GPN BADGE LAUNCH
WAGGGS, NI and GSP debut new program in the Philippines

BE THE CHANGE
YOU WANT TO SEE

Top Ten Salad Gardens
Girl Scouts Combat COVID-19 by Going Green

ON NUTRITION

REGIONAL CAMPAIGNS
Girl Powered Nutrition Advocacy Champions

SPY AND SCROLL
Bridging Proper Nutrition for All

A Celebration of GPN Accomplishments
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 day with the Philippines’ Young Nutrition Advocates

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 women’s 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 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 to see.

BE THE CHANGE YOU WANT TO SEE

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

“They are able to reach their full potential as they have the nutrients they need 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

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.
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?

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

By Cdt. GS Mary Rosary S. Abellar
Manila Council, Central 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 implementation of Department of Education (DepEd) Order No. 13, series of 2017. We also took the lead in rolling out a national online educational lead in clopping out a national online educational campaign, Put Your Best Fork Forward, complemented by a regional-based activity “Thursdate 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.

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

By Cdt. GS Lhea Mae F. Villena
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Spy and Scroll: Bridging Proper Nutrition for All

Cdt. GS Rosemarie C. Tabayoyong
Northern Luzon Region

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 knowing 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.

Letter for a Friend

I want you to be healthy. 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.

Spy and Scroll: Bridging Proper Nutrition for All

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

I will try to make infographics about proper nutrition and in this way, you will be provided the right info 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 takeaway I had in the camp lift 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.

The Advocacy Boot Camp which was held last July

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 nutrient-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.

“We, as Girl Scouts of the Philippines join 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 strength and protection.

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

 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.
Gi

rl 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.

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

TOP TEN SALAD GARDENS From Fight COVID-19 Challenge Badge Program
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  pybff_gpn  pybff.gpn

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