

**Republic of the Philippines  
Department of Social Welfare and Development**

**ANNUAL REPORT**

**Of**

**REACH OUT AND FEED PHILIPPINES INC.  
6/F CYBER ONE BLDG 11 EASTWOOD AVE BAGUMBAYAN  
QUEZON CITY  
For Year: 2023**

**I. Introduction**

***About Reach Out and Feed Philippines Inc.***

Reach Out and Feed Philippines Inc. is a non-profit organization dedicated to raising funds to support programs that feed and nourish Filipino children, regardless of religion, ethnicity, or gender. We collaborate with a nationwide network of partners in communities, churches, and public schools to ensure that our beneficiaries have access to adequate nutrition. Recognizing that the government cannot address this issue alone, we actively engage our friends, families, and everyone in our network to join us in the fight against hunger and malnutrition in the Philippines.

***Our Story: From "Feed Rizal" to "Feed Philippines"***

**We saw a need, and we had to help.** What if we could ask for donations from friends to have a weekly feeding program? What if we could pool our resources together to ensure that kids are given food? How can we do it? These were the ideas and questions that came to mind when we started with the vision of having a feeding program back in April 2013. Founders Cesar Titong Jr., Dawn Marie F. Cabigon, and Benedict M. Francisco came together, sharing a burden to feed hungry children and the vision to start a movement they would call "Feed Rizal." This feeding program aimed to reach children belonging to the poorest of the poor communities in Rizal. It was designed to do more than just feed—it nourished the kids through a simple, sustained program of providing nutritious meals weekly.

FEED RIZAL began as an informal feeding activity with an initial contribution of only 800 pesos or \$14, used to serve 60 kids in Taytay, Rizal. These were indigent children who were often seen begging for coins or food in the streets. We provided simple but nutritious snacks such as lugaw (rice porridge) and champorado (chocolate rice porridge). This initial effort laid the groundwork for a more structured program. FEED RIZAL was formally launched on June 8, 2013, with additional funding of P10,000 donated by friends of Benedict M. Francisco from Doha, Qatar. With this significant contribution, church workers contributed what they could to the cause and also solicited donations from families and friends. From then on, the FEED RIZAL team has been preparing nutritious meals and serving them to Rizal's most needy children. In addition, parents were also educated on the basics of nutrition and on being resourceful in preparing nutritious meals with whatever budget they might have.

From providing 60 meals per week, the movement grew to provide over 2,000 meals per week by the end of 2014. Through partners like TV5 and the Rotary Club of Hiyas ng Maynila, the program was extended to a school in Pawing, Leyte, after the devastating effects of Typhoon Yolanda left thousands of children displaced and without a consistent source of food. The FEED RIZAL movement was then officially registered on November 10, 2024, as Reach Out and Feed Philippines, maintaining the same vision but embracing a bigger mission.

## Malnutrition in the Philippines: A Critical Concern

According to the latest "State of Food Security and Nutrition in the World" report by the United Nations, in 2022, an alarming 50.9 million people in the Philippines lacked consistent access to sufficient food, marking the highest level of moderate or severe food insecurity in Southeast Asia. This scarcity is closely linked to the undernourishment of approximately 5.9 million Filipinos during 2020-2022, the second highest incidence in the region. Such chronic food shortages have profound and enduring effects on children's health and educational outcomes, particularly as they encounter crucial developmental milestones during adolescence. **Malnutrition leads to stunting and cognitive impairments, significantly hindering children's ability to learn and thrive, thereby stalling the nation's human and economic progress.**

The consequences of malnutrition for these children are devastating, manifesting in growth stunting, diminished learning capacities, and compromised immune systems. Given the foundational role of proper nutrition in education and learning, malnourished children are at a grave disadvantage, unlikely to ever achieve the same learning potentials as their well-nourished peers. This disparity raises serious concerns about their future and the long-term impacts on societal development.

