



KOLEKBIBO

Kolekbibo



There is always light even in the darkest places

How it all began

On December 16, 2021 typhoon Odette made landfall in Siargao Island with sustained winds of 195 km/h and gusts of up to 270km/h, blowing off roofs, uprooting trees, and cutting off power and communication lines. The north of Siargao was among the hardest hit areas. Here in Burgos it brought torrential rains, violent winds, and storm surges that wiped out entire villages, tearing apart cement walls, and chewed through land.

Heeding the call, a group of friends came together to raise funds for emergency relief aid. Hundreds around the world donated to help the communities in north Siargao. A team on the ground was formed, and began a community kitchen that fed thousands of people in the north from January 2022 to May 2022. It was decided to name the team, "**Kolekbibo**", which joins the spirit of two words, "**kolectivo**" and "**bibo**", Visayan for "collective" and "bright, joyful activity."



Stories from Odette



On the ground, 16 local residents who themselves lost so much worked to bring health and wellness back to communities in the north, and to their own families. Typhoon Odette impacted people on and off the island in different ways. Hear from some of our team members. It is the foundation that brought Kolekbibo and its heart together in a time of need.



A home rebuilt with love

Kolekbibo House



This house was the personal home of the founder. Despite suffering major damages and losses from the strong winds and storm surge, which rose approximately 3 metres high, the foundation and structural elements stood firm and intact. Since January 2022 the house was used for the community kitchen, a hub for relief aid post typhoon Odette. This home represents hope.

Rebuilding continued throughout 2022 and this house became the headquarters of Kolekbibo's NGO operations, a community space, and vegetarian eatery. Home to many joyful experiences, memories, and many more to come.

This home represents

livelihood

community

wellness

hope

Rebuilding the community

Rebuilding after a super typhoon is a long road. It's important to prioritize time-sensitive needs. In the early days post typhoon we focused on:

- Providing livelihood and income opportunities through the community kitchen
- Donating funds to 24 fisherfolk in the barangay of Tangbo to help them repair their boats and return to the seas to fish
- Distributing clothes and homewares
- Serving over 96,000 meals from January to May 2022.



The Need

Food security and **malnutrition** is a major problem on the island, and natural disasters like Typhoon Odette exacerbate these issues. It's particularly dangerous for the most vulnerable groups such as infants and pregnant and lactating women.

Mission statement : Kolekbibo is a not-for-profit and social enterprise that brings together collaborative creators to support the wellness needs of north Siargao.

Kolekbibo's goals are to:

- Support and improve the health and wellness for north Siargao residents and its visitors.
- Build and inspire a local and global community of collaboration, compassion, and care.



“Even before Super Typhoon Odette, 8 in every 100 children in the CARAGA region (of which Siargao island is a part) already suffer from malnutrition. Therefore, part of responding to the next calamity would be investing in proper nutrition before emergencies happen.” - Unicef Philippines

Timeline

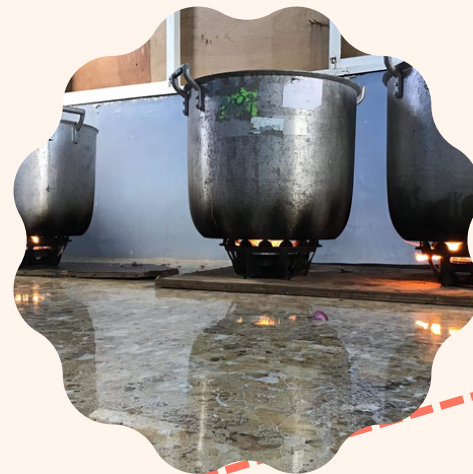


2020

Dec. 16, 2021

Typhoon Odette

Personal home



January 9, 2022

Started the community kitchen and other relief aid post typhoon



June/July 2022

Became a registered SEC non profit and launched the first mothers program in the Caraga region



September 2022

Opened Kolekbibo vegetarian eatery, social enterprise



March 2023

Launched SanMateo lunch program in collab with Calls Over Ridges and San Mateo elementary school



August 2023

Expanded the lunch program to Abad Santos elementary school



San Mateo + Abad Santos Lunch Program

How you will help today!

