

Impact Of School-Based Feeding Program Among Beneficiaries Of Umingan 1 District

¹Reycel F. Escobar, ²Rosanna G. Gonzales

¹Cabalitian Elementary School/Umingan District I/Division of Pangasinan II

²Faculty (EdD) Major Educational Management, School of Advanced Studies,
Pangasinan State University

Corresponding author: reycl.escobar100@deped.gov.ph

Abstract

This study evaluated the impact of the School-Based Feeding Program (SBFP) on the physical growth and academic performance of 80 Grade V pupils in Umingan District I, Pangasinan, across three school years (2019–2022). Utilizing a descriptive-survey design, the research gathered data through questionnaire-checklists and academic and body mass index (BMI) documents.

Demographic findings revealed that most beneficiaries were 11-year-old males, eldest children, and from small, low-income families. Most fathers held permanent, agricultural-related jobs and served as the sole breadwinners, while mothers were primarily housewives. The SBFP yielded positive outcomes, showing significant improvements in both the physical growth (BMI) and academic performance of the participants. Correlation analysis indicated that sex, age, family size, mother's education, family income, and the mother's source of income significantly correlated with physical growth. When analyzed by individual school years, the mother's occupation and father's educational attainment significantly correlated with academic performance. However, when evaluate.

Based on these conclusions, the study recommends that Umingan District I school administrators partner with the Local Government Unit (LGU) to provide skills training programs for parents. Schools should also enhance information dissemination regarding SBFP guidelines and conduct targeted discussions to resolve remaining operational gaps. Crucially, the researcher's prepared action plan for enhanced SBFP implementation should be endorsed to higher authorities for immediate approval and execution.

Keywords: impact, school-based feeding program, beneficiaries, body mass index, implementation

INTRODUCTION

The success of one country lies in the hands of its human resources. It is therefore imperative that these resources should be equipped with competencies that will make them upright and productive. Education, in this regard, plays a vital role in equipping the citizens of the country with quality education. While it is true that competence of the people is essential, it is also of great importance that the government should look into the health condition of its human resources.

One of the many countries whose population suffers from poor health condition of its people is the Philippines. Children from remote or even in the urban areas go to school, both public and private, without having a food in their stomach. The results of a survey conducted showed that out of 11.2 million children under 5 years of age in the Philippines,

approximately 3.7 million (34%) are stunted. These undernourished children have an increased risk of mortality, illness and infections, delayed d...

It is firmly believed that malnutrition among children may affect the academic performance of learners. Children having poor nutrition and health may perform less and more likely contribute to a high dropout rate of the school. In addition, it is common to the children who have poor health tends to repeat a grade level and finish its schooling in longer years.

In the wider view, the world faces challenges from malnutrition of all forms, with one in three people being directly affected by either underweight, vitamin and mineral deficiency or overweight, obesity and diet-related noncommunicable diseases (NCDs). Moreover, these conditions increasingly coexist, whether in a nation, a community or a household, or even in the same individual across the life course. In 2015, more than 1.9 billion adults were overweight or obese worldwide.

To resolve the challenge in children's extreme hunger and nutritional deprivation in the Philippines, the government and other non-governmental organizations launched feeding programs. In fact, the United Nation Hunger Task Force (UNHTF) stated in their report "Halving hunger, it can be done" (2004). In spite of the many programs implemented by the government, issues in eradicating hunger in the Philippines still remain unresolved.

In the Philippines, the Department of Education has been implementing School-Based Feeding Program for years already to address the problem on malnutrition. However, still it was found that 3 out of 10 school children aged 6-12 years remain stunted. They have not attained the suggested weight and height for their age. The Department of Education, in 1997, launched a breakfast feeding Program intended to address short-term hunger among public school children and that was the first Food for Education program.

To attain the goal of improving the implementation of feeding programs, the program called MalusognaSimula, Yaman ng Bansawas launched. This program was intended for preschool or Grade I learners and those who are enrolled in Day Care Centers. It offered a kilo of rice each day to the family of each child. Department Order No. 62, 2016-Additional Provision and amendments to DepEd Order No. 51, s. 2016 (Implementation of the School-Based Feeding Program for School Year 2016-2017).

