

Girl Powered Nutrition (GPN) Program Daily Missions

WEEK 3 of July 2020

The third week will be the time for the girls to work on different activities in each stage for the Daily Missions. All entries of the girls for the activities will be posted on Thursday, July 23 except for the first activity which is under the Green Stage so the Planning Team can track the possible number of participants working on the activities.

The activities and its mechanics will be posted on Monday, July 20. The registration for the Advocacy BootCamp will also be opened on Monday and will be closed on Tuesday, July 21 at 10:00 A.M. The selected participants will receive confirmation emails on Tuesday.

The activities for each stage are as follow:

NutriThink (First Stage)

1. Fill the letters of the word 'NUTRITION' with what you associate nutrition with or conceive it to be. Use the template provided and posts it on your Facebook account.
2. Aside from the template, the participants must also post a photo of them eating healthy foods wearing any Girl Scout uniform (Official uniform, GSP shirt with scarf or event shirt with scarf).
3. Their entries shall be posted on Facebook with the event hashtags on **July 20, Monday.**

Fam Talk (Second Stage)

1. In a form of vlogging, have a talk or an interview with your family members about nutrition and the importance of eating well.
2. Your vlog must be at least a minute and will not exceed four minutes.
3. Wear any GSP Logo/Fun shirt with scarf in your vlog.
4. Post it on Facebook with the event hashtags on **July 21, Tuesday.**

iSurf (Third Stage)

1. Surf the internet and look for news, articles, narratives, researches etc. about public health and nutrition.
2. Post a screenshot of the article and write a short (250-300 words) essay/reflection stating your thoughts and main takeaways from the article which will serve as your caption.
3. Be guided with the format:

HEADLINE: Even 'low-risk' drinking can be harmful (article title)
SOURCE: Science Daily (article link)
 -----REFLECTION-----
4. Post your essay/reflection on Facebook with the event hashtags on **July 22, Wednesday.**

4Pics4Nutrition (Fourth Stage)

1. Prepare the ingredients and materials which will be used for the meal.
2. Cook a healthy meal.
3. Choose a neighbor (any age level) within the vicinity of your house ONLY or the people living closest to your house.
4. Share the meal you've prepared to your chosen neighbor/s and talk to them about nutrition and the Girl Powered Nutrition program while adhering to social distancing measures and wearing masks and other protective gear.
5. Wear any GSP Logo/Fun shirt with scarf while doing the activity.
6. Post 4 photos (layout may vary depending on the participants) with short captions showing the steps 1-4 on Facebook with the event hashtags on **Thursday, July 23.**

We R Advocates! (Fifth Stage)

1. **Advocacy Bootcamp** – A registration form will be sent on Monday, July 20 where girls can sign up for the mentioned bootcamp. From the pool of applicants, 10 girls from each region will be chosen to join, making 60 the total number of participants. The Advocacy Bootcamp will be held on Wednesday, July 22 where 2 participants per region, evaluated based on their application forms and performance on the bootcamp, will be chosen to attend the Breakout Sessions. Selected girls for the Breakout Sessions will be announced on **Wednesday, July 23.**
2. **Advocacy Champion for a Day Training**– 12 chosen girls from Advocacy Bootcamp will experience a close mentoring session to be conducted by National Advocacy Champions to prepare them as they will be given a chance to handle the social media accounts of Put Your Best Fork Forward for a day after the Nutrition Month event.
3. **I Advocate** – Girls who won't be chosen to attend the Advocacy Bootcamp will post slogans advocating against malnutrition and eating healthy food. Their entries shall be posted on Facebook with the event hashtags on **July 24, Friday.**