

DOST-FNRI's Groundbreaking Activity for a Healthier Nation

✍ Riva Philline Aguilar, Administrative Aide VI, DOST-FNRI



In photo from left to right: DOST-FNRI Former Director Dr. Mario V. Capanzana, DOST-FNRI Deputy Director/Director III Atty. Lucieden G. Raz, DOST Undersecretary for Research and Development Dr. Leah J. Buendia, DOST Undersecretary for Special Concerns Dr. Teodoro Gatchalian, DOST-FNRI Director IV and Scientist IV Dr. Imelda Angeles-Agdeppa, Sen. Francis Tolentino Chief of Staff Hon. Francisco Ashley Acedillo, DOST Secretary Dr. Renato U. Solidum, Jr., Enrique O. Olonan & Associates Managing Partner Architect Henry Steve R. Olonan, former DOST-FNRI Deputy Director Dr. Ferdinand B. Oamar, and DOST Assistant Secretary for Development Cooperation Rodolfo J. Calzado, Jr.

In a momentous gathering on January 8, 2024, the DOST-FNRI held a groundbreaking event at the DOST South Complex in Bicutan, Taguig City. Beyond construction, the ceremony was a strategic move to generate public interest, gain support, and underscore the collaborative commitment of DOST-FNRI.

The distinguished attendees, included Mr. Francisco Ashley “Ace” Acedillo, the Chief of Staff of Honorable Senator Francis “Tol” N. Tolentino and DOST Secretary Dr. Renato U. Solidum Jr., who took a prominent role at the forefront of the event, symbolizing the Department’s dedication to groundbreaking research and

technological advancements. Joining them were DOST

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Director's Message



The DOST-FNRI welcomed the year 2024 with new light and hope as another milestone was achieved for better service in addressing the malnutrition problems in the country.

It was an honor to support Dr. Imelda Angeles-Agdeppa, who was then the Institute's Director IV and Scientist IV. She led the groundbreaking ceremony of the new building of the Institute, together with the support of the DOST officials, Chief of Staff of the Honorable Senator Francis Tolentino, and the former Director, and Deputy Director of the Institute. Beyond the safety reasons due to the current building's location on the West Valley Fault, the new building will serve as a significant milestone for the Institute. It will ensure the continuous achievement of the DOST-FNRI's mission to provide accurate data, correct information, and innovative technologies to fight malnutrition.

Another significant event this quarter was the Technology Transfer Training, which catered to prospective licensees interested in adopting new technologies: NewEnhancedNutribun (various variants), Nutribunnet, and

Nutricookies. The training provided them with clear understanding of the necessary steps, procedures, and documentation required to prepare them for becoming licensees of DOST-FNRI technologies.

The DOST-FNRI also organized a dissemination activity in Davao City and Tacloban City titled "Nutrition for Healthy Aging: Setting the Nutrition Agenda for Healthy Aging and Dissemination of Results". The activity presented the goal and findings of the study conducted, emphasizing the crucial role of food, nutrition, and exercise in the health of aging population.

A new corner in the eDigest will be added to feature the Institute's employees. Every quarter, this corner will feature newly-appointed staff and those who retired from government service.

Additionally, more activities of the DOST-FNRI are included in the photo news that show the other collaborations of the Institute with various stakeholders in promoting good and proper nutrition. There are also different trainings attended by the Institute's researchers to broaden their knowledge and skills in the field of research and development.

Let us all look forward to a productive year ahead and witness more of the Institute's achievements as the lead research agency in fighting malnutrition.

Lucieden G. Raz
Atty. Lucieden G. Raz

Deputy Director/Director III
Officer-in-Charge, Office of the Director

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News Flash

DOST-FNRI celebrates 2024 National Women's Month

✍ Marilita A. Aguilos, Planning Officer III, DOST-FNRI

In line with the celebration of the 2024 National Women's Month Celebration, the DOST-FNRI GAD Focal Point System (GFPS) conducted several activities as its contribution to the nationwide observance of Women's Month.

On March 1, 2024, DOST FNRI officials and members of the GFPS participated in the kick-off activity spearheaded by the DOST Central Office. After the parade around the DOST compound, DOST-FNRI employees joined the "*Palarong Pinoy*" and bagged the Championship prize for the Two-Tier Tsinoy Garter game. During the Wellness activity, the Institute's registered nutritionists-dietitians and registered nurse conducted nutrition counselling among 49 DOST employees. All 49 clients were provided nutrition assessment consisting of height, weight, waist and hip circumference measurements, as well as body composition analysis using the Bioelectrical Impedance Analyzer and blood pressure measurement. Based on the results of the nutrition



assessments, each client was given nutrition counselling. Moreover, free haircut and massage was offered to the DOST employees courtesy of the Institute's GFPS funds.