In spite of the many programs implemented by the government, issues in eradicating hunger in the Philippines still remain. As a result, the Philippines still ranks what among the top ten countries worldwide for having stunted infants. To address the issue on poor nutrition, one of the recommendations made is the implementation of School Feeding Programmes (SFPs) with locally produced food rather than imported foods (Global Nutrition Report 2016).

To continue the aims of the program today, selected public schools in the country launched School-Based Feeding Program (SBFP) through the Department of Education. The DepEd-SBFP provides food that last for 100 to 120 days for beneficiary schools. The program aims to restore at least 70% of the beneficiaries from severely wasted to normal nutritional status. The DepEd also works with LGUs, NGOs and partners in the private sector.

For the past years, the Department of Education through the Bureau of Learner Support Services (BLSS) School Health Division (SHD) has made improvements on SBFP to ensure that the policy meets its desired objectives. On the onset of its implementation, school heads, school personnel, and beneficiaries' parents were oriented on the whats and hows of the program.

Enclosure to DepEd Order No. 39 s. 2017, Department of Education (DepEd) Operational Guidelines on the Implementation of School Based Feeding Program. The implementation of SBFP showcased not only the improvement in nutritional status of severely wasted (SW) and wasted (W) learners, but at the same time, best practices were seen in different regions such as the collaboration and close coordination with stakeholders/partners, accountants and auditors; the use of social media like Facebook.

However, added memorandum DepEd Order No. 010, s. 2022, for School Year (SY) 2021-2022 only, the primary beneficiaries shall be all incoming kindergarten learners, and the Grade I to Grade 6 learners who were wasted and severely wasted based on the SY 2020-2021 SBFP report, except those who have moved to Grade 7. On the same matter, supplemental guidelines on DepEd Order No. 031, s. 2021 primary beneficiaries shall be the same beneficiaries in SY 2021-2022. The number of feeding days shall be 30 days.

It was also seen that the SBFP appeared to work best when complemented with other School Health Program like deworming, micronutrient supplementation, GulayansaPaaralan (GPP), and water, sanitation and Hygiene (WASH) in the school program. With this, DepEd continued to implement the SBFP under the general Appropriations Act (GAA) of 2016 under the Republic Act (RA) 10651 and has covered Severely Wasted (SW) and wasted (W) learners in Public Elementary Schools.

In Umingan I district, this Department Orders has been properly implemented in the School Year 2019-2022. The researcher, who also serves as the school-Based Feeding Coordinator for the pupils of Cabalitian Elementary School, desires to help the pupils in achieving a brighter future which includes their physical health and academic performance. Hence, knowing the physical growth and academic performance of the pupils would help the researcher in catering their needs so that learners' performance.

METHODS

Research design

The study was employed the descriptive-survey-documentary research design and will obtain its data from both primary and secondary sources. Descriptive research is a research method that describes the characteristics of the population or phenomenon that is being studied. This methodology focuses more on the "what" of the research subject rather than the "why" of the research subject (www.questionpro.com/blog/descriptive-research).

Participants and Sampling

This study focused on determining the impact of the School-Based Feeding Program among the Grade 5 pupils who were the beneficiaries in Umingan I District, Umingan, Pangasinan. The participants in this study are those who were beneficiaries of the program since 2019. These pupils were severely wasted and wasted and have been maintaining their normal nutritional status since they experienced the School-Based Feeding Program. Specifically, the study established the profile of the learner-respond.

Instrument

The study also used of the survey method because the researcher will collect the pertinent data from a set of respondents. Survey research is defined as the collection of information from a sample of individuals through their responses to questions (Check & Schutt, 2012, cited by Ponto, 2015).

The study was also documentary in nature because the researcher obtained the data pertaining to the physical growth rate and level of performance of the beneficiaries from the Umingan District during the school year 2021 – 2022 since the school year 2019-2020.

Data collection

Describe how data were collected. Also describe the ethical consideration in the study, including how informed consent was obtained. Include a statement of approval from the ethics review committee, including its reference number.

Data analysis

Clearly describe the techniques used for data analysis and indicate relevant references for specific analytic approaches or techniques whenever appropriate.

RESULTS

PROFILE OF THE BENEFICIARIES

Table 1 presents the profile of the 80 selected beneficiaries of the School-Based Feeding Program in terms of sex, age, size of the family, sibling's order, parents'/guardian's highest educational attainment, parents'/guardian's occupation/employment, status of employment, net monthly income of the family, and sources of income.

Sex. It could be gleaned on the table that there were 44 or 55 percent of the beneficiaries are male and 36 or 45 percent are females. This goes to show that School-Based Feeding Program beneficiaries are male-dominated. The findings of the study along this variable is in contradiction to the findings of the study of Bilbar (2020) which found out that the beneficiaries of the SBFP in Mandauw Elementary School are female-dominated. The findings of the present study also negate the findings of the study of Lu (2020) in which the beneficiaries of the School-Based Feeding Program in Sta. Maria District, Schools Division of Pangasinan II were also dominated by females.

TABLE 2

Age. As reflected on the table, there are 11 or 13.8 percent beneficiaries are 10 years old and 69 or 86.3 percent who are eleven 11 years. The findings of the study of Bilbar (2020) does not conform with the ages of the beneficiaries of this study. Her study found out that most of the respondents were 5 to 6 years old. This could be explained by the difference in the purposes of their study. The study of Lu (2020) in which most of the respondents ere within the age range 9-10 years old.

Family Size. The table shows that 48 or 60 percent belong to a small family (4-5 members) and 25 or 31.3 percent belong to a medium family (6-8 members). Only 7 or 8.8 percent belong to a large family consisting of 9 to 10 members. The findings of the study along this aspect could be explained by the implementation of the Family Planning program of the government through the Department of Health. This finding is line with the study conducted by National Demographic and Health Survey in 2017, Filipino households consist of an average of 4.2 people.

Sibling's order. The table reflects those 48 beneficiaries or 60 percent of them are the eldest and 22 or 27.5 percent are middle children. Only 10 or 12.5 percent are the youngest in the family.

Highest Educational Attainment of Father. As shown on the table, more than half of the fathers (46 or 57.5 percent) of the beneficiaries finished high school. Only 2 or 2.5 percent graduated in college. The findings of the study conform with the findings of Bilbar (2020) in which most of the fathers of the beneficiaries of SBFP in their school were high school graduates also and finished elementary, respectively.

Highest Educational Attainment of Mother. The table shows that most of the mothers of the beneficiaries finished high school (46 or 57.5 percent). This corroborates with the findings of Philippine Statistics Authority in 2013, the total household population aged five

years and over, 19.1 percent had finished at most high school, 11.7 percent completed at most elementary education, 10.1 percent were academic degree holders, and 2.7 percent were post-secondary graduates.

Occupation of Father. Majority of the beneficiaries, 56 or 70 percent have fathers who are skilled agricultural, forestry and fishery workers. On the other hand, 1 or 1.3 percent have fathers who is a manager and an army/soldier. Umingan is a town situated in the eastern portion of the Province of Pangasinan and is classified as an agricultural municipality. This may explain why most of the fathers of the beneficiaries are agricultural workers. In addition, the findings of the study could be supported by the findings on educational qualifications. Since most of the fathers completed only high school, they could not be hired into office-related jobs since these require college graduates. This findings contradicts with the results of the survey of Philippine Statistics Authority in 2020. Largest share of employed persons in April 2020 engaged in elementary occupations at 27.7 percent of the total employment, from 26.3 percent in April 2019. Service and sales workers comprised the second largest occupation group at 18.4 percent, followed by skilled agricultural, forestry, and fishery subsector at 14.1 percent.

Occupation of Mother. As to their mothers' occupation, almost three-fourths (59 or 73.8 percent) have mothers ho are not working or are unemployed. The same number of beneficiaries, 1 or 1.3 percent has a mother who is a manager and a clerical support worker. Again, the findings along this aspect could be supported by the findings on educational qualifications. Majority of the mothers did not reach college, so they can't be hired in office-related jobs that require a college diploma. Mothers of younger children remained less likely to participate in the labor force than mothers with older children. In 2021, 65.6 percent of mothers with children under age 6 participated in the labor force compared with 75.5 percent of mothers whose youngest child was age 6 to 17 according to News Release Bureau Labor Statistics,2022.

Status of employment. The table shows that majority of the beneficiaries, 60 or 75 percent are on permanent status. Four (4) or 5 percent indicated no status. This could be supported by the finding that some are not employed.

As to their mothers' status of employment, 59 or 73.75 percent indicated that are into household jobs. Fifteen (15) or 18.75 percent are permanent/full-time and only 6 or 7.5 percent indicated they have mothers who are casual or on contractual basis. Again, these findings are supported by the findings on educational qualifications. This goes also to the result of Philippine Institute of Development Studies in 2017. Majority of all workers (60%) in the Philippines are male. However, the proportion of the male workers in agriculture is far higher, where only one in every four workers is a female. Nonetheless, agriculture is not unique in this aspect as industry also hires a slightly higher proportion of male workers.

Monthly Family Income. As shown on the table, most of the beneficiaries belong to poor families with monthly income which is less than Php 10,000 a month. Close to it, is the number of beneficiaries who belong to a low-income family with monthly income of Php 10,957 to Php 21,914 per month. Only 10 or 12.5 percent of them belong to families who have monthly income ranging from Php 21,914 to Php 43,828 categorized as lower middle-income families. These findings could be explained or supported by the findings on occupation of parents.

Sources of Income. As reflected on the table, 56 or 70 percent of the fathers of the beneficiaries earn their income from being self-employed. Twenty (20) or 25 percent indicated that the fathers' income come from their salaries or wages. Only 4 or 55 percent indicated they have no income.

With regards to the source of income of their mothers, 59 or 73.75 percent of the beneficiaries indicated that their mothers do not have income. Eighteen (18) or 22.5 percent indicated that their mothers' income are from their salaries or wages. The least number indicated that their mothers' income come from being self-employed. The findings could again be supported by the findings on the occupation of mothers/ since most of them are plain housewives, then they have no source of income. Classified according to the result of survey conducted by Philippine Statistic Authority in 2020, in the Services sector, 63.1 percent were wage and salary workers, and 50.4 percent were self-employed without any paid employee. Meanwhile, in the agriculture sector, 65.3 percent were those who worked without pay, and 48.4 percent were employers in a family-operated business.

IMPACT OF THE SCHOOL-BASED FEEDING PROGRAM

The impact of school-based feeding program measured in this study by looking at the changes in the physical growth through the body mass index (BMI) and in the academic performance of the beneficiaries. The presentation of the data, analysis and interpretation will follow this order, impact on physical growth then on academic performance.

On Physical Growth

Table 3 presents the impact of the school-based feeding program on physical growth though the Body Mass Index (BMI). The presentation is in chronological order, that is, from SY 2019-2020 up to 2021-2022.

Table 3

Impact of the School-Based Feeding Program on the Physical Growth Body Mass Index (BMI)

School Year 2019-2020. It could be gleaned on the table that before the feeding program, 77 or 96.3 percent were severely wasted. However, after participating in the School-Based Feeding Program, the number of severely wasted is 68 or 85 percent. The number of wasted before participating in the SBFP was 3. This number increased by 9, from 3 to 12 or 15.0 percent. The T-value of 11.980 with the significance value of 0.000 which is less than 0.05 indicates that the decrease or increase in number in the severely wasted and wasted is significant. This goes to show that the school-based feeding program has an effect in their physical growth based from their body mass index.

S.Y. 2020-2021. The table shows that before the implementation of the SBFP, there were 71 or 88.8 percent of the beneficiaries were classified as severely wasted while 9 or 11.3 percent were classified as wasted. After the SBFP, classified as severely wasted were 41 or 51.3 percent while 39 or 48.8 percent were classified as wasted. The computed T-value of -6.852 with a significance value which is 0.000 shows that the decrease or increase is significant. The SBFP improved the physical growth of the beneficiaries. While it is true that the world was in crisis due to the pandemic caused by COVID-19 and people were locked down in

their homes, DepEd continued the program by sending the foods to their homes. To add, the local government unit (LGUs) provided financial and food assistance to the people in the community.

S.Y. 2021-2022. Still a pandemic school year, the beneficiaries were at home but the school-based feeding program continued. Beneficiaries were still monitored and assessed by those in-charge of the program.

It could be gleaned on the table that before the start of the program, 6 or 7.5 percent were severely wasted, 71 or 90 percent were wasted, and 2 or 2.5 percent were normal. After the SBFP, none of the beneficiaries were classified as severely wasted. Fifty-nine (59 or 73.8 percent) were classified as wasted. There were 21 or 26.3 percent who were classified as normal. The increase/decrease in the frequencies and percent in the categories of beneficiaries could be attributed to the situation, the country was in during this school year. Children stayed home with their parents because of the continued lockdown. Hence, parents have the time to prepare food for the children. But the supply of the program was not given one time. Milk was delivered first before the nutritious food. So, in this matter, the impact of the program was not that high. One of the reasons also, the nutritious food products given to this school year was mostly vegetables. Eating vegetables was one of the main problems in the implementation of the program because a lot of beneficiaries' dislike vegetables in their food. This reason was supported on the findings in the problems encountered after the implementation of the said program. Also, a reason to the not high impact was the milk and the nutritious food products given to them was also divided or shared with their siblings because it was delivered in their homes.

On Academic Performance

Table 4 presents the impact of the school-based feeding program on the academic performance of the learners.

School Year 2019-2020. It can be gleaned on the table that before the start of the year, 17 or 21.3 percent of the learners have a general average 75-79; 48 or 60 percent had a GWA ranging from 80-84 and 14 or 17.5 percent had a GWA within the range 85-89. Only 1 or 1.3 percent has a GWA within the 90-94. The mean of the GWAs of the beneficiaries is 82.075.

After the implementation of the feeding program for the school year, 12 or 15.0 percent of the beneficiaries have obtained a GPA within the range 75-79; 33 or 41.3 percent has GWAs within the range 80-84, and 32 or 40 percent had GWAs ranging 85-89. There were 3 or 3.8 percent who have obtained a GWA of 90-94. The mean of their GWAs for the school year is 83.800.

Table 4

Impact of the School-Based Feeding Program on the Academic Performance of the learners

S.Y. 2020-2021. It can be seen on the table that before the start of the school year, 12 beneficiaries or 15 percent have GWAs within the range 75-79; 33 or 41.3 percent of the learners have general averages from 80-84, and 32 or 40 percent have 85-89 and there are 3 or 3.8 percent who had a GWAs within the range 90-94. The GWAs of the learners obtained a mean 83.800.

After the implementation of the feeding program for the aforementioned school year, 4 or 5.0 percent of the beneficiaries obtained GWAs from 75 to 79; 21 beneficiaries obtained GWAs within the range 80-84 and 49 or 61.3 percent of them obtained the GWAs within the range 85-89. Only 9 beneficiaries or 7.5 percent have obtained GWAs ranging from 90-94. The GWAs of the beneficiaries obtained a mean of 85.613. The computed T-value which is 12.629 with a significance value of 0.000 which is less than 0.05 shows that the feeding program may have, in one or another, caused a significant improvement of the academic performance of the beneficiaries.

S.Y. 2021-2022. Before the start of the implementation of the SBFP during the school year, the GWAs of the beneficiaries during the previous school year were obtained. It can be seen on the table that 4 learners or 5.0 percent have GWAs within the range 75-79; 21 or 26.3 percent of the beneficiaries obtained the GWAs within the 80-84, and 49 or 61.3 percent had GWAs falling within 85-89. Among the 80 beneficiaries, 6 or 7.5 percent had GWAs that fell in this range, 90-94. The mean of the GWAs of the beneficiaries is 85.613.

After the implementation of the feeding program for the aforementioned school year, there is no beneficiaries who obtained a GWAs of 75-79; 11 or 13.8 percent of beneficiaries who have obtained a GWAs of 80-84 and 53 or 66.3 percent of them gave obtained GWAs of 85-89. There are now 16 or 20 percent of the beneficiaries who have obtained GWAs of 90-94. The beneficiaries obtained a mean of 87.713 for this school year.

The computed t-value of -15.421 within a significance value of 0.000 indicates that there was a significant change on the performance of the beneficiaries.

The significant effect of the school-based feeding program on the performance of the pupils can be supported by the statement made by Capacio (2013) which is proper nutrition has a potential impact on education aside from alleviating short-term hunger among children. It improves children's cognitive functioning and attention. Better nutrition provides them better assistance to diseases which would keep them from attending school, thus would indirectly improve educational achievement.

Relationship Between Physical Growth and Profile Variables of the Beneficiaries

Table 5 presents the computation of the Spearman rho and other statistical tools which were used to test the significance of the relationship between physical growth and the profile variables of the respondents.

School Year 2019-2020. The table reflects that among the profile variables, sex, age, family size, highest educational attainment of mother, and monthly family income were found out to be significantly correlated with the physical growth of the beneficiaries. The findings are supported by the significance values of the computed r_s which are all less than 0.05.

Table 5

Correlation between Physical Growth and Profile

School Year 2020-2021. As reflected on the table, it is not only age which is significantly related to the physical growth of the beneficiaries. This is evidenced by the computed r_s of 0.939 and with a significance values of 0.009 which is less than 0.05.

School Year 2021-2022. During this school year, three of the profile variables of the beneficiaries were found to be significantly related to the physical growth as shown by the significance values of the computed r_s which are less than 0.05. these variables are age ($p=0.000$), highest educational attainment of mother, and source of income of father.

When taken as a whole, the profile variables which are found to be significant correlates of the physical growth are highest educational attainment of mother and source of income of mother.

According to Bilbar (2020), parents who lack education is also a factor in providing for their children's needs in their education. As such, the study revealed that the higher the family's socio-economic status, the better children's academic achievement; for every 1 year increase in parental education, the child's benchmark score will increase.

This goes to show in the study of Adigun et.al, 2015 entitled, Effect of Gender on Students' Academic Performance in Computer Studies in Secondary Schools in New Bussa, Borgu Local Government of Niger State. The results of the study shows that even though the male students had slightly better performance compared to the female students, it was not significant. This better performance was found to be pronounced in the private school which was shown to possess the best male brains found in the study area. Based on the findings of this study, recommendations were made. Parents are encouraged to provide the right education they can afford for their children irrespective of gender.

Relationship Between Academic Performance and Profile of the Beneficiaries

Presented on Table 6 is the summary of the computation of Spearman rho and other statistical tool used to establish the significance of the relationship between academic performance and profile of the beneficiaries of the school-based feeding program.

School Year 2019-2020. The table shows that among the profile variables of the beneficiaries, it is only the variable occupation of the mother which was found to be a significant correlate of their academic performance. This is evidenced by the computed η^2 -value of 0.488 with a significance value of 0.002 which is less than 0.05.

School Year 2020-2021. It could be seen on the table that none of the profile variables of the beneficiaries were found to be significant correlates of their academic performance. This is because all the correlation coefficients computed have significance values greater than 0.05. this led to the acceptance of the null hypothesis.

School Year 2021-2022. As reflected on the table, it is the highest educational attainment of father which was to be significant correlate of the beneficiaries' academic performance. This claim is supported by the computed r_s value which is -0.276 with a significance value of 0.013 which is less than 0.05.

Table 6

Correlation between Academic Performance and Profile

As a whole, the overall values of correlation coefficients and their corresponding significance values which are all greater than 0.05 show that none of the profile variables are significant correlates of academic performance.

Problems Encountered During Implementation

Table 8 presents the possible problems that may have been encountered during the implementation of the school-based feeding program.

As reflected on the table, the problems encountered during the implementation of the school-based feeding program were perceived as highly serious. This evidenced by the computed overall weighted mean which is 3.71. Among the 15 problems all were considered highly serious as shown by the corresponding weighted means which are within the range 3.51-4.20. it could be gleaned on the table that among the 15 indicators, having the highest weighted means of 3.99 is “Lack of participation of the beneficiaries in the program”. The problems with the least weighted means of 3.58 are “Handwashing and toothbrushing facilities are present at school” and “Beneficiaries develops and maintains good health”.

Table 8

Degree of Seriousness of the Problems Encountered During the Implementation of the School-Based Feeding Program

It is noted from the findings that the degree of seriousness of the problems encountered in the implementation of the school-based feeding program have a quantitative decrease, however, the problems are still considered highly serious. It could be inferred from the results that may be the schools have instituted intervention measures that addressed the gaps.

Problems Encountered After Implementation

Presented on Table 9 are the problems encountered, their corresponding weighted means and their descriptive equivalents.

The table reflects that after the implementation of the school-based feeding program the degree of seriousness of the problems encountered decreased, from highly serious (both before and after) to moderately serious. This is evidenced by the computed overall weighted mean of 2.78. the findings imply that schools may have strengthened the implementation of intervention measures crafted to address the gaps found before and during the implementation of the program.

DISCUSSION

The findings of the study conform to the findings of Bilbar (2020). Her study found out that age, sex, family income, and parent educational attainment were not found to be significantly related to academic performance of the beneficiaries of the school-based feeding program. The findings of the study does not also conform the statement made by Ward (2013) that income is only one aspect in accounting for the experiences of children in the school system. The impact of low income on children’s cognitive development is well documented. Evidence shows that low-income children lag in cognitive development and lie one year behind in vocabulary when they enter school, with long-term consequences. In addition, there is evidence that poverty, in terms of family resource, has a powerful influence on children’s ability to respond to educational opportunities (Eden, 2013 in Ward, 2013; Blanden & Gregg, 2004). The present study did not show that the monthly income of the family did not shows significant correlation with the beneficiaries’ academic performance.

CONCLUSION

The study determined the impact of the school-based feeding among the beneficiaries of Umingan I District. Hereunto, and the following conclusions were extracted based on the findings of the study:

1. majority of the learners are male; 11 years of age; belong to small size families; eldest; have parents who graduated in high school; their father are agricultural-related jobs; have mothers who are plain housewives; the fathers hold permanent/full time status; mothers were on household jobs; belong to poor families and source of income is the salary of the father.

2. The physical growth of the beneficiaries based from their body mass index (BMI) and academic performance improved after participating in the school-based feeding program.

3. Sex, age, family size, highest educational attainment of mother, monthly family income, and source of income of mother are significant correlates of physical growth of the beneficiaries. When taken by school year, occupation of the mother and the highest educational attainment of the father were significant correlates of academic performance. However, when taken as a whole, the profile variables were not significant correlates of academic performance.

4. the degree of seriousness of the problem encountered by the implementers decreased after years of implementation.

5. There is a need to construct an action plan for the sustainability of the School-Based Feeding program in order to cater the needs of the learners specifically in their physical growth and academic performance.

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Conflict of interest

The authors declare that there are no conflicts of interest regarding the publication of this research entitled “Impact of the School Feeding Program among Beneficiaries of Umingan I District.” The study was conducted objectively and ethically, and the authors have no financial, professional, or personal relationships that could have influenced the research findings or interpretation of the results.

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