### Mission Statement:

In response to this crisis, our mission is to be a central part of the solution to the national crisis of malnutrition in the Philippines. We implement school and community feeding programs that aim not only to feed but also to nourish our youth, ensuring they receive the essential vitamins and nutrients needed to support their growth and cognitive development.

### Vision:

**Our vision and dream is to see every Filipino child healthy, nourished, and empowered to reach their maximum potential for growth and learning.** We believe that by providing consistent and adequate nutrition, we can help mitigate the adverse effects of food insecurity and undernutrition, thereby enabling our children to succeed academically and develop into healthy adults.

### Operational Approach:

We operate through a robust network of partners across communities, churches, and public schools nationwide. By rallying the support of our friends, families, and broader networks, we foster a collaborative approach to combat hunger and promote sustainable solutions to malnutrition. Our organization not only seeks to feed children but also to engage the local communities in understanding and fighting the underlying causes of malnutrition.

### Objectives:

1. To identify and screen malnourished children in public schools and communities.
2. To implement school and community feeding and nourishment programs that will provide consistent, nutritious meals to malnourished children, regardless of religion, ethnicity, or gender.
3. To assist and support the efforts of local government units (LGUs) in implementing nutrition programs in public schools and communities.
4. To establish a nationwide network of partners in communities and public schools, who are empowered with the tools needed to organize their own fundraising and feeding programs in their respective communities.
5. To raise awareness of the state of malnutrition among children in the Philippines and engage everyone we know—our friends, our families, and our entire network—in the fight to end hunger and malnutrition.
6. To monitor and evaluate the impact of our programs on child health and nutrition to continuously improve and adapt strategies in addressing malnutrition.

## II. Salient Accomplishment (Statistical and Narrative)

### A. #Project Baon

The beneficiaries of #ProjectBaon, are public school students from families living below the minimum wage or facing unemployment. The selection of beneficiaries considers the provinces with the highest prevalence of stunting based on the latest National Nutrition Survey. We provide supplementary school meals—a packed lunch where each meal will have a balance of carbohydrates from grains, pastas, and breads, natural sources of vitamins and minerals from local fruits and vegetables, and protein from fish (fresh and canned), lean meat, poultry, and eggs. The meals are aligned with the Nutritional Guidelines for Filipinos (NGF), released by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST). The program runs for 10 months each year, covering each school year.

The two #ProjectBaon implementations below were made possible through donations and collaboration with two key partners.

1. **Pledge To Tri (PTT)**, a group of athletes who raise awareness about hunger and malnutrition in the Philippines, amplifying their advocacy "We run our race so that others may find success in theirs." PTT continues to champion early child development through nutrition by doing what they love and do best: swimming, biking, and running. The proceeds from their fundraiser have enabled ROFP to support 50 kids in Sariaya, Quezon, for a 120-day feeding program in 2023.
2. **CASA JUAN**, a homeware brand inspired by the heritage and culture of the Philippines, has partnered with REACH OUT AND FEH PHILIPPINES (ROFP) to support feeding initiatives for children in Tawi Tawi. This collaboration reflects their shared commitment to nourishing Filipino children, regardless of religion, ethnicity, or gender.

AREA OF OPERATIONS					
No.	City/Municipality	Province/ Region/ Island	School	# of Beneficiaries	Total number of meals served
1	Tawi-Tawi	BARMM (Bangsamoro Autonomous Region in Muslim Mindanao)	Batu-batu Central Elementary School ; Batu-Batu (POB.) , 7501 Panglima Sugala (Balimbing) , Tawi-Tawi	47	2,171
2	Sariaya, Quezon	Region IV-A (CALABARZON), Luzon	Antipolo Elementary School (Sariaya Quezon)	50	1,500
			<b>TOTAL :</b>	<b>97</b>	<b>3,671</b>



**Note : Evaluation Reports are ongoing for the completed programs.**



## B. Mega Bigay Sustansya

In partnership with the Tiu-Lim Foundation and Mega Global Corporation, and supported by DOST-FNRI and DSWD, the Mega Bigay Sustansya program provided nutritious meals to children aged 4 to 12 years old. The Mega Bigay Sustansya aims to help improve the nutrition of children from impoverished communities, and to educate families on the importance of proper nutrition, as well as to inform parents and guardians about affordable sources of nutrition.

