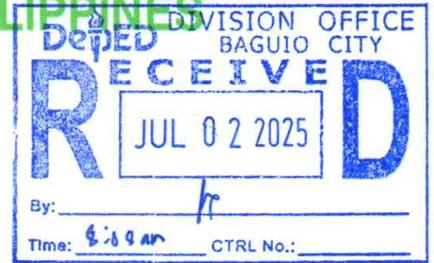




**GIRL SCOUTS OF THE PHILIPPINES**  
Northern Luzon Region  
Baguio Girl Scout Council



**CHQ CIRCULAR No. 21**  
**Series of 2025**

**TO : DISTRICT SUPERVISORS, PRINCIPALS, HEAD EACHERS,  
GSP DISTRICT FIELD ADVISERS, GSP SCHOOL  
COORDINATORS AND TROOP LEADERS**

**RE : NUTRITION MONTH CELEBRATION 2025**  
**DATE: July 01, 2025**

In celebration of Nutrition Month, the Girl Scouts of the Philippines (GSP), Baguio Council are pleased to announce a **Healthy Cooking Competition** scheduled for July 12, 2025 (Saturday) at the GSP Multi-Function Hall with theme: "**Lead the Feast: Girl Powered Nutrition Food Festival.**" This event will be spearheaded and organized by the four (4) Girl Scouts namely: Sr Sct. Nathaniella Bayona, Sr. Sct. Syprine Kim, Cdt. Sct. Shergwen Yuan Rich Padilla and Raven Sobremonte who participated in the recently concluded 2<sup>nd</sup> Regional Gathering of Girl Leaders (RGGL) held at Ating Tahanan NPTC, Baguio City last June 1 to 2, 2025.

This event aims to promote healthy eating habits and culinary creativity among our Girl Scouts while fostering creativity and teamwork. The competition will feature one (1) Main Dish and one (1) Desert. A Team per District shall composed as follows:

- one (1) Cadet Scout
- one (1) Senior Scout,
- one (1) Junior Scout
- one (1) Star Scout and
- one (1) Twinkler Scouts.

One (1) entry per District is encouraged to showcase the best healthy dish and desert. The participants will use local vegetables and fruits of Cordillera.

Attached to this Memorandum are the **Criteria for Judging** and the **Application Form**. We encourage all Districts to participate actively and showcase their culinary talents.

Please submit your Application Forms to the GSP Baguio Council not later than **July 8, 2025 (Tuesday)** thru email [gspbaguio.2096@gmail.com](mailto:gspbaguio.2096@gmail.com).

May we also invite at least 20 girls of different age level per District to cheer their candidates on the said activity. Details as follows:

**Attire** : GSP Active Uniform (GSP Cap, GSP Jogging Pants/maong pants, GSP Logo shirt, Age level scarf) or Complete Official Uniform (Cap, Skirt and Blouse, age level scarfs, pins, GSP Black belt, black shoes)

**Things to bring** : Nutritious snack or meal to share

Thank you for your continued dedication and commitment and let us work together to make this event a success and promote healthy living among our Girl Scouts.

Kindly confirmation your attendance until Thursday, July 08, 2025, 12nn. For your inquiries, please contact the Council Office or message at the GSP Baguio Council FB messenger. Should you have further queries, you may contact at GSP Baguio Council telephone/mobile nos. (074) 442-20296 and 09278234795 / 09625199591. The Council is open on weekdays from 8:00 a.m. to 5:00 p.m. or send email to [gspbaguio.2096@gmail.com](mailto:gspbaguio.2096@gmail.com).

Together, let's be Girl-Powered and Nutrition-Wise!

Transmitted by

  
**JENNIFER T. BUGTONG**  
Council Executive

Public Elementary and Secondary School Heads  
Private Elementary and Secondary Schools  
Heads/Administrators  
GSP District Field Advisers  
GSP School Coordinators and Troop Leaders

For information and guidance.

  
**SORAYA T. FACULO, PhD., CESO VI**  
Schools Division Superintendent/  
Council Commissioner on Admin

## HEALTHY COOKING COMPETITION CRITERIA

### 1. Use of Locally Available Ingredients (20%)

- **Emphasis on Local Produce:** Dishes should prominently feature ingredients native or readily available in Baguio City (e.g. strawberries, lettuce, cabbage, carrots, Baguio beans, ginger, ube, etc.)
- **Creativity in Ingredients Selection:** Innovative use of local ingredients to enhance flavor and nutritional value.

### 2. Adherence to Budget (20%)

- **Cost Effectiveness:** The dish must be prepared with a **Two Hundred Fifty Pesos (Php350.00)** budget for the **Main Dish** and **One Hundred Fifty Pesos (Php150.00)** budget for the **Desert**, including ingredients.
- **Transparency:** Participants must attach a brief cost breakdown.

### 3. Health and Nutrition (25%)

- **Nutritional Value:** Dishes should be balanced, low in unhealthy fats, added sugars and sodium.
- **Cooking Methods:** Preference for steaming, boiling or grilling, or other healthy techniques rather than frying.
- **Portion Size:** Appropriate serving size that promotes healthy eating habits.

### 4. Taste and Presentation (15%)

- **Flavor:** The dish should be flavorful, well-seasoned, and appealing.
- **Visual Appeal:** Attractive plating and presentation that enhance the dish's appeal.
- **Creativity:** Innovative combinations and presentation styles.

## 5. **Pre-Cooked Dish Quality (10%)**

- **Food Safety and Packaging:** The dish brought for judging should be well-prepared, properly stored, and hygienic.
- **Consistency and Finish:** The dish should maintain its quality upon arrival and demonstrates good cooking techniques.

## 6. **Environmental and Cultural Relevance (10%)**

- **Sustainability:** Use of minimal packaging or eco-friendly materials.
- **Cultural Significance:** Incorporation of Baguio or Cordillera cultural elements, if applicable.

### **Additional Guidelines:**

- **Ingredients List Submission:** Participants shall submit a list of ingredients used, emphasizing local produce.
- **Presentation and Explanation:** Briefly explain the dish's health benefits and local ingredient use during judging.
- **Pre-cooking:** Ensure dishes are cooked and packed appropriately for transport, maintaining freshness.



# GIRL SCOUTS OF THE PHILIPPINES

Northern Luzon Region  
Baguio Girl Scout Council

**REGISTRATION FORM**  
**BAGUIO HEALTHY COOKING COMPETITION**  
July 12, 2025 (Sat) 1:30 p.m. to 3:00 p.m.  
GSP Baguio Council Multipurpose Hall

Troop Name : \_\_\_\_\_ Troop No.: \_\_\_\_\_

Names of Participants :  
Cadet Scout: \_\_\_\_\_  
Senior Scout: \_\_\_\_\_  
Junior Scout: \_\_\_\_\_  
Star Scout: \_\_\_\_\_  
Twinkler Scout \_\_\_\_\_

Troop Leader Name : \_\_\_\_\_  
School Address : \_\_\_\_\_  
Contact No. : \_\_\_\_\_  
Email Address : \_\_\_\_\_

Briefly describe your planned dish/dessert: \_\_\_\_\_  
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(You may add additional paper, if needed)

List down the ingredients used with its corresponding price: \_\_\_\_\_  
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Note: Submit this form via email [gspbaguio.2096@gmail.com](mailto:gspbaguio.2096@gmail.com) on or before July 5, 2025