



Republic of the Philippines  
Department of Education  
CARAGA REGION



JUNE 18 2025

REGIONAL MEMORANDUM

No. 0602, s. 2025

To: Schools Division Superintendents  
All Others Concerned

2025 NUTRITION MONTH CELEBRATION: NUTRI-KATSA PAINTING  
COMPETITION YEAR 4

1. In reference to the National Nutrition Council (NNC) Caraga letter dated June 11, 2025, the Nutri-Katsa Painting Competition Year 4 will be conducted in line with the 51<sup>st</sup> Nutrition Month celebration. This year's theme is, "Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat", with the sub-theme "Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!"

2. In view of this, all Schools Division Office (SDO) are requested to invite at least one Junior High School student representative to participate in the said activity. Below is the schedule of activities for the Nutri-Katsa Painting Competition Year 4:

| Activity                                                          | Date          | Venue/Platform                                        |
|-------------------------------------------------------------------|---------------|-------------------------------------------------------|
| Deadline of submission of Nutri-Katsa Painting entries            | July 11, 2025 | NNC Caraga Regional Office                            |
| Screening of artworks                                             | July 14, 2025 | NNC Caraga Regional Office                            |
| Posting of screened Nutri-Katsa artworks                          | July 18, 2025 | Facebook                                              |
| Judging of entries                                                | July 25, 2025 | NNC Caraga Regional Office                            |
| Awarding of winners Year 4 (Nutrition Month Culmination Activity) | July 29, 2025 | Butuan City ( <i>specific venue to be announced</i> ) |

3. The artwork must be original and should capture the theme of the painting competition, along with one of the key messages for individuals and families: **"Establish food gardens to supplement food supply within households and communities and promote self-sufficiency."**

4. Each entry must be accompanied by a photocopy of the participant's ID and the adviser's school ID, with an indicated contact number.

5. Confirmation of contestants and official entry shall be through the physical submission of the artwork to the National Nutrition Council Regional Office with

the official address: 2<sup>nd</sup> Floor, VCDU Building, T. Guingona Sr. Avenue, Dagohoy, Butuan City 8600, on or before **July 11, 2025**, 5 o'clock in the afternoon.

6. Criteria for Judging and Prizes:

| Criteria                                | Percentage  | PRIZES                                   |                        |
|-----------------------------------------|-------------|------------------------------------------|------------------------|
| Interpretation of Nutrition Month Theme | 25%         | First Prize                              | P 4,000.00 + Plaque    |
| Creativity and Originality              | 25%         | Second Prize                             | P 3,000.00 + Plaque    |
| Quality of Artwork                      | 20%         | Third Prize                              | P 1,500.00 + Plaque    |
| Artistic Skill/Aesthetics               | 10%         | 4 <sup>th</sup> – 12 <sup>th</sup> Prize | P 500.00 + Certificate |
| Facebook Engagements                    | 10%         |                                          |                        |
| Neatness                                | 10%         |                                          |                        |
| <b>TOTAL</b>                            | <b>100%</b> |                                          |                        |

7. Attached is the NNC Letter and Mechanics of the Nutri-Katsa Painting Contest Year 4 for further details and reference.

8. For inquiries, please contact Ms. Rena Grace G. Tul-id, Nutritionist-Dietitian II/Regional SBFP Focal at [renagrace.tul-id@deped.gov.ph](mailto:renagrace.tul-id@deped.gov.ph) or Ms. Lee Anne Mae L. Alicaya, Technical Assistant I at [leeannemae.alicaya@deped.gov.ph](mailto:leeannemae.alicaya@deped.gov.ph).

9. For information and dissemination.

  
**MARIA INES C. ASUNCION**  
 Director IV  
 Regional Director

Encl.: None

Reference: None

To be indicated in the Perpetual Index  
under the following subjects:

CAMPAIGN   CONTESTS   HEALTH EDUCATION   NUTRITION EDUCATION

ESSD/rgt  
06/11/2025



National  
Nutrition  
Council



Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
**NATIONAL NUTRITION COUNCIL**  
**CARAGA REGION**  
2<sup>nd</sup> Floor, VCDU Building, T. Guingona Sr. Avenue  
Dagohoy, Butuan City 8600

June 11, 2025

**DIR. MARIA INES C. ASUNCION, CESO IV**

Regional Director, DepEd Caraga  
Butuan City

**THRU: MS. RENA GRACE G. TUL-ID, RND**

Nutritionist-Dietitian II

Dear **Director Asuncion**:

First and foremost, we extend our sincere appreciation for the continued support and partnership of your agency in disseminating nutrition and nutrition-related information to learning institutions across the Caraga Region. Presidential Decree No. 491, also known as the Nutrition Act of the Philippines, declares July as Nutrition Month and designates the National Nutrition Council (NNC) to lead the campaign to raise greater awareness on nutrition.

This year, the Nutrition Month campaign adopts the overarching theme **“Sa PPAN: Sama-Sama sa Nutrisyong Sapat Para sa Lahat”**, with the sub-theme **“Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!”** The campaign highlights the urgent need to ensure that all Filipinos have access to safe, adequate, and nutritious food. Focusing the celebration on the Philippine Plan of Action for Nutrition (PPAN) 2023–2028 is a strategic approach to increase public awareness and emphasize its significance as the country’s primary framework for improving nutrition. By putting PPAN at the forefront, the initiative aims to strengthen community engagement and foster collective action toward a healthier and nutritionally secure Philippines.

In line with this, we would like to invite Junior High School students from the Caraga Region to participate in