In summary, there were a total of 500 beneficiaries with 38,590 meals served over 120 days in 3 regions.

REGION	AREA OF OPERATIONS	NUMBER OF BENEFICIARIES	NUMBER OF MEALS SERVED
REGION IV	SARIAYA	65	5460
REGION IV	LUCENA	65	5200
REGION IV	STO.TOMAS	60	4920
REGION IV	LOPEZ	65	4420
REGION 8	TACLOBAN	65	5330
REGION 8	TANAUAN	60	5040
REGION 8	ORMOC	60	4740
BARMM	TAWI-TAWI	60	3480
		Total number of beneficiaries served : 500	Total number of MEALS served : 38590



## EVALUATION REPORTS

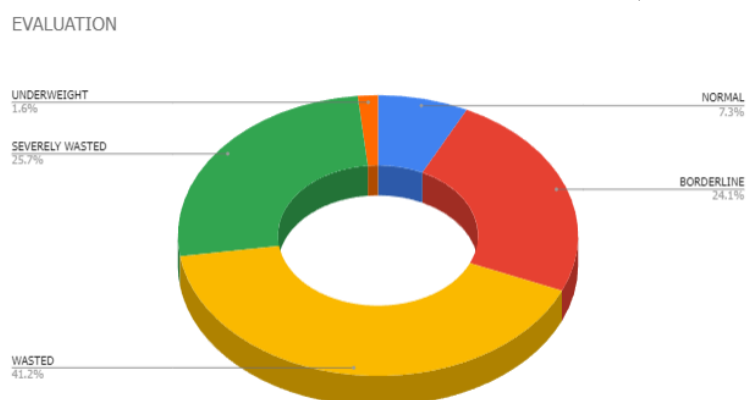
### Initial Nutritional Status of beneficiaries, OCTOBER 2023

No.	Areas	Total	BMI-for-Age (5 years old and up) Weight-for-height (under 5 years old)									
			Borderline		Wasted		Severely Wasted		Underweight		Normal	
			No	%	No	%	No	%			No	%
1	Lucena	65	26	40%	26	40%	13	20%	0	0	0	
2	Sariaya	65	20	30.77%	30	46.16	8	12.31%	6	9.23%	1	1.53%
3	Lopez	65	9	13.85%	22	33.85%	32	49.23%	0	0	2	3.1%
4	Sto.Tomas	60	11	18.33%	32	53.33%	17	28.33%				0
5	Tacloban	65	7	10.77%	39	60%	19	29.23%			0	
6	Tanauan	60	25	41.67%	25	41.67%	9	15%	1		0	1.67%
7	Ormoc	60	8	13.33%	28	46.67%	23	38.33%			1	1.67%
8	Tawi -Tawi	60	9	15%	22	36.67%	29	48.33%			0	

At the start of the program, children were measured for their height and weight, and their nutritional statuses were assessed. The prevalence of wasting and severe wasting among the initial batch of beneficiaries is 21.20% and 19.85%, respectively. On the other hand, most of the children assessed as normal are on the borderline of being wasted.