Players show physical strength, balance and coordination in the *Bayanihan Para sa Bagong Pilipinas* game during the GAD Kick-Off Activity.

On March 13, 2024, a Lecture on Breastfeeding in the Workplace was conducted via zoom with Ms. Dolores B. Bolaron, a registered Nurse and Safety Officer of the Development Banking Corporation Incorporated (DBP Inc.) as resource person. This topic is very fitting to this year's Women's Month theme "*Lipunang Patas sa Bagong Pilipinas: Kakayahan ng Kababaihan, Patutunayan*" as we salute women as the only individuals capable of performing this challenging yet fulfilling task of breastfeeding. Ms. Bolaron shared with the 131 attendees, (120 Females, 11 Males) from DOST FNRI and other DOST agencies, the benefits of breastfeeding, its challenges and how this can be overcome by lactating mothers. She also showed pictures of common breastfeeding positions and techniques in order to ensure successful breastfeeding. At the



The DOST-FNRI team players (L-R) Marvin delos Santos, Grace Barrientos, John Carl de Torres, John Mark Villanueva, Annalisa Millenas and Leo Collado are all smiles after bagging the Championship award during the *Palarong Pinoy: Two-Tier Chinoy Garter*.

Face-to-Face Technology Transfer Training of DOST-FNRI Licensees

✍ Franzis Jayke P. Batallantes, Science Research Specialist I, DOST-FNRI



Two batches of DOST-FNRI Licensees participated in the Technology Transfer Training on the production of DOST-FNRI-developed Bakery Products: New Enhanced Nutribun (squash, carrot, and sweetpotato) Variants, Nutribunnet, and Nutricookies at the DOST-FNRI facility on January 23-26 and February 27- March 1, 2024, respectively.

The training also involved current licensees who signified their interest in adopting the new technologies. These new technologies were launched during the event dubbed

“TAGPUAN: TAGpuan ng Partners na UmAdopt ng Nutritious Food Products” on July 20, 2023.

This technology transfer training will help the licensees understand and apply the Food and Drug Administration (FDA) Administrative Order # 153 s.2004, the Revised Guidelines on Current Good Manufacturing Practice (cGMP), product quality control, audits, documentation, warehousing, and distribution, as well as the importance of food safety and potential sources of contamination and hazard.

The first batch of trainees included Nutridense Food Manufacturing Corp. of Pangasinan, Delaen Farmers Agriculture Cooperative of Nueva Ecija, Sabuhin Bakery of Batangas, Swisspharma Research Laboratories, Inc. of Laguna, Surio's Bakeshop of Occidental Mindoro, Esteems Industries and Señor San Jose Franchising Corporation (San Jose Bakeshop) of Cebu, and Glend's Bakeshop and Catering Services of North Cotabato.

On the other hand, the second batch of trainees included Susan's Bakeshop of Cagayan,

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DOST-FNRI Nutrition and Aging Dissemination Forum in the cities of Davao and Tacloban

✍ Hazel T. Lat, Science Research Specialist II,
Cherelle Nica Pulido, Project Technical Assistant III,
and Ervin Jason Alcid, Project Technical Assistant III, DOST-FNRI



The Nutrition and Food Research and Development Division (NFRDD) of the DOST-FNRI organized a dissemination activity in Davao City and Tacloban City on March 4 and 15, 2024, respectively. This marked the culmination of the study “Relationship of Body Composition to the Functional Capacity and Quality of Life of Older Filipinos in Selected Provinces in the Philippines”. This is under the Healthy Aging Program for Pinoy (HAPPY) Senior Citizens: Promoting Quality of Life Among Older Filipinos through Food and

Nutrition Solutions. Both cities were part of the data collection conducted in 2022.

The activity, titled “Nutrition for Healthy Aging: Setting the Nutrition Agenda for Healthy Aging and Dissemination of Results”, shared the findings of the study with various stakeholders, including the Local Government Units (LGUs), officials from different organizations, and barangay leaders. Inspirational messages were delivered by the representatives from DOST Regional Offices, City Nutrition

Office and the Office of the Senior Citizen Affairs at the event to underscore the importance of the study’s outcomes.

