

# KUSINA NG KALINGA

## Program Brief 2021



### Kusina ng Kalinga Overview

Kusina ng Kalinga (KnK) is Gawad Kalinga's strategic response to **address chronic hunger and malnutrition among Filipino children ages 0 to 12 years old and pregnant and lactating mothers**. KnK is a replicable program where thousands of nutritious vegetable-based meals are prepared by parent volunteers from their respective community kitchens and then picked up by parents/guardians and/or delivered to children in public schools, communities, on the streets, and even in disaster and conflict areas. But just as hunger is a condition that goes beyond empty stomachs, the KnK model also goes beyond feeding.

Each community kitchen is established through the collaborative efforts of parents, volunteers, local government units, schools, private individuals, organizations and corporate partners. Community kitchens are fueled and sustained by **Bayanihan** (solidarity and teamwork) as a **living proof that collective caring and sharing is the key to ending hunger among children**.

Through Kusina ng Kalinga, **we build caring communities to nurture the future of our country**. Each kitchen creates a zero hunger zone for at least 300 children. No child goes hungry under the watch of these community kitchens. Those who are not hungry can end hunger. Hunger ends where caring begins.

### Program Objective

End hunger and improve nutrition for Filipino children and their families

### Program Goals for 2021 to 2024:



Establish at least 1 community kitchen in each of the 49 priority provinces identified by the Task Force on Zero Hunger.



Reduce by 90% the hunger and malnutrition rates among kids enrolled in the program.



Introduce better nutrition at home to 100% of the parents of kids enrolled in the program.



Source at least 50% of vegetables and ingredients from local farmers.



Collaborate with local and national government agencies in creating programs and policies to address hunger and malnutrition among kids.



# History of Impact

## Kusina ng Kalinga in Public Schools (S.Y. 2014 – 2019)

Gawad Kalinga **established KnK in 2014** as a major intervention to address child hunger by providing 1 meal for kids aged 5 – 12 years old. KnK was sustained as an **in-school feeding program for elementary public school children through the partnership with the Department of Education** and various local government units. Daily meals were prepared by parent volunteers in central kitchens, packed in lunch boxes, and served by teachers to the students.



In-school feeding in KNK Nagcarlan, Laguna

Island Group	Number of Kitchens built	Total Kids Reached	Total Schools Served
Luzon	51	65,777	1,116
Visayas	17	44,743	408
Mindanao	73	92,159	932
<b>Total</b>	<b>141</b>	<b>202,679</b>	<b>2,456</b>

*\*Total Program Reach from School Years 2014 - 2019*



Meals are packed in lunch boxes for dignified and hygienic meal experience for the kids



Precious moments where volunteers get to serve the meals they prepared



Hopeful looks and affirming smiles that never fail to inspire



Behind every kitchen is a core group of hunger warriors



# Kusina ng Kalinga in Natural Disasters and Conflict Areas

KnK has served meals in every major natural disaster and even in conflict areas since 2014

1. KnK Alang-Alang in Leyte was established 9 months after **Typhoon Yolanda (Haiyan)** and provided daily meals for 2,000 public school children from 2014 to 2016.



OWI - El Niño 2016

2. KnK Tacurong in Sultan Kudarat was established in 2016 to respond to hunger in areas affected by **El Niño** including Arakan, North Cotabato, Upi, Maguindanao, and Ugis, Esperanza.



Kusina ng Kalinga - Leyte 2014

3. KnK responded to hungry kids in evacuation centers during the **Mayon Volcano eruptions** in 2018. The availability of hot meals in evacuation centers provided much needed comfort and sense of security to the affected families.



OWI - Mayon 2018

4. KnK provided up to 5,000 meals to families displaced during the **Marawi Siege in 2017**. GK continues to be present in Marawi today as thousands of families are still in temporary shelters and schools.



OWI - Typhoon Ulysses 2020

5. KnK prepared 1,000 meals daily for two months and distributed these meals to children in various evacuations centers for those affected by the series of **earthquakes in Makilala, North Cotabato in October to November 2019**.