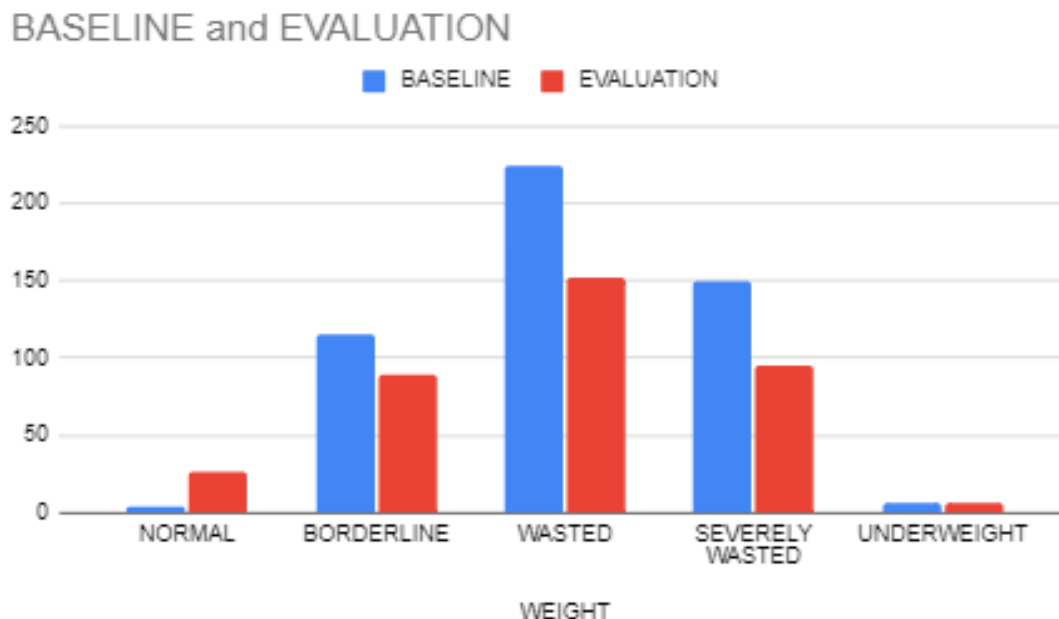
NOTE : Stunting, based on a child's age, is a measure of chronic nutritional deficiency. Wasting, based on a child's weight and height, is a measure of acute nutritional exhaustion.

### LATEST NUTRITIONAL STATUS OF BENEFICIARIES, DECEMBER 2023



The children were assessed monthly to monitor their improvement. As of the last weight and height monitoring session, the prevalence of wasting and severe wasting is at 13.86% and 5.20%, respectively, which are lower than the initial data.

## COMPARISON OF BETWEEN INITIAL (OCT 2023) AND LATEST (DEC 2023) NUTRITIONAL STATUS



### Key Results :

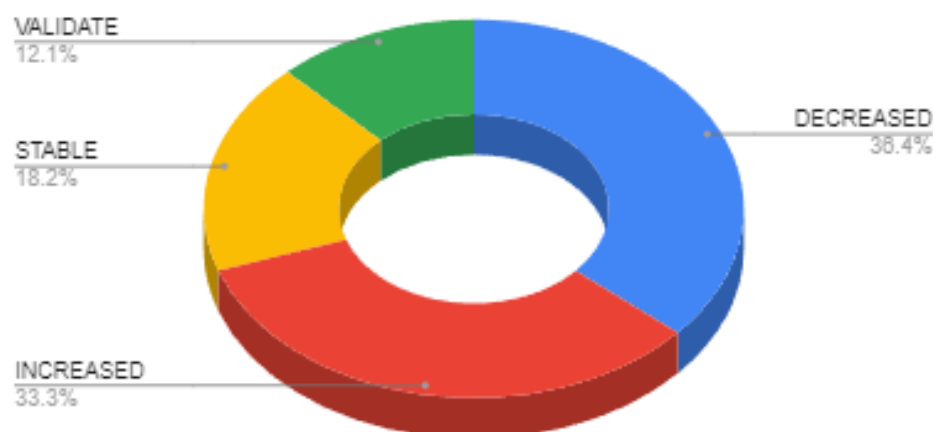
- From July to November, the percentage of children with normal nutritional status increased from 58.95% to 79.21%.
- Wasting among the beneficiaries decreased from 21.20% to 13.86%
- Severe wasting dropped from 19.85% to 5.20%.

The results from the Mega Bigay Sustansya program are truly commendable and demonstrate significant strides in improving the nutritional health of children in the community. From July to November, there was a notable increase in the percentage of children with normal nutritional status, rising from 58.95% to 79.21%. This improvement underscores the effectiveness of the interventions implemented through the program, particularly the provision of daily meals that are rich in essential nutrients.