Prominent figures who attended the event in Davao City included Dr. Tomas Miguel S. Ababon (Davao City Health Office Head), Dr. Maria Theresa Ungson (Regional Program Coordinator of National Nutrition Council, Davao Region), Dr. Mary Grace N. Tanjili (Davao Geriatrician), and Pastor Luis R. Moran (OSCA-Region XI President)

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Writers Pool Corner

Ibang pagkain na sagana din sa carbohydrates bukod sa kanin, subukan

✍ Franzis Jayke P. Batallantes, Science Research Specialist, I DOST-FNRI

Tinatayang siyam sa bawat sampu o 95.3% ng sambahayang Pilipino ang kumakain ng kanin kada araw.

Ito ay ayon sa 2018-2019 Expanded National Nutrition Survey (ENNS) ng DOST-FNRI.

Lumabas sa nasabing *survey* na apat na tasang lutong kanin ang nakakain ng isang miyembro ng sambahayan kada araw.

Dagdag pa rito, nanatiling kanin, isda, at gulay ang karaniwang *diet* ng mga Pilipino.

Ayon sa National Nutrition Council (NNC), ang kanin ay nagbibigay ng kalahati ng *calories* na kailangan ng katawan at itinuturing na *staple food* o pangunahing pagkain ng bansa.

Sa kabila ng pagkakaroon ng iba pang pagkaing mayaman sa *carbohydrates* o *carbs* kagaya ng mais at mga *root crops* kagaya ng patatas, kamote, ube at gabi – bigas pa rin ang pangunahing pinagkukunan ng *carbohydrates* ng mga Pilipino.

Ang mga pagkaing mayaman sa *carbohydrates* o *Go Foods* ang nagbibigay ng lakas o *energy* sa katawan para sa mga gawain.

Ayon pa sa resulta ng 2018-2019 ENNS, tinatayang ₱253.64 ang nagagastos ng isang karaniwang sambahayan para sa pagkain kada araw at humigit-kumulang ₱50.00 ng kanilang *budget* ay nakalaan para sa bigas.

Gayunpaman, dahil sa pagtaas ng presyo ng bigas at produksyon nito, nagbigay ng paalala ang

DOST-FNRI sa posibleng epekto nito sa *budget* at nakasanayang *diet* ng mga Pilipino.

Ayon sa DOST-FNRI, bukod sa bigas, maaring subukan ng sambahayan ang iba pang pagkain na mayaman sa *carbohydrates*.

Ang *whole grain foods*, katulad

ng mais, *brown rice*, *oatmeal*, at *cereals*, ay mayaman sa *carbs* at tumutulong upang mapapababa ang kolesterol at posibilidad na pagkakaroon ng sakit sa puso at *diabetes*.

Bukod dito, ang mga *root crops* na madalas nating makita sa nilaga at sinigang, katulad ng patatas, kamote, ube, at gabi ay nagbibigay din ng *carbs* na kailangan ng katawan.

Gayunpaman, nagbabala ang DOST-FNRI na maaring magdulot ng iba't ibang karamdaman katulad ng *diabetes*, *poor metabolism*, at pagtaas ng posibilidad ng pagkakaroon ng sakit sa puso ang sobrang *carbohydrates* sa katawan.

Nagbigay din ng paalala ang Institusyon na iwasan o bawasan ang pagkain ng mga *refined-carbohydrates* katulad ng *potato chips* at iba pang mga chirchiya, pagkain at inumin na may *refined sugar* katulad ng *cakes*, *doughnuts*, at *soft drinks*, at mga *processed foods* katulad ng *french fries* at *pizza*.



Dahil dito, hinihikayat ng DOST-FNRI ang lahat na bisitahin at tingnan ang *website* nito upang makita ang iba't ibang *Menu Guide Calendars* (<https://www.fnri.dost.gov.ph/index.php/tools-and-standard/fnri-menu-guide-calendar>) para sa masustansya at murang *food recipes*.

Dagdag pa rito, hinihikayat din ng Institusyon na bisitahin ang Pinggang Pinoy *page* para sa masustansya at balanseng pagkain.

Ang Pinggang Pinoy ay nagpapakita ng tamang dami ng *Go*, *Grow*, at *Glow foods* na dapat kainin ng isang tao sa isang kainan upang makuha ang sapat na nutrisyon na kailangan ng katawan.