OWI - Marawi 2019

6. KnK Has prepared more than 5,000 meals daily immediately after **Typhoon Ulysses (Vamco)** devastated Metro Manila, Rizal and Bulacan. KnK has also set up kitchens to feed our kids in Albay and Camarines Sur after the destruction of **Typhoon Rolly (Goni)** in November 2020.



OWI - North Cotabato 2019

# Kusina ng Kalinga during the COVID-19 Pandemic



Grab and go feeding in Jaro, Iloilo



Lunch in a Box delivered to the kids in Angat, Bulacan

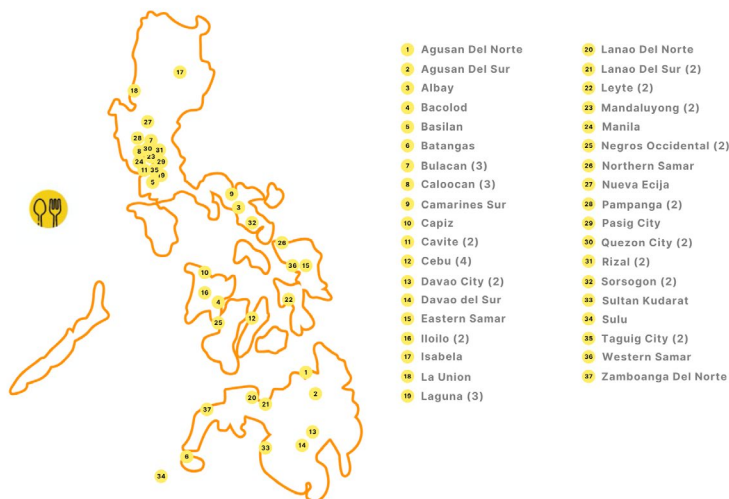
Because of enforced health protocols and suspension of face-to-face classes, KnK central kitchens were not able to operate its usual in-school model. Thus, Kusina ng Kalinga established kitchens with and for communities which aim to **provide at least 1 nutritious meal a day for kids aged 0 to 12 years old and pregnant and lactating mothers for at least 120 days.**

Only the residents from the community where KnK is located can operate the kitchen. KnK limited the reach of each kitchen to a few hundred kids catering mainly to the children living in proximity to the kitchen through physically-distanced modes of distribution. Kitchen operations are allowed, supported, and monitored by Barangay Health officials. As of October 2021, Kusina ng Kalinga has **served over 6 million meals** to children in their communities.

Island Group	Number of Kitchens	Total Communities Served	Total Kids Reached	Total Meals Served
Luzon	31	297	17,253	1,193,924
Visayas	15	68	4,433	345,879
Mindanao	12	143	5,854	567,716
BWI Food Hubs	406	406	121,141	4,257,120
<b>Total</b>	<b>464</b>	<b>914</b>	<b>148,681</b>	<b>6,364,639</b>

As of October 2021

## KITCHEN MAP





# Hunger mitigation through the Barangay Walang Iwanan Food Hubs



Barangay Walang Iwanan Food Hub in Bacolod



Sweet kids from Lanao del Sur enjoying their meal



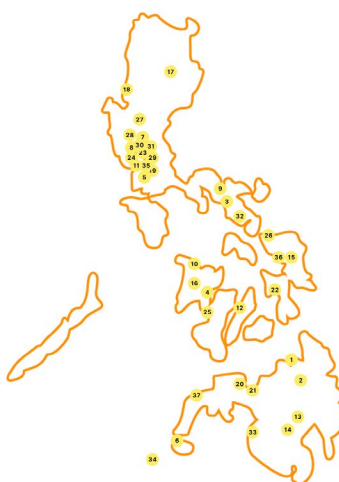
Sorsogon kids all smiles as they eat their lunch

Self-rated hunger has hovered around 10-15% for the past 20 years which means that roughly 2.5 million Filipino families experience hunger on a regular basis. But in October 2020, this number has gone up to **7 million families (30.7%)** due to the effects of the COVID-19 pandemic (SWS, October 2020). Food insecurity was also experienced by up to 12 million or **64% of Filipino families** (SWS, November 2020). The contagion of hunger was exponentially worsened by the COVID-19 pandemic.