Moreover, the reduction in cases of wasting and severe wasting among the beneficiaries is particularly encouraging. Wasting decreased from 21.20% to 13.86%, and severe wasting saw a dramatic reduction from 19.85% to just 5.20%. These figures not only reflect the physical health improvements among the children but also signify the enhancement of their potential for growth and development.

A critical component of the program's success has been the inclusion of protein-rich fish provided by Mega Sardines in the daily meals, which ensures that the children receive vital nutrients necessary for their development. The consistent supply of fish, rich in both protein and calcium, plays a pivotal role in building strong bones, supporting muscle development, and boosting overall health.

## PERCENTAGE OF CHILDREN WHO GAINED WEIGHT



Looking at the individual improvement of each child, 92.28% or 586 children have gained weight since their enrollment in the program, while 13.48% or 49 children have maintained their weight or experienced weight loss. Weight loss or maintenance of weight, while enrolled in a feeding program, is still possible, especially for children who are frequently ill or those who have skipped feeding days.





### C.Feeding outreaches

Outreach programs are aimed at providing supplementary meals to children with the following conditions:

- Survivors of natural or man-made disasters and calamities,
- Children living in the streets or from poor communities,
- Abandoned, neglected, orphaned, or abused children living in the care of an orphanage or temporary care.

In summary, for 2023, the ROFP outreaches have served a total of:

AREA OF OPERATIONS	PARTNER AGENCY	# OF SERVED BENEFICIARIES
Brgy. San Luis Antipolo	Brgy. San Luis (LGU)	425
Brgy. Libis	Brgy.Libis	150
Brgy.San Bartolome	Brgy.San Bartolome	120
Brgy. Damayang Lagi	Brgy.Damayang Lagi (LGU)	310
		<b>TOTAL: 1,005</b>



## Partnership with other Agencies



### III. Difficulties / Problems Encountered and Solutions

No.	Difficulties / Problems Encountered	Solutions
1	<b>Face to Face Implementation:</b> As we resume face-to-face gatherings post-pandemic, COVID-19 continues to pose risks. This is the first time ROFP has resumed in-person activities since the pandemic's peak, necessitating heightened caution during our feeding programs such as Project Baon, Mega Bigay Sustansya, and other feeding outreaches.	Implement strict health and safety protocols, including regular sanitization, mask mandates, and social distancing during feeding activities. Additionally, consider scheduling staggered feeding sessions to reduce crowd size and potentially incorporating a hybrid model of direct food delivery to homes in areas where the pandemic is still a significant concern.
2	<b>Dependency on DEPED's School Calendar:</b> Our partnership with DEPED for the Mega Bigay Sustansya Program means that our feeding activities are synchronized with the school calendar. Occasionally, unannounced cancellations of classes due to school training, weather conditions, and health issues have disrupted our scheduled feeding sessions.	Establish a communication protocol with local schools to receive timely notifications about any potential schedule changes. Additionally, develop a contingency plan that includes alternative feeding schedules or locations to ensure that feeding activities can continue uninterrupted.
3	<b>Logistical Challenges:</b> Managing the logistics of delivering fresh and nutritious meals daily can be complex, especially in remote or hard-to-reach areas. Transportation issues and poor infrastructure can lead to delays or cancellations of meal deliveries, affecting the consistency of the feeding program.	Partner with local logistics companies or community organizations to improve the delivery network. Use technology to track deliveries and manage inventory more effectively. Also, consider setting up local mini-hubs or storage centers in strategic locations to facilitate easier and quicker distribution of meals.
4	<b>Supply Chain Issues:</b> Fluctuations in food prices and availability, partly due to economic instabilities or seasonal changes, can affect our ability to provide consistent and balanced meals as planned.	Diversify supply sources to reduce dependency on a single supplier and hedge against price fluctuations and availability issues. Engage in contracts that lock in prices for a longer duration, or consider bulk purchasing with other organizations to leverage economies of scale. Establishing a local network of suppliers, especially for perishable goods, can also minimize transportation delays and costs.
5	<b>Community Engagement:</b> Sometimes there is a lack of engagement or support from the local community, which is crucial for the sustainability of the programs. Overcoming cultural barriers or misconceptions about nutrition can also be challenging.	Conduct community awareness programs that educate on the benefits of the feeding initiatives and how they contribute to children's health and learning capabilities. Utilize community leaders and influencers to advocate for the programs. Offer volunteer opportunities and involve community members in the program planning and implementation to increase local ownership and support.

