl Scouts in accomplishing fun virtual activities with surprising health benefits.

Brain exercises like crossword puzzles and short quizzes stimulated the minds of participants to recall what they know about nutrition. They relied on their supply of beta-carotene from vegetables to spot small differences in two photos and look for colorful items inside their home.

With the combination of a well-balanced diet and consistent exercise routines, budding girl advocates can help prevent malnutrition, minimize stunting, and live a healthy lifestyle.



# ADVOCATING OUT LOUD WEEK

## An Open Letter: HEALTH AND NUTRITION

Jr. Girl Scout Diana Rose R. Panoy  
Negros Occidental Council, Visayas Region

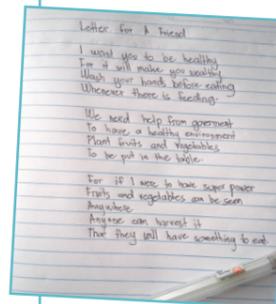


### Letter for a Friend

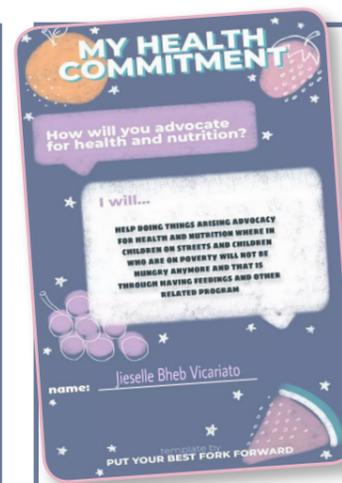
I want you to be healthy  
For it will make you wealthy  
Wash your hands before eating  
Whenever there is feeding.

We need help from the government  
To have a healthy environment  
Plant fruits and vegetables  
To be put in the table.

For if I were to have super power  
Fruits and vegetables can be seen anywhere  
Anyone can harvest it  
That they will have something to eat.



## HEALTH COMMITMENT



I will help by doing things such as raising an advocacy for health and nutrition wherein children on streets and children who are experiencing poverty will not be hungry anymore and that is through having feeding programs, soup kitchens and other related activities.

Cdt. GS Jieselle Bheb D. Vicariato  
Bukidnon Council, Eastern Mindanao Region

# TWEET BARRAGE



Cdt. GS Vanessa Marie O. Eslit  
Cebu Council, Visayas Region

I will try to make infographics about proper nutrition and in this way, you will be provided the right infos about it. Also, I will promote healthy living which includes good nutrition and balanced diet.



# An Advocate's Advocacy

Cdt. GS Kimberly Faith J. Garcia  
 Oriental Mindoro Council, Southern Luzon Region

Often, we ask ourselves of the purpose we would like to live by. We entertain thoughts on the goals and objectives that would likely drive us to stick with this purpose. We look outside and attempt to step away from our comfort zones, break barriers, and set our own pace – become an advocate.

It may sound a cliché but there is general truth laying in the line, **“Together we can change the world”**. The Advocacy Boot Camp which was held last July 23, 2020 paved the way to a clearer vision on how I can do my fair share of becoming an advocate of change, an agent of a more comprehensive advocacy not only for me but for all the girls in the world hopefully. The key takeaways I had in the camp lit up the fire in me to be of substance in taking the steps to help change the world.

Being one of the chosen 12 Advocacy Champions from the 6 Girl Scouting Regions, imposes a great challenge to speak up and be heard. In this trying times, what makes people believe that there is hope amidst this crisis is the fact that there are institutions and organizations whose primary aim is to be of service to others, just like Girl Scouting.



“With global malnutrition and world hunger rising year on year, and these figures set to skyrocket due to the Corona pandemic, **it’s now more important than ever to advocate for programmes and policy that support adolescent nutrition and empower young people to take the lead.** Girls are disproportionately affected so Girl Powered Nutrition does just that, putting the power in the hands of young women and girls who face these challenges daily.”