San Mateo is a remote barangay located in the municipality of Burgos. Due to difficult accessibility, poverty, livelihood and education, this area has among the highest malnutrition rates in the area. In partnership with Calls Over Ridges, the students of San Mateo elementary school receive nutritious meals and learn about nutrition every school day.

- Today you will be prepping, cooking, and serving meals, and presenting
- Remember to wash your hands and have fun!



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"Often attention is put on infrastructure and food assistance, but we need to focus on nutrition as well, as malnourished children are nine to 12 times more likely to die than a normal child." - Dr. Martin Parreno, UNICEF Health and Nutrition Specialist

Pinggang Pinoy

Filipino Plate

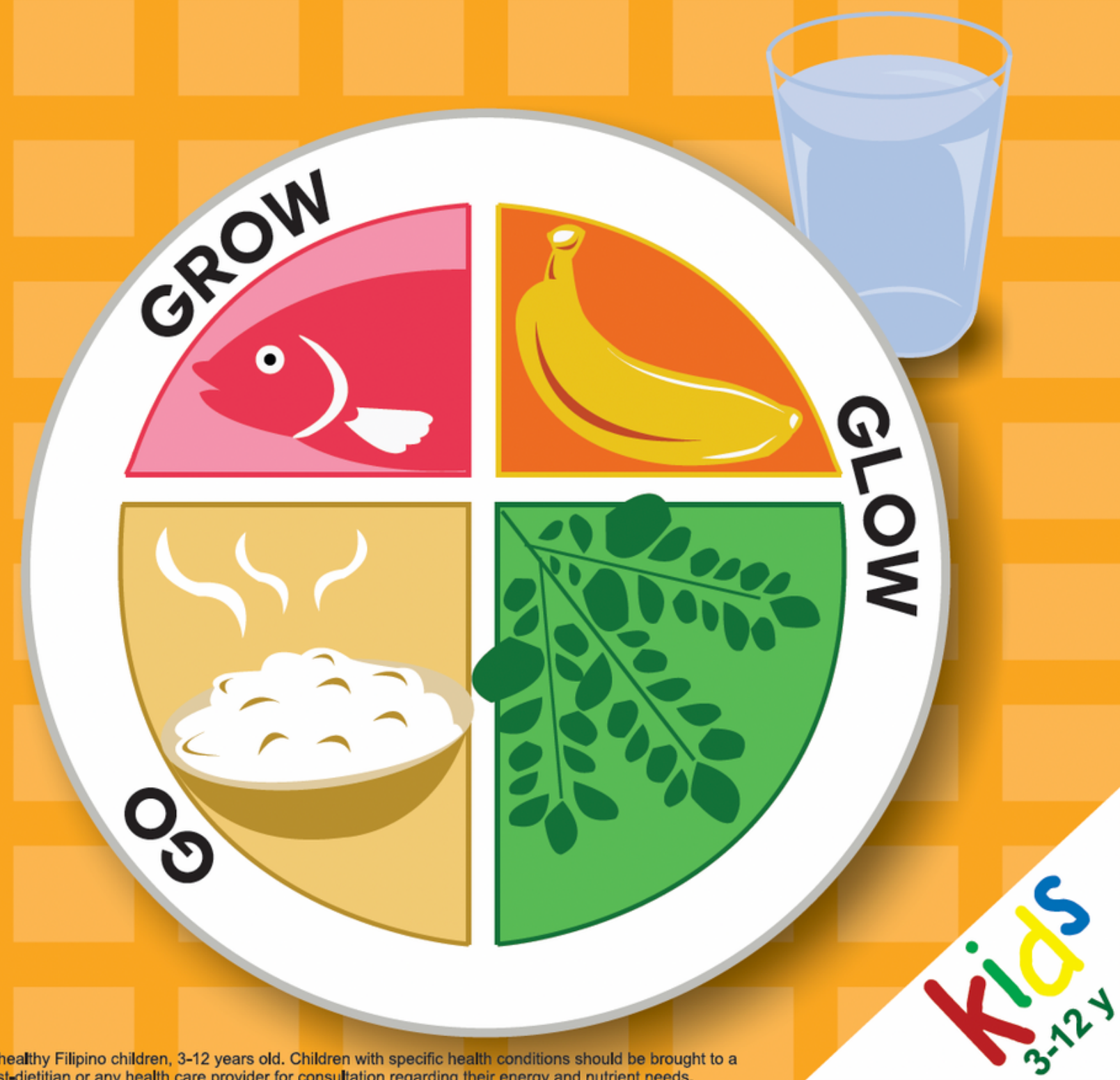
- The Pinggang Pinoy is a meal guide to help children learn about eating a balance, nutritious diet.
- You'll be talking about the ingredients in the meal you are serving, and the health benefits of the meal.