6	<b>Monitoring and Evaluation:</b> Effective monitoring and evaluation are critical to measure the impact of these programs and to adjust strategies accordingly. However, collecting accurate data from participants can be difficult, particularly when dealing with transient populations or in areas with limited communication infrastructure.	Develop and implement a robust data collection and management system that can track the program's effectiveness in real-time. Train local staff or volunteers on data collection techniques and the importance of accurate reporting. Utilize mobile technology to collect data directly from the field, reducing errors and improving the timeliness of the information gathered.
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#### IV. Significant Changes in the Agency

As the world gradually returns to the state it was before the pandemic, we are witnessing a shift back to what was once considered normal, including face-to-face gatherings, children returning to regular school, and businesses resuming normal operations.

In line with this, this year ROFP has resumed gathering children in person for all our feeding activities, while still maintaining strict adherence to health protocols to ensure the safety of everyone involved, including volunteers and beneficiaries. Additionally, ROFP has recommenced partnerships with public schools for Project Baon and other related feeding initiatives.

#### V. Plan of Action for the Succeeding Year (2024)

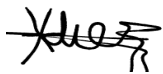
- Acquisition of more Mobile Kitchens:** In an effort to extend our reach to more communities and beneficiaries, we plan to acquire mobile kitchens. These units will serve dual purposes: firstly, to distribute meals more efficiently across various locations, thereby enhancing our capacity to implement feeding programs without the need for setting up permanent kitchen facilities; and secondly, to serve as educational hubs where community members can learn about good nutrition practices. This strategy will not only broaden our impact but also optimize our resource allocation.
- Strengthening Partnerships:** We will continue to strengthen our collaborations with both government and non-government agencies. This unified approach is crucial as we aim to intensify our efforts in combating hunger and malnutrition, particularly in regions where these issues are most acute. By consolidating resources and expertise, we can amplify the effects of our interventions and reach more vulnerable populations.
- Capacity Building:** To enhance the effectiveness of our programs, there will be an increased focus on capacity building for both our staff and volunteers. We are committed to organizing seminars and training sessions that are directly aligned with the organization's goals and objectives. These initiatives will equip our team with the latest skills and knowledge required to execute our projects more effectively and respond to the dynamic challenges in the field of nutrition and community support.
- Aligning with the United Nations 2030 Net Zero Goal:** Recognizing the urgent need to address climate change, 2024 will mark a pivotal year where all ROFP programs will start aligning with the UN's 2030 Net Zero goal. Our operations will be adjusted to reduce greenhouse gas emissions, incorporating practices that minimize environmental impact. Additionally, we will launch new programs to support the funding and capacity building of smallholder farmers. This



initiative will focus on bolstering local food production, thereby reducing our dependency on traditional markets for sourcing ingredients. The 'Farm to Table' concept will be implemented across all locations, promoting sustainability in our food supply chain and contributing significantly to the reduction of our carbon footprint.

- **Addressing Stunting Among School-Aged Children through Supplementation:** Given the critical impact of stunting on children's growth and development, which is associated with poor nutrition, recurrent infections, and inadequate psychosocial stimulation, our plan includes a specialized program to combat stunting. Based on FNRI's recommendations, our interventions will focus on increasing the intake of essential nutrients such as calcium, riboflavin, vitamin C, thiamin, fiber, and high-quality protein. We will also introduce supplementation with Vitamin K2-MK7, a nutrient known for its extended half-life and enhanced circulation levels post-ingestion, which has been proven to significantly benefit bone health and potentially impact other health conditions.

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