The double crisis of hunger and COVID-19 summoned an unprecedented **bayanihan response from poor communities and local partners** that paved the way for volunteer-driven Barangay Walang Iwanan (BWI) Food Hubs. These food hubs were jumpstarted by the generous donation of canned food products from our corporate partner which were then matched by rice, vegetables, meat, and grocery items from the LGU, small businesses, farmers, and parents. Meals are provided for children for as long as there are the donations given by our local heroes.

These efforts affirm the reality that our collective caring and sharing is the golden key to ending hunger.

## BARANGAY WALANG IWANAN FOOD HUB MAP



- 1 DAVAO DEL SUR
- 2 SULTAN KUDARAT
- 3 ZAMBOANGA
- 4 SULU
- 5 CAGAYAN DE ORO
- 6 BUKIDNON
- 7 NORTH COTABATO
- 8 SOUTH COTABATO
- 9 MARAWI
- 10 CALOOCAN
- 11 RIZAL

406 Food Hubs established through Bayanihan

## What we are learning

While we celebrate and take joy and courage from these great victories, the reality is that the battle against hunger is far from over. We have done a lot but so much more remains to be done. An estimated 3.5 million kids still go hungry on a daily basis (SWS, December 2020). The sustainable solution to hunger are non-hungry adults and their families deciding to care for children who are hungry. When we care enough to care and share, no one gets left behind.



## What have we learned from our communities?

- 1. The poor are the frontliners against hunger.**  
Community leaders can manage the KnK kitchen with sufficient support and supervision from Team KnK.
- 2. Those who are not hungry are the sustainable solution to hunger.**  
Private and public institutions and individuals will contribute in-kind (ex. rice, vegetables, meat, etc.) or conduct their own fundraising campaigns for KnK.
- 3. Every child fed is a battle won.**  
A zero hunger zone is effectively established in the locality of the kitchen where at least 300 kids, pregnant and lactating mothers are assured of 1 nutritious meal a day for at least 120 days.



## Feeding is not enough

“Poverty (and Hunger) is a beast with many hearts to spare. You do not destroy this monster by goring its hearts one or two at a time. You slay this monster decisively by flanking it on all sides, and lancing its hearts in parallel, in concert, with strategic, calculated, calibrated and consistent thrusts to the hearts of hunger, ignorance, joblessness, injustice, conflict, and corruption.”

**Fr. Jett Villarin SJ**

We have been **winning many battles** because of our efforts to provide hot, vegetable-based meals to our beneficiaries but **we need to win the war against hunger and malnutrition.**

The uncertainty of the COVID-19 pandemic continues to have a grave effect on our countrymen who are left behind and hungry. The problem is so large and daunting that no one person or organization can resolve it on their own. It will have to take a movement, in which everyone ought to participate in. Our collective efforts and use of different strategies will put an end to hunger.

## TULDUKAN ANG GUTOM

**Magpakain. Magpakalusog. Magtanim.**

Kusina ng Kalinga is part of Gawad Kalinga's triple offense strategy against hunger and malnutrition that aims to feed, nourish and plant vegetables in poor communities.



Note: For more information, visit: [gk1world.com/tuldukananggutom](http://gk1world.com/tuldukananggutom) or request for the Tuldukan Ang Gutom Primer.