PINGGANG PINOY®
A food guide using a food plate model to show the recommended proportion by food group in every meal.

GO ENERGY GIVING	GROW BODY BUILDING
Go for rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity. Choose whole grains like brown rice, corn, whole wheat bread, and oatmeal, which contain more fiber and nutrients than refined grains and are linked to lower risk of heart disease, diabetes, and other health problems.	Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth and repair of body tissues. Include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids that help protect against heart diseases. Consume milk, milk products and other calcium-rich foods like <i>dilis</i> and small shrimps for strong bones and teeth.
GLOW BODY REGULATING	WATER
Enjoy a wide variety of fruits and vegetables, which are packed with vitamins, minerals and fiber needed for the regulation of body processes.	Drink lots of water every day for adequate hydration. Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.
HEALTH TIPS: Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases. Prepare a good breakfast to have enough fuel to get through the day. Get creative when cooking meals for kids. Serve healthy snacks. Understand nutrition information on product labels to make smart food choices.	
 Encourage kids to be active!	

*This is intended for healthy Filipino children, 3-12 years old. Children with specific health conditions should be brought to a registered nutritionist-dietitian or any health care provider for consultation regarding their energy and nutrient needs.



Practice your presentation



Be a nutrition cheerleader!

You'll be leaving for San Mateo around 10:30AM. Create a guide, so you know what you will be saying to the students.

Remember, they are kids, make it fun!

Grab a pen and paper!

What meal are you serving?

What are the ingredients?

What ingredients help them Go, Grow, and Glow?

What vegetable or fruit will you bring to show the kids?

San Benito Mother's Program

How you will help today!

San Benito is a municipal on the west side of Siargao Island, approximately 19 km from Kulekbibo. With few tourists, the area gets minimal exposure and social support. Pregnant and lactating women are among the highest malnourished, putting themselves and their infants at risk. The first 1,000 days of a baby's life is critical. Without proper care and nutrition they cannot grow and develop to their highest potential.

Three times a week we cook and serve nutritious supplemental meals to the pregnant and lactating women in San Benito, provide maternity education, and collaborate with the rural health team.

- Today you will be prepping, cooking, and serving meals
- Remember to wash your hands and have fun!





Where we get our funds



Private Donations

Most funds come from private, independant donors and groups that support our work.



Kolekbibo Vegetarian Eatery

Profits from the sale of food, drinks, and events goes towards supporting Kolekbibo's social programs.



Ukay-Ukay for Good

Funds raised through the second hand clothes sold at Kolekbibo's eatery are donated back to the home barangay of Bitaug.

Big dreams...



“

I envision many hands, hearts and minds sharing what brings them joy, uplifting themselves, those around them and the community.

”

Ask us about our carinderia and seaweed project.
Both livelihood projects to support women.



How can you help?



Donation

Kolekbibo NGO is 100% not for profit. Most of our funds come from independant, private donors. Every bit helps!



Volunteer

Spend time with us and the community. Volunteer at one of our programs and learn more about Siargao Island, its communities, and do good!



Eatery + Ukay-Ukay

Eat at our vegetarian eatery or find a treasure in our Ukay-Ukay shop. Funds raised through the second hand clothes sold at Kolekbibo's eatery are donated back to the home barangay of Bitaug.



Spread joy!

Spread the word. Share pics, tell your friends to visit us and the north.



Keep in touch



Instagram and Facebook

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