Makikita rin sa Pinggang Pinoy ang iba't ibang *Go foods* na mayaman sa *carbs* katulad ng tinapay, *noodles*, at mga *root crops*.■

Pinoy adults, older persons need to consume more fruits and veggies – DOST-FNRI

✍ Franzis Jayke P. Batallantes, Science Research Specialist I, DOST-FNRI



According to a DOST-FNRI study in 2022 that determined factors associated with the consumption of fruits and vegetables among Filipino adults, being married, employed, belonging to households with vegetable gardening, having fruit-bearing trees, and those who were meeting the recommended energy intake commonly meet and consume the recommended daily consumption of fruits and vegetables.

The Institute strongly recommends including fruits and vegetables in the diet to avoid the risk of having NCDs, such as cardiovascular diseases and cancer.

The *Pinggang Pinoy* shows the recommended proportions of Go, Grow, and Glow foods on a per-meal basis to get adequate intake of nutrients.

It clearly shows that half of the plate in every meal should include fruits and vegetables to have a balanced meal, as this helps prevent weight gain and reduces the risk of obesity.

For other information, visit the DOST-FNRI website for more nutrition-related information, delicious and nutritious recipes, and nutritious food products and food technologies.■

Inadequate fruit and vegetable consumption is a serious concern among Filipinos in all age groups including adults and older persons.

The 2021 Expanded National Nutrition Survey (ENNS) of DOST-FNRI reported that Filipino adults consume 58 grams (g) or less than 1 cup of green leafy and non-leafy vegetables and 17 grams (g) or less than ¼ of a small-sized fruit daily.

On the other hand, older persons consume only 57g or about 2/3 cup or a little over 1 serving of green leafy and non-leafy vegetables and 22g or less than ½ of a small-sized fruit per day.

These results are far below the World Health Organization (WHO) and Food and Agriculture Organization (FAO) recommendations of consuming at least 400g or at least 5 servings of combined fruits and vegetables daily.

According to WHO in 2017, an estimated 3.9 million deaths worldwide were attributable to inadequate fruit and vegetable consumption.

Moreover, the DOST-FNRI warns everyone that low fruit and vegetable consumption may increase the prevalence of malnutrition and risk factors for non-communicable diseases (NCDs).



Fighting Malnutrition with Accurate Data, Correct Information, and Innovative Technologies



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Photo News



DOST-FNRI with the support of the World Wide Fund for Nature (WWF) Philippines and the Food and Agriculture Organization (FAO) conducted a three-day, hybrid workshop on the Development of Food Systems-based Nutritional Guidelines for Filipinos (FSB-NGF) on January 9-11, 2024 at the First Pacific Leadership Academy, Antipolo City, Rizal.



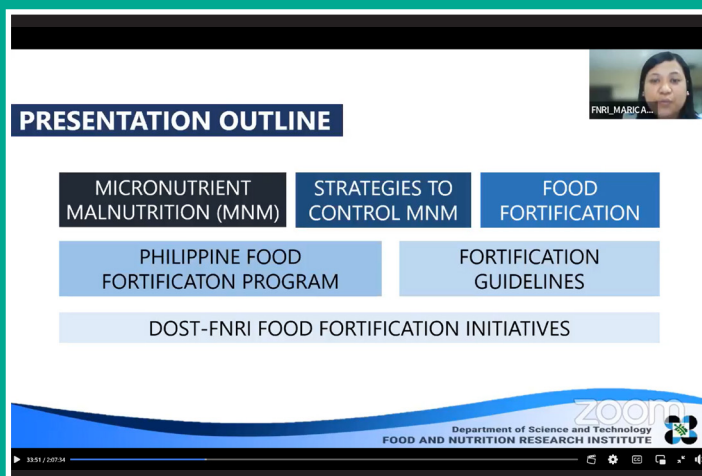
DOST-FNRI booth at the the unveiling of Children's First 1000 Days: NGO Ops Manual Launch & Training conducted by the Children's First One Thousand Days Coalition (CFDC) on January 13, 2024 at The Manila Hotel.



Radio Veritas 846 KATOKTAHAN's interview of Ms. Chi Chi Robles with DOST-FNRI Senior Science Research Specialist Dr. Julia G. Gubat, on good and proper nutrition for pre-teens and teenagers on January 22, 2024.