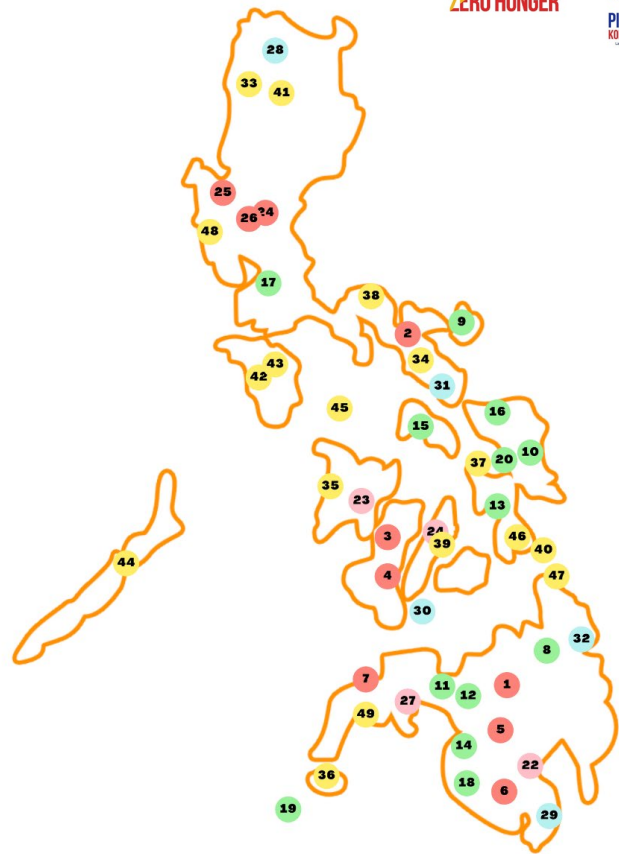
# Priority Areas

Identified by the Task Force on Zero Hunger



**Pilipinas Kontra Gutom** is a multi-sectoral movement founded to help eradicate hunger and malnutrition in the Philippines by 2030.

**Kusina ng Kalinga** is a proud member of this community striving to improve food production and distribution, to repurpose food surplus, to curb malnutrition and to reduce hunger incidences caused by crises.



## Priority 1: High Poverty, Malnutrition, & Teenage Pregnancy

1. Bukidnon
2. Camarines Sur
3. Negros Occidental
4. Negros Oriental
5. North Cotabato
6. South Cotabato
7. Zamboanga del Norte

## Priority 2: High Poverty & Malnutrition

8. Agusan del Sur
9. Catanduanes
10. Eastern Samar
11. Lanao del Norte
12. Lanao del Sur
13. Leyte
14. Maguindanao
15. Masbate
16. Northern Samar
17. Saranggani
18. Sultan Kudarat
19. Sulu
20. Western Samar

## Priority 3: High Poverty & Teenage Pregnancy

21. Cebu
22. Davao del Sur
23. Iloilo
24. Nueva Ecija
25. Pangasinan
26. Quezon
27. Zamboanga del Sur

## Priority 4: High Poverty

28. Apayao
29. Davao Occidental
30. Siquijor
31. Sorsogon
32. Surigao del Sur

## Priority 5: Private Sector Priorities

33. Abra
34. Albay
35. Antique
36. Basilan
37. Biliran
38. Camarines Norte
39. Camiguin
40. Dinagat Island
41. Kalinga
42. Occidental Mindoro
43. Oriental Mindoro
44. Palawan
45. Romblon
46. Southern Leyte
47. Surigao del Norte
48. Zambales
49. Zamboanga Sibugay

Note: For more information on Pilipinas Kontra Gutom, visit: [pilipinaskontragutom.com](http://pilipinaskontragutom.com)



## How to Help

### Feed hungry kids in your town

Target beneficiaries per Kitchen	<b>300 kids</b> minimum
Target feeding days (minimum)	At least <b>120 days</b> (Monday – Friday feeding)
Program Duration (minimum)	24 weeks / <b>6 months</b>
To feed a child for 120 days	<b>Php 3,600.00</b> (Php 30.00/kid/day)



Meal time for kids from Sultan Kudarat

### Institutions and groups can consider the following options for partnership:

Option	Cost	Inclusion
1. Add meals to existing kitchens	Php 900 (30 days) Php 1,800 (60 days) Php 2,700 (90 days) Php 3,600 (120 days) Php 6,000 (200 days)	<ul style="list-style-type: none"> <li>Meals for kids in existing kitchen</li> <li>Inclusion in Bayanihan List for the community (On-site and online marketing materials, feature on KnK social media channels, KnK Completion Reports)</li> </ul>
2. Establish new kitchen in a priority area	Php 1,080,000.00	<ul style="list-style-type: none"> <li>Meals for at least 300 kids for at least 120 days</li> <li>Naming rights to the Community Kitchen and all on-site/online marketing materials (tarpaulin, kitchen aprons, etc.)</li> <li>Once a quarter feature on KnK social media channels</li> </ul>
3. Build a kitchen (no meals)	Php 150,000.00	<ul style="list-style-type: none"> <li>Upgrading of existing food hubs to community kitchen</li> <li>Naming rights to the Community Kitchen structure</li> <li>KnK social media feature upon launching of kitchen</li> </ul>

## Options for In-Kind Donations

In addition to cash donations, KnK community kitchens can also receive donations in-kind. These in-kind donations are key to sustaining the kitchen beyond the 120 days and making **bayanihan** a permanent feature and practice in the localities with community kitchens.