**Hannah Graham**  
 Global Advocacy Manager  
 World Association of Girl Guides and Girl Scouts



## YOUNG AND EMPOWERED GIRLS STUNTING AND WASTING IN THE PHILIPPINES

Sr. GS Roberta Deanne B. Martin  
 Mandaluyong City Council  
 Central Luzon Region

“Malnutrition is not just a health issue,” said Ms. Rosario Jupiterwala, resource speaker of the Webinar #2 Stunting and Wasting in the Philippines organized by the Girl Powered Nutrition Advocacy Champions last August 1, 2020. Stunting is a national and global issue which can affect educational performance, low adult wages, decreased productivity, and when accompanied by excessive weight gain later in childhood, an increased risk of nutrition-related chronic diseases in adult life.

Ms. Jupiterwala also tackled about the forms of undernutrition, what is stunting, stunting in centimeters and many more. She also shared that we can use Micronutrients Powder approved by the Department of Health (DOH) which can promote optimum growth and development and contains 15 essential vitamins and minerals for children aged 6-59 months. We, as Girl Scouts can help lessen the rate of stunting and wasting here in the Philippines by advocating it in different ways. We can start within our family and friends, or posting in our social media accounts, and many more.

“Girl Powered Nutrition (GPN) is a novel and unique programme which emphasises the significance of investing in girls’ nutrition. The message of GPN is highly relevant and timely as we experience the effects of the pandemic. **Good nutrition is prerequisite to optimal health, and the foundation to future generations which can fight off not only COVID, but also diseases that will emerge in the future.”**

**Rosario Jupiterwala**  
 Country Project Manager  
 World Association of Girl Guides and Girl Scouts

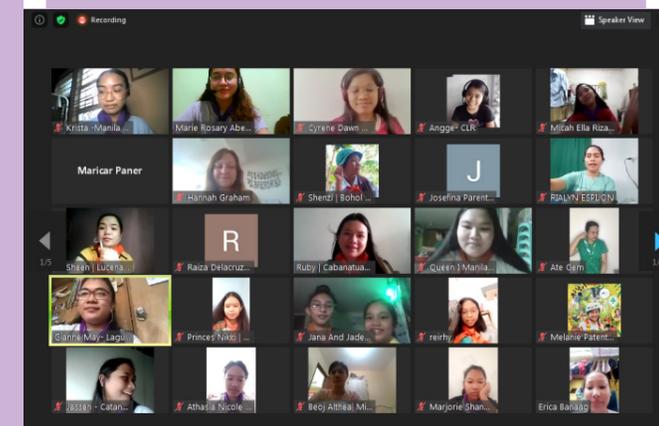


## Called to be an ADVOCATE

Cdt. GS Samantha Nicole O. Mateo  
 Cabanatuan Council, Central Luzon Region

Last July 29, 2020, PYBFF led by the GPN Advocacy Champions initiated a webinar about Zero Hunger to further edify girls on the current status of nutrition around the world and to address nutrition-related queries and concerns. The much anticipated webinar tackled the SDG 2: Zero Hunger which comprises revamping nutrition and achievement of food security that will render profound outcomes. This goal also seeks to end all aspects of malnutrition and nutritional needs of adolescent, pregnant, lactating and older women.

Indeed, the pandemic made it troublesome to combat such matters and suppressing hunger is one of the most prevailing challenges. Improving nutrition can't be acquired by a single action; it requires collaboration of solutions towards adequate nutrition and ensuring that cooperation is the underpinning principle of all our actions. We are now involved because of Ms. Hannah Graham, who wishes to shed light onto us. As the celebration comes to an end, may we be a supplemental voice to call on policy makers to prioritize zero hunger. With conscious effort, we can overcome the situation and be catalysts of change.



## Nutri FamTalk: Eat Right, Future Bright!

Cdt. GS Gwyn Anntonette D. Tico  
 Davao Council  
 Eastern Mindanao Region

**The fa-MEAL-y that eats together stays hap-PEA forever!** Put Your Best Fork Forward, the online educational campaign of the GPN Program under

the Girl Scouts of the Philippines joins in celebrating the National Nutrition Month 2020.

