



Nutrition Program Outcome Evaluation

Project: Unbound Quezon, Philippines

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Report Date: June 2016

Program Background: One of the activities in the Nutrition Program of Quezon project is food allowance. Although this has provided support over the years, it has also created a dependency on the program to meet the families' need for food. Efforts are being made by the Quezon project to gradually eliminate this dependency in the five-year evolution of the program. One of the efforts aims to engage families in income-generating projects that can increase their ability to support daily basic needs. The aim has been to find ways through which the sponsored families begin relying less on their sponsorship benefits for subsistence and use their benefits to meet other identified needs of the sponsored and their family, including saving further for the sponsored future educational needs. However, despite these interventions, the demand for sponsorship benefits for food assistance is persistent.

Purpose of the Evaluation: To better understand the value of the Nutrition Program in the lives of the sponsored families. To learn the reasons for the families' continued dependency on the program to meet their food needs and to gather evidence on whether or not that the program was making an important difference in the lives of the sponsored families.

Methods: The following methods were used for the evaluation -

- Survey of 600 sponsored youths and 631 parents
- Focus Group Discussions with 100 Community Parent Leaders, 11 Parent Council Leaders, and 22 Youth Council Leaders
- Interviews with 100 randomly selected families during home visits
- Review of existing records and data from the accounting department and subprojects

Key Findings and Conclusions:

- There is a misunderstanding among sponsored families of what the Nutrition Program is. It is seen as a means to sustain their basic needs than a program that supports their overall development.
- Initiatives that enable sponsored families to value the significance of savings and generate additional income are being used by the families to finance income-generating activities. However, majority of the youths and families are allocating their increased income to purchase food.
- Food allowance serves as a motivating factor for the sponsored families to meet the sponsorship requirements and to participate in other activities of the program.
- Not all families are aware of the flexibility in utilizing the food allowance and sponsorship benefits to meet other identified needs.
- Families do not believe that the food assistance activity of the Nutrition Program should be eliminated but did mention other potential ways the program can be of value to them.

Learnings and Report Recommendations:

- The project will take an approach to phase out the Nutritional program and start by making it optional rather than initially eliminating it.
- Further orientation to the benefit options and the variety of options available in the Nutritional program will be delivered.
- The project will work on building an understanding that the food assistance program shouldn't influence their motivation to participate in the sponsorship program.
- Encourage active participation in livelihood programs as a tool towards achieving economic self-sufficiency of the sponsored members.