		For 300 Kids			
		Number of Days			
Food Items	Unit	30	60	90	120
<b>RICE</b>					
Rice (Sinandomeng/ Dinorado)	By Kilo	600	1200	1800	2400
	By 25kg	24	48	72	96
	By 50kg	12	24	36	48
<b>MEAT</b>					
Ground Pork/Beef (Laman/ No fat)	Kilo	49	98	147	196
Chicken Meat/ Manok	Kilo	151	302	453	604
<b>EGGS</b>					
Eggs/ Itlog (Medium)	By Tray (30s)	7	14	21	28
	By Tray (12s)	17.5	35	52.5	70
<b>VEGETABLES</b>					
Potato/ Patatas	Kilo	103	206	309	412
Carrots	Kilo	84	168	252	336
Sayote/ Chayote	Kilo	45	90	135	180
Fresh White/ Yellow Corn	Kilo	35	70	105	140
Squash/ Kalabasa	Kilo	35	70	105	140
Upo/ Bottlegourd	Kilo	32	64	96	128
Sweet Potato/ Kamote	Kilo	30	60	90	120
Moringa/ Malunggay	Kilo	29.5	59	88.5	118
Cabbage/ Repolyo	Kilo	28	56	84	112
Baguio Beans	Kilo	21	42	63	84
Puso ng Saging	Kilo	20	40	60	80
String Beans/ Sitaw	Kilo	18	36	54	72
Taro/ Gabi	Kilo	10	20	30	40
Kangkong/ Water Spinach	Kilo	10	20	30	40
Radish/ Labanos	Kilo	10	20	30	40
Garlic/ Bawang	Kilo	8	16	24	32
White Onions/ Sibuyas (Puti)	Kilo	8	16	24	32



## Options for In-Kind Donations

		For 300 Kids			
		Number of Days			
Food Items	Unit	30	60	90	120
<b>CONDIMENTS/ COOKING ESSENTIALS</b>					
Canned Tuna in Oil	420g Can	60	120	180	240
Cream of Mushroom	70g Pack	36	72	108	144
Pork and Beans	220g Pack	30	60	90	120
Coconut Powder	50g Pack	30	60	90	120
Cooking Oil/ Mantika	Liter	29.4	58.8	88.2	117.6
Sinigang Mix	44g Pack	20	40	60	80
Tomato Sauce	Kilo	16	32	48	64
Canned Green Peas	450g Can	15	30	45	60
Fish Sauce/ Patis	Liter	13.85	27.7	41.55	55.4
Flour	Kilo	12	24	36	48
Tokwa	Killo	10	20	30	40

		For 300 Kids			
		Number of Days			
Non Food Items	Unit	30	60	90	120
Liquid Hand Soap	Liter	2.25	4.5	6.75	9
Alcohol	Liter	3	6	9	12
Dishwashing Soap	Liter	3	6	9	12
Scotchbrite (4.5 in x 2.7 in x 6 in)	Piece	3	6	9	12
Steelwool	Piece	3	6	9	12
White Towel (Small)	Piece	3	6	9	12
Disposable Face Mask	Box	5	10	15	20
Washable Face Mask	Piece	10	20	30	40
Black Hairnet	Piece	10	20	30	40

## Options for In-Kind Donations

Kitchen Equipment	Quantity
Gas Stove	5
LPG Tank with accessories	3
Cauldron	5
Kawa	2
Ladle	2
Dipper	1
Collander (Stainless)	1
Rectangular Colander (Plastic)	6
Big Basin (Plastic)	4
Small Basin (Stainless)	3
Big Basin (Stainless)	4
Chopping Board	10
Scissor	2
Kitchen Knife	10
Peeler	5
Tong (Big)	1
Can Opener	2
Measuring Cups	8
Measuring Pitcher 500mL	2
Measuring Pitcher 250mL	2
Measuring Pitcher 1L	1
Oil strainer	1
Metal Sharpener	1
Skimmer	2
Utility Box	2
Pot holder	12
Lunch box	1,000
Weighing Scale (Digital)	1