Last July 21, I participated in one of their activities, **“FamTalk: Welcome to the Vlog, Fam!”**, with my family. I asked my mother about her opinion on nutrition and its importance.



Eating vegetables is very essential. I was also joined by my brother, asked him how he stayed healthy even if he doesn't eat vegetables; he said that eating proper meals and exercising is the key.

The Nutrition Month focuses on helping people make healthy food choices and developing good eating and exercising habits. Hence, we must eat right and never forget to drink enough amounts of water

Above all, let us keep our faith and pray to the Father Almighty for our safety and protection.



## Whispers No More

Cdt. Sophia Lynne C. Alba  
 Lucena City Council  
 Southern Luzon Region

**Calling all the hidden voices!**  
 There are little whispers in the wind.

There are small flickers of candlelight in the darkness. That is who we are.

Last July 23, 2020, Girl Scouts from all over the country were handpicked to participate in the Advocacy Bootcamp with the sole purpose of teaching girls the right way to speak up through sessions about effective advocacy and handling social media platforms, especially in these trying times. From these spirited

young women, another 12 were chosen to spearhead a new generation of advocacy champions. Young as we are, Girl Scouting had taught us to stand in front and lead, while following the footsteps of those who honorably came before us. We were molded to change the world, inspired to ignite the fire sleeping in every girl. We're no longer whispers, but a unified howl of change.



Charlotte Jobe C. De Ocampo Northern Luzon Region Pangasinan Council  
 Angela Rose P. Lawag Visayas Region Cebu Council  
 Mecca B. Igleria Western Mindanao Region Zamboanga del Norte Council  
 Aliya Sophia P. Manundo Western Mindanao Region North Cotabato Council  
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**Cdt. GS Kimberly Faith J. Garcia**  
*Oriental Mindoro Council*  
*Southern Luzon Region*



**Cdt. GS Andrea Nicole R. Atos**  
*Misamis Occidental Council*  
*Eastern Mindanao Region*

# TOP TEN SALAD GARDENS

From Fight COVID-19 Challenge Badge Program



## Delivering REAL

(Relevant, Exciting, Accessible, and Learner-led) programs in the new normal

# Girl Scouts Combat COVID-19 by Going Green

By **Jeneleen G. Talledo**  
*Fight COVID-19 GSP Challenge Badge Peer Facilitator*  
*Cebu Council, Visayas Region*

The first-ever, girl-led online badgework activity launched by the Girl Scouts of the Philippines four months ago – the Fight COVID-19 GSP Challenge Badge. It is an activity that equips Girl Scouts with knowledge and skills to battle the pandemic and keep the Girl Scouting spirit alive amidst the current situation. A total of 54 Girl Scouts took up the task of making a sustainable Salad Garden under the Challenge of Environment. It has engaged girls to grow vegetable gardens at home by recycling different materials where among the entries, Top Ten Salad Gardens were chosen.



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*Central Luzon Region*



**Cdt. GS Carmela Jade L. Cortez**  
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**Twinkler GS Venmar Anne Juliette T. Elma**  
*Quezon Council*  
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**Sr. GS Abigail Talaro Ocon**  
*Bohol Council*  
*Visayas Region*



**Star GS Niced E. Catchin**  
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## PUT YOUR BEST FORK FORWARD

Championing girls' nutrition both offline and online — that is the credo that spurred the creation of the Put Your Best Fork Forward page.

PYBFF began as an online educational campaign for Girl Scouts in the Northern Luzon Region until it was designated as the primary digital arm of the Girl Powered Nutrition programme under the Girl Scouts of the Philippines.

First launched in November 2019, it has succeeded in its goal of reaching 1150 girls and has evolved to be a useful instrument in shaping their eating habits, raising awareness on the disproportionate effect of malnutrition across gender demographics, and equipping Girl Scouts with the capacity to influence their communities to create a sustainable and inclusive lifestyle for its constituents.

[facebook.com/pybff](https://facebook.com/pybff) [pybff\\_gpn](https://twitter.com/pybff_gpn) [pybff.gpn](https://www.instagram.com/pybff.gpn)



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