



Republic of the Philippines
Department of Education
CARAGA REGION



July 6, 2023

REGIONAL MEMORANDUM
No. 0620, s. 2023

To: SCHOOLS DIVISION SUPERINTENDENTS
This Region

2023 NUTRITION MONTH CELEBRATION

1. By virtue of Presidential Decree No. 491, the month of July is declared as Nutrition Month to increase awareness of Filipinos on pressing nutrition concerns. This year's theme is "Healthy Diet Gawing Affordable for All!", aims to promote food and nutrition security, specifically affordability, and ensure the right of everyone to have access to safe and nutritious food and be free from hunger.
2. To promote public awareness, all DepEd offices and schools are encouraged to support the 2023 Nutrition Month Celebration (NMC) by undertaking related activities such as:
 - a. utilizing online and other media platforms trough active use, posting, and sharing of the 2023 NMC campaign and advocacy materials in official websites and social media accounts; and
 - b. conceptualizing own relevant activities for learners and their families such as seminars, webinars, lectures, and exhibits.
3. As part of the celebration, there shall be a simultaneous malunggay planting on July 24, 2023. All offices and schools are encouraged to participate in this activity by plating malunggay cuttings or seeds in vacant spaces, containers and pots.
4. Photo documentation of the activities shall be posted in the official social media pages using the following hashtags: #NationalNutritionMonth2023, #NutrisyongSapatParaSaLahat and #HealthyDietForAll.
5. For your information and dissemination.

MARIA INES C. ASUNCION
Director III
Officer In-charge
Office of the Regional Director

BY THE AUTHORITY OF THE REGIONAL DIRECTOR

BERNABE L. LINOG
Chief, ESSD



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Encl/s.: NONE

Reference/s: DepEd Memo No. 037, s. 2023

To be indicated in the Perpetual Index

under the following subjects:

NUTRITION MONTH CELEBRATION

OPLAN KALUSUGAN SA DEPED

ESSD/jcc

07/06/2023



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