The UPLB BAO, in collaboration with the DOST-FNRI, conducted a 2-day training on the DOST-FNRI's Food Grading System Tools for UPLB Inspectors on January 25-26, 2024 at the Obdulia F. Sison Hall, UPLB.



Episode 7 of F&N Talks: DOST-FNRI fortified food technologies that help address micronutrient deficiencies, February 1, 2024 via Zoom and DOST-FNRI Facebook Page live.



Mr. Mikael Angelo Francisco, Editor-in-Chief of FlipScience.ph, a Philippine-based science news and features website, during the Seminar-workshop on "S&T in the Media: Refresher Course on Popular Science Writing" for the DOST-FNRI Writers Pool members, February 15, 2024, DOST-FNRI Information Resource Station.



Marhaba Marketing Cooperative (MMC), the Bangsamoro Region's first licensee of the DOST-FNRI-developed Enhanced Nutribun Squash Variant, is now producing and selling the popular bread.



The Department of Science and Technology (DOST)-Batangas, in partnership with the Odyssey Foundation Inc. (OFI) of CDO Foodsphere Inc., and Local Government Unit of Cuenca, Batangas (LGU-Cuenca), concluded the three-month Enhanced Nutribun Feeding Program for the undernourished children in the municipality, February 27, 2024, Municipal Gymnasium, Cuenca, Batangas.



The DOST-FNRI and other DOST agencies participated in a Kick-Off Activity in celebration of the 2024 National Women's Month at the DOST Infinity Marker, DOST Plaza on March 1, 2024



Soft Launching of Bahay Kubo sa OMG!, March 1, 2024, DOST-FNRI Oh My Gulay! sa FNRI Garden



DOST-FNRI meeting with the City Government of Tanauan on nutrition strategy and education sessions for the city's Child Development Workers and parents of Child Development Learners, March 12, 2024



DOST-FNRI Speakers Bureau Seminar-Workshop on "Making Sense of the Science Behind Nutrition: A Guide to Engaging S&T Media Interviews", March 22, 2024, DOST-FNRI Information Resource Station

Adopt simple ways to fight hunger and malnutrition, DOST-FNRI advises Pinoy households

✍ Franzis Jayke P. Batallantes, Science Research Specialist I, DOST-FNRI



Around **one-third** of Filipino households experience moderate to severe food insecurity, and **34.5%** of them are **from rural areas**.

Around one-third of Filipino households experience moderate to severe food insecurity, and 34.5% of them are from rural areas. This is according to the 2021 Expanded National Nutrition Survey (ENNS) of DOST-FNRI.

Likewise, the Food and Agriculture Organization (FAO) of the United Nations (UN), states that food insecurity is when people are at risk from inadequate food consumption to meet the nutritional requirements of the body as a result of the physical absence of food, lack of social or economic access to adequate food, and poor food utilization.

The 2021 State of Food Security and Nutrition in the World (SOFI) of the FAO reported that 2.3 billion people or 29.3% of the global population were moderately or severely food insecure.

For the FAO, this outcome highlights the intensification of the major drivers of food insecurity

and malnutrition globally, such as climate extremes and economic shocks.

According to the 2021 ENNS (DOST-FNRI), food insecurity is more visible in households with more than five individuals, having a male household head, and having a poor wealth status.

The same survey revealed that Filipinos have different coping strategies to overcome hunger and food insecurity, especially during the pandemic.

The top food and non-food coping strategies they employ include buying goods on credit, borrowing food, and seeking loan assistance from their relatives, neighbors, and friends.

In addition, the DOST-FNRI also found out that households are engaged in some form of food production, such as cultivating fruit and vegetable gardens and rearing

livestock. In particular, around 50% of Filipino families produce livestock and have fruit gardens, while around 60% of Filipino households have vegetable gardens.

According to the Department of Health's National Nutrition Council (DOH-NNC), having a food garden is an urgent call for good nutrition. Having a food garden will go a long way in bringing about socio-economic and nutritional benefits at the household level.

Thus, the DOST-FNRI supports and encourages every family in rural and urban areas to adopt simple ways in addressing hunger and malnutrition, such as tending vegetable and fruit gardens and raising livestock or maintaining these if already established.

In urban areas where fruits and vegetables are more expensive, households are encouraged to setup or maintain urban gardens, even in pots or recycled containers, to produce healthy and nutritious foods for their families.

