DEVELOPMENT OF PINGGANG PINOY® MEALS FOR 6-9 YEARS OLD CHILDREN FOR A SCHOOL FEEDING PROGRAM

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Background:
Hunger and poor nutrition among children affect health and school performance. The 2015 National Nutrition Survey revealed the prevalence of malnutrition among children aged 5-10 years as follows: underweight is 3 out of 10; stunting is 3 out of 10; and wasting is 1 out of 10. The use of Pinggang Pinoy® conveys simple and easy-to-understand recommendations to improve dietary eating habits to meet daily nutritional requirements.

Objective:
The project aimed to develop Pinggang Pinoy® meals for 6 to 9 years old children for a school feeding program.

Materials and Methods:
Recipe development/validation and sensory evaluation were conducted among FNRI sensory panelists (n=10) using the 9-point hedonic rating. Nine out of 27 recipes were quantified to 150 servings and were subjected to consumer-type sensory evaluation among FNRI employees (n= 123 to 150). Estimated energy and nutrient content of the recipes/meals were calculated using the Menu Eval Plus Software.

Results and Findings:
Twenty (20) meals passed the sensory test with a rating of 8 or like very much. The amount of vegetables was reduced from the original Pinggang Pinoy® proportion to make the serving size more appropriate for 6 to 9 years old children but still within acceptable proportion. The meals contributed 20% and 30% of the recommended energy and protein intake, respectively. The estimated average raw food cost is ₱13.40/meal. An offshoot of the project was a pre-tested recipe booklet entitled “Abot-kayang Pagkain sa Halagang P100” featuring 12 photo-documented meals for a family of five.

Conclusion and Recommendations:
The Pinggang Pinoy® meal combinations are recommended for use in school and community feeding of 6 to 9 years old children to ensure that the meals served provide the recommended amount of nutrients. Additional recipes and modification of existing meals for other age groups aligned with Pinggang Pinoy® can be developed to increase the repertoire of nutritious and affordable recipes/meals for use in school feeding programs. The recipe booklet can serve as a guide for meal preparers in serving nutritious and affordable meals for the family.