



June 26, 2019

REGIONAL MEMORANDUM
No. 311, s. 2019

2019 NUTRITION MONTH CELEBRATION



TO: SCHOOLS DIVISION SUPERINTENDENTS
This Region

1. The National Nutrition Council (NNC), will lead the whole nation in the celebration of **2019 Nutrition Month** every July as mandated by Presidential Decree No. 491 or Nutrition Act of the Philippines. The main purpose of this Celebration is to disseminate nutrition-related messages to all Filipinos through a theme “**Kumain ng wasto at maging aktibo...push natin ‘to!’**”
2. The Celebration aims to:
 - a. promote the consumption of healthy foods, increase physical activity, and reduce sedentary behavior through activities of daily living among individuals and families;
 - b. eating and choosing healthy food choices regularly; and
 - c. make healthy eating a habit and lifestyle.
3. The Department of Education enjoins all schools to participate in this Celebration by *undertaking meaningful activities which will highlight the importance of good nutrition, healthy eating lifestyle, choosing and eating the right food, and making exercise a daily routine.*
4. The schools must observe DO 13, S.2017 titled Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices.
5. However, it is emphasized, that the “Engaged Time-on-Task” policy of the DepEd should be observed as stipulated in DepEd Order No. 9, s. 2005.
6. A division consolidated narrative report with pictorials on the celebration should be submitted to ESSD-Regional Office on or before August 15, 2019, email to nelia.balacuit@deped.gov.ph for consolidation.
7. Immediate dissemination of this Memorandum is desired.


FRANCIS CESAR B. BRINGAS, CESO V
OIC- Regional Director

Essd/nlb
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Republic of the Philippines
Department of Education

Tanggapan ng Kalihim
Office of the Secretary

DepEd MEMORANDUM
No. , s. 2019

2019 NUTRITION MONTH CELEBRATION

To: Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public Elementary Schools and Secondary Schools
All Others Concerned

1. The National Nutrition Council (NNC) leads the whole nation in the celebration of **2019 Nutrition Month** this coming July. The main purpose of this Celebration is to disseminate nutrition-related messages to all Filipinos through a focal theme ***"Kumain ng wasto at maging aktibo...push natin 'to!"***
2. The Celebration aims to:
 - a. Promote and improve consumption of healthy food and drinks;
 - b. Eating and choosing healthy choices regularly;
 - c. Make healthy eating a habit and lifestyle; and
 - d. Be active and exercise daily.
3. In support of this developmental endeavor of the nutrition community to be spearheaded by the NNC, the Department of Education (DepEd) enjoins all schools to participate in this Celebration by undertaking meaningful activities which will highlight the importance of good nutrition, healthy eating lifestyle, choosing and eating the right food, and making exercise a daily routine.
4. However, it is emphasized, that the "Engaged Time-on-Task" policy of the DepEd should be observed as stipulated in DepEd Order No. 9, s 2005.
5. A consolidated narrative report with the pictorials on the highlights of the observance of Nutrition Month shall be prepared by the regional health and nutrition personnel for submission to the NNC regional offices.
6. Immediate dissemination of this Memorandum is desired.

LEONOR MAGTOLIS BRIONES
Secretary