Cultivating vegetable and fruit gardens and raising livestock allow people to produce their food at a far lower cost than what is commercially-available in the markets. These can also open up additional revenue streams if they produce significant quantities of food that can be sold to neighbors.■

DOST-FNRI's Groundbreaking Activity ... from p. 1



Undersecretary for Research and Development, Dr. Leah J. Buendia, DOST Undersecretary for Special Concerns, Dr. Teodoro Gatchalian, and DOST Assistant Secretary for Development Cooperation, ASec. Rodolfo J. Calzado, Jr.

Central to the event was the underlying reason for the transfer of DOST-FNRI office in another location - the looming threat posed by the West Valley Fault. Secretary Solidum emphasized the gravity

of the situation, extending beyond government organizations to encompass private buildings and residences. He recounted the proactive measures taken in the past, wherein even schools situated along the the West Valley Fault were advised against continuing construction plans to ensure the safety of future occupants.

The transfer of the Institute to a new building serves as a proactive measure to ensure the safety

and continuity of the Institute's operations, reflecting DOST-FNRI's commitment to both its mission and the well-being of its personnel.

DOST-FNRI, known for its pivotal role in nutritional research, presented innovative projects that promised to revolutionize the field of food and nutrition, from leading research methodologies to technological applications aiming to fight malnutrition. ■

DOST-FNRI celebrates 2024 National Women's ... from p. 3



end of her lecture, she highlighted the DOST-FNRI Lactation facility and its policy of providing lactation breaks, thus making breastfeeding possible in the workplace. The Lactation Facility is the Institute's commitment in compliance to "Expanded Breastfeeding Promotion Act of 2009 or Republic Act 1002 which mandates all

establishments, public or private, health or non-health, whether operating for profit or not, to support breastfeeding in the workplace". The DOST-FNRI Lactation facility earned for DOST-FNRI the recognition of a Mother-baby-Friendly Workplace given by the Department of Health in April 2022 and effective until April 2024. A virtual tour of the lactation facility followed her lecture.

Other activities conducted by DOST-FNRI in support of NWM are the observance of Purple Fridays, hanging of banner of support in the DOST-FNRI building and posting of e-banner in the GAD corner of the DOST-FNRI website and in the DOST-FNRI lobby. Moreover, a

congratulatory post to one of DOST-FNRI's women employees, Ms. Chona F. Patalen of the Nutritional Assessment and Monitoring Division (NAMD) was displayed in the FNRI LED, recognizing her as one (1) of the ten (10) young and dynamic author-researchers featured in Philippine Journal of Science. ■



Face to Face Technology Transfer ... from p. 4

Gwen's Bakeshop and Inang Enyang's Eleven Fourteen Sweet Candies of Bulacan, Allycel General Merchandise of Rizal, Maestra Panaderia of Cavite, RGM326CORP (Gem See's Cakeshop) of Laguna, Scones and Muffins Bakeshop of Quezon, and Symon Tash Bakeshop & Catering Services of Camarines Sur.

The training was facilitated by DOST-FNRI's technology generators and transfer officers. ■



DOST-FNRI Nutrition and Aging..from p. 5

among others. Representatives from the DOST Region XI, DOH Region XI and NNC Region XI were also in attendance.

In Tacloban City, distinguished guests included Dr. Lucia Daus (DOST Region VIII Representative), Ms. Maria Lumen P. Tabao (City Nutrition Officer), Dr. Catalino Dotollo (NNC Region VIII Regional Nutrition Program Coordinator), Ms. Laura Pajares (DOH Region VIII Representative), and Ms. Flordelis B. Menzon (OSCA President-Tacloban City). Delegates from DSWD Region VIII Ms. Kaye Justine Quinto and Ms. Yvonne Novillo also attended the event.

The highlights of the study conducted in the cities of Davao and Tacloban were presented by the project leader, Mr. Robby Carlo Tan. He emphasized the study's goal to serve as a foundation for additional research in the field of healthy aging and be a catalyst towards highlighting the role of food, nutrition and exercise as part of the overall healthy aging framework in the country.

After presenting the report, Mr. Tan actively involved the audience in both Davao and Tacloban, seeking their feedback, reactions, insights and revelations related to the discussed results through an open forum and group discussion. Participants shared their concerns about the nutrition and physical activities of senior citizens, sparking discussion on actionable solutions to address these challenges, such as training of a dedicated Barangay Health Worker (BHW) or Barangay Nutrition Scholar (BNS) to look after the nutritional status of senior

citizens. Financial constraints among senior citizens emerged as a common challenge, hindering their access to nutritious food.

