



Continued support with food packs

The COVID-19 pandemic is in the 3rd year. Schools in 23 countries globally still have not fully opened face-to-face classes and the Philippines is one of these countries. In February 2022, some schools in the country resumed face-to-face classes with a limited number of students. But the Balaybay school that TFT supports still does not have a plan to resume face-to-face classes.

Continuing from last year, the school meal program delivered food packs to all the students since many families of Balaybay are facing economic challenges. The first distribution of food packs in this year was done in February 2022 and 847 students received food packs.

Study from home

Every week, parents or guardians come to school to submit their children's homework and pick up the next week's self-study modules. The submission of homework is a requirement for the promotion to the next grade or graduation. All parents or guardians come to pick up modules and not a single student has dropped out so far.



Nutritionally balanced food package



Foods are selected within a budget and based on the criteria below:

Sources of carbohydrate and protein

Commonly eaten by local people

Can be kept at room temperature

Mung beans are also included in the food pack. They are used to make Ginisang Munggo, mung bean soup, another popular dish in the Philippines. The food pack includes protein such as powdered milk and tinned tuna, and carbohydrates such as rice and pasta, providing a balanced diet.



How to cook Adobo

Chicken Adobo, a taste of home cooking

Every food pack distributed through TFT program to substitute school meals include soy sauce and vinegar. The meat stew called Adobo is the Philippine's popular dish which uses vinegar and soy sauce and every house has its own taste of Adobo. Adobo sauce tastes a mixture of sour, salt and sugar mixed with vinegar, soy sauce and sugar. It is a nice dish to eat with white rice. The weather in the Philippines is always hot, so vinegar is used to preserve meat and enhance appetite.

Economic hardship is hitting many families

Many families of Balaybay School lost their employment or sources of income due to the COVID-19 lockdown. To understand the situation, the survey was taken to the families in July 2021. In the survey, two-thirds responded that their incomes were 10,000 pesos (US\$200), which is the borderline of poverty. An average monthly income in the Philippines is 26,000 pesos. Only 7 out of 367 families had their incomes at an average level. Even before COVID-19, Balaybay school had a high number of families in poverty. The COVID-19 measures caused economic hardship and are seriously hitting them. 73 families said their monthly income was around 3000 pesos (US\$ 60).

Half of the respondents said they can provide nutritious meals to their children. This means for another half of families, the quality of meals at home may be compromised.

A short movie from Balaybay School

What is Castillejos like?

