
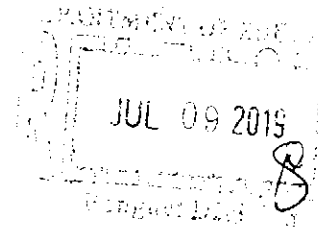
	Republic of the Philippines Department of Education Cordillera Administrative Region SCHOOLS DIVISION OF BENGUET Wangal, La Trinidad, Benguet		Document Code: SDO-GQF-QF-CID-OSDS-SDS-003 Revision: 00 Effectivity date: 09-03-2018
	DIVISION MEMORANDUM No. <u>181</u> s. 2019		Name of Office: SGOD-SHS

To: All Division Office Employees
 Schools District Supervisors, Coordinating Principals
 Heads, Public Secondary Schools
 School/District Nurses
 All others concerned

From: 
MARIE CAROLYN B. VERANO, CESO VI
 Schools Division Superintendent

Subject: 2019 Nutrition Month Celebration

Date: July 8, 2019



1. By virtue of Presidential Decree no. 491 (Nutrition Act of the Philippines) signed on June 25, 1974; July is celebrated as Nutrition month every year. The National Nutrition Council – CAR enjoins DEPED in this year’s celebration which focuses on the theme **“Kumain nang wasto at maging aktibo... push natin ‘to!’ (Eat healthy and do physical activity ... let’s push this!)**
2. The Nutrition Month campaign aims to catalyze actions to:
 - a. promote the consumption of healthy diets, increased physical activity, and reduced sedentary behavior through activities of daily living among individuals and families;
 - b. encourage the food industry including farmers, manufacturers, distributors and food establishments to produce and make available healthier food options; and
 - c. advocate for the enactment of national and local legislation/policies and policies at the workplace, school and other venues that are supportive of an enabling environment for healthy diets and physical activity.

While Nutrition Month is observed during July, actions to achieve the objectives are expected to be sustained.

3. The following school activities are endorsed to be part of the celebration:
 - Program launching in all schools
 - Conduct Nutrition colloquium for teachers, parents and other stake holders
 - Organize sessions on Physical Fitness Activities & Healthy Lifestyle “Hataw na” dance crafts and heave School Canteen TWG’s regarding their functions
 - Putting up of streamers/theme in bulletin boards (Official logo and design available at the website National Nutrition Council) Email: info@nnc.gov.ph Website: www.nnc.gov.ph Facebook: www.facebook.com/nncofficial Twitter: @NNC_official
 - Holding of cooking competitions for healthy diets, food exhibits, trade fairs and regular physical activities.
 - Other best practices.
4. Please be guided of the following schedules for SDO, District and Division Level competitions. (Time and dates to be announced later)
5. Immediate dissemination to all concerned is desired.