After its successful implementation in the first two cities, the DOST-FNRI Aging team will disseminate the results of the said study in Tarlac, another city included in the data gathering phase, this April 2024. The activity is funded by the DOST- Philippine Council for Health Research and Development (DOST-PCHRD). ■



Employee's Corner

43 Years of Commitment to DOST-FNRI: A Journey of Honest Service and Hard Work

✍ Maria Stephanie N. Parani, Science Research Specialist II, DOST-FNRI

She is an epitome of elegance and composure. From the way she stands, walks, and puts together her fashionable clothes, to the hair colors and styles she effortlessly flaunts, one will undoubtedly notice her presence in a room as bustling as the Nutritional Assessment and Monitoring Division (NAMD) of the DOST-FNRI. Ms. Nelisa Pillarina Cortez also known as Tita Nelcie, worked at DOST-FNRI for 43 years. What kept her stay for so long? Well, it may be attributed to her motto: "If others can, why can't I?"

Tita Nelcie started her career in the accounting section of the DOST-FNRI as a contractual employee in 1981 and was promoted to Science Research Assistant, a plantilla position in the Food Consumption Survey Division (FCSD) now NAMD in January 1984. Her main functions include providing assistance and support to NAMD's administrative tasks. Additionally, she organizes and maintains the paper trail for smooth clerical operations. When asked what she enjoys most about her job, she eagerly shared her passion for Accounting. She is one of the assigned Special Disbursing Officers (SDO) to the National Nutrition Survey (NNS) Team, responsible for handling cash and authorized to disburse and liquidate expenses. According to her, this responsibility significantly aided her in understanding the nitty-gritty procedures of Accounting and with the RA 9184 Guidelines (Government Procurement Reform Act). Furthermore, this role was aligned with her college course which was Bachelor of Science

in Business Management which she pursued at the Polytechnic University of the Philippines (PUP). Tita Nelcie also had the opportunity to further her education and obtained a Master's degree in Public Administration from the same university through the DOST Scholarship Program.

Having been at DOST FNRI for more than four decades is a significant milestone. How did she manage to stay inspired and motivated in her work? She gladly attributed it to the trust bestowed upon her by her superiors. The confidence her superiors had in her abilities, particularly in assisting with handling of NAMD's budget despite not being a Certified Public Accountant (CPA) boosted her self-esteem and fueled her enthusiasm to continue working at NAMD.

Not all works are bed of roses for Tita Nelcie, as she has also faced her fair share of challenges that she triumphantly conquered, again keeping in mind her motto: "If others can, why can't I?" It was when she was assigned to join in the field data collection, despite her forte being in clerical work, stepping onto the field and doing data collection was a complete 180-degree turn from her expertise. She managed to succeed by studying the protocol of the survey and learning the process of data collection. With her dedication and hard work at NAMD as a support staff, she was awarded as DOST-FNRI Model Employee



twice, and Model Employee at the Division Level for three times.

Tita Nelcie's life is not solely about work. She was also married to the late Pol. Lt. Col. Antonio B. Cortez and blessed with four beautiful children, Nerisse Anne, Nico Antonio, Nica Anngela, and Nicolai Anne. At present, she enjoys the company of her six cute, energetic, and attractive grandchildren. On February 16, 2024, at the age of 62, Tita Nelcie retired from her post and is now relishing her free time traveling, meeting friends, and spending more time with her family.

Indeed, Tita Nelcie is an epitome of elegance and composure, a woman honed by life experiences and hard work. She is our Tita Nelcie, the pride of NAMD! ■

CONGRATULATIONS!

Newly promoted and original appointment staff



January 05, 2024
Armilda A. Llegado
Administrative Aide IV (Clerk II)



January 12, 2024
Tristan Gene D. Sario
Administrative Assistant II



January 24, 2024 (from left to right)
Jason Paolo H. Labrador (Science Research Specialist II)
Georgina S. Caraig (Science research Specialist II)
James C. Lucena (Accountant II)
Marilou L. Madrid (Supervising Science Research Specialist)
Janel Anne C. Eder (Science Research Specialist I)
Franzis Jayke P. Batallantes (Science Research Specialist I)
Frankie Lycurgus D. Avorque (Science Research Specialist II)
Romana L. Llamas (Administrative Officer V Budget Officer III)
Alexandra Lyne E. David (Science Research Specialist I)
Arvee D. Rosales (Science Research Specialist I)



February 19, 2024
Kryztalbyn Mae R. Dilag
Science Research Specialist II



March 20, 2024 (from left to right)
Ma. Mikkaella C. Abalos (Science Aide)
Ryan Christopher B. Baquit (Science Research Assistant)
Darlene D. Aguilar (Administrative Aide IV Clerk II)
Salvador R. Serrano (Supervising Science Research Specialist)
Ana Maxima C. Reyes (Science Research Analyst)

Feedback from the Reader



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February 8, 2024

ATTY. LUCIEDEN G. RAZ

Deputy Director/Director III
Officer-in-Charge, Office of the Director
Food and Nutrition Research Institute
Department of Science and Technology

Dear **Atty. Raz**:

Greetings from the Department of Agriculture!

The National Urban and Peri-urban Agriculture Program (DA-NUPAP), one of the banner programs of the Department of Agriculture, implements programs and projects to ensure food security and promote a healthy lifestyle by facilitating access to nutritious food for the Filipino populace.

As part of our efforts, we have been developing Information, Education, and Communication (IEC) materials to disseminate information about nutrition and sustainable agriculture practices. In this regard, we have come across your Menu Guide Calendar, which we believe aligns perfectly with our objectives.

We are particularly interested in adapting this resource to complement our information campaign. We aim to educate our target audience on the importance of nutrition and further promote healthy food choices.

We kindly request permission to adapt and use the Menu Guide Calendar for the stated purpose. We assure you that proper attribution will be given to the DOST-FNRI for the content provided. Additionally, we are open to any specific guidelines or conditions you may have regarding the adaptation and usage of the material.

For clarification or inquiry, please do not hesitate to contact Ms. Aianne Mae T. Rey through 8521-7650/09087876691 and da.nupap@da.gov.ph.

Thank you.

Very truly yours,

GERALD GLENN F. PANGANIBAN, Ph.D.

Director, Bureau of Plant Industry
Program Director, High Value Crops Development Program,
National Urban and Peri-urban Agriculture Program

Library Acquisitions

✍ Kryztalbyn Mae R. Dilag, Science Research Specialist II, DOST-FNRI

| Call number | Title/Authors | Publication/Year of Publication |
|---------------------------|---|---|
| FN QP 141.A1 F739ant 2022 | 2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Antique / Food and Nutrition Research Institute | Food and Nutrition Research Institute / 2022 |
| FN QP 141.A1 F739c 2022 | 2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Camarines Sur / Food and Nutrition Research Institute | Food and Nutrition Research Institute / 2022 |
| FN QP 141.A1 F739ma 2022 | 2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of City of Marikina / Food and Nutrition Research Institute | Food and Nutrition Research Institute / 2022 |
| FN QP 44.G45 Z86 2021 | Next Generation Sequencing of 502 Lifestyle and Nutrition related Genetic Polymorphisms reveals Independent Loci for Low Serum 25-hydroxyvitamin D Levels among Adult Respondents of the 2013 Philippine National Nutrition Survey / Mark Pretzel Zumaraga, Mae Anne Concepcion, Charmaine Duante, Marietta Rodriguez | Journal of the ASEAN Federation of Endocrine Societies / 2021 |
| FN RJ 399.V57 Z86 2021 | Genotype Effects on β -Carotene Conversion to Vitamin A: Implications on Reducing Vitamin A Deficiency in the Philippines / Mark Pretzel P. Zumaraga, Jose Maria Reynaldo Apollo Arquiza, Mae Anne Concepcion, Leah Perlas, Ma. Neda Alcudia-Catalma, and Marietta Rodriguez | Food and Nutrition Bulletin / 2021 |
| FN TX 511 Z86 2022 | The Interindividual Variability of Phytofluene Bioavailability is Associated with a Combination of Single Nucleotide Polymorphisms / Mark Pretzel Zumaraga, Patrick Borel, Romain Bott, Marion Nowicki, Denis Lairon, and Charles Desmarchelier | Molecular Nutrition & Food Research / 2022 |
| FN QP 141.A1 F739g 2022 | 2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Guimaras / Food and Nutrition Research Institute | Food and Nutrition Research Institute / 2022 |

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