## Options for Cash Donations

### GCASH



### JUST PAY



### BANK DEPOSIT

**Gawad Kalinga Community Development Foundation, Inc.**  
**Account Number: 3101 0970 39 (PHP CURRENT)**  
**BPI EDSA Greenhills**

**Gawad Kalinga Community Development Foundation, Inc.**  
**Account Number: 3104 0162 34 (US\$ SAVINGS)**  
**BPI EDSA Greenhills (Swift Code: BOIPHMM)**

### IMPORTANT

**When giving via bank deposit, please take a photo of the deposit slip and email to [partnerships@gawadkalinga.com](mailto:partnerships@gawadkalinga.com) with the following details:**

**Name of Donor**

**Date of Deposit, Amount, BPI Branch**

**Indicate the campaign or project you wish to give to (Kusina ng Kalinga)**

## FAQ

### Q1: Why the increase from P20.00 to P30.00/kid/day?

A1: The change in pricing was driven by three major components:

- Rise in prices of commodities (i.e. meat, vegetables)
- New program components (i.e. First 1,000 days, nutrition workshop for mothers, rice incentives for volunteers)
- Additional operational expenses due to health protocols (i.e. PPEs, mobile internet, mobility)

### Q2: What's the difference between central kitchens and community kitchens?

Kitchen Components	Central Kitchen	Community Kitchen	Remarks
Number of Kids Served	1,000 kids	300 kids	<ul style="list-style-type: none"> <li>• Health protocols limits mobility and prohibits mass gathering</li> <li>• 300 kids optimal number for limited mobility</li> </ul>
Number of Days	At most 120 days	At least 120 days	<ul style="list-style-type: none"> <li>• Minimum days of sustained feeding to achieve substantial nutritional results</li> <li>• Go beyond 120 and sustain the kitchen through local <b>bayanihan</b></li> </ul>
Scope of Program	Meals for kids	Meals for kids, toddlers, pregnant & lactating mothers + Better nutrition at home workshop for parents	<ul style="list-style-type: none"> <li>• Expanded nutrition intervention</li> <li>• Empowering parents to take the lead in better nutrition</li> <li>• Improved recipes</li> </ul>
Kitchen Management	Full time project hire	Community-based volunteers with rice incentives	<ul style="list-style-type: none"> <li>• Limit operation to those living in the same community</li> <li>• Empower the community to end hunger in their town</li> </ul>
Local Counterparts	Infrastructure and labor	Ingredients	<ul style="list-style-type: none"> <li>• <b>Bayanihan</b> will expand the reach of the program</li> </ul>
Cost of Meals	P 20.00/kid/day	P 30.00/kid/day	<ul style="list-style-type: none"> <li>• Account for increase in prices commodities</li> <li>• New allocations for rice incentives for volunteers</li> <li>• New allocation to mentor &amp; support volunteer team and workshop for parents</li> </ul>

### Q3: What's the breakdown of the budget for a new kitchen?

**Php 1,080,000.00 per kitchen (Php30.00 x 120 days x 300 kids)**

Kitchen Component	Inclusion	Cost	%
Meals	Vegetable-based viand + rice (Options for in-kind donations available)	Php 684,000.00	63%
Kitchen Set-up	Renovations and equipment for food safety & sanitation + access to clean water	Php 150,000.00	14%
Incentives for Volunteers	5 kilos of rice per volunteer per week (minimum of 6 volunteers)	Php 36,000.00	3%
Transportation & Communication Allowances	Mobilization and mobile internet of kitchen team	Php 12,000.00	1%
Mentoring & Monitoring Visits	Nutrition & health workshops + Quality assurance visits	Php 90,000.00	8%
Administrative Expenses	Contribution to shared services of Gawad Kalinga Headquarters	Php 108,000.00	10%





“

Let us work together to end hunger.  
Let us bring much needed food to  
those who need it the most especially  
during this time of pandemic. Join the  
battle against hunger and poverty. We  
should be able to tell ourselves that no  
child went hungry under our watch.  
***Hunger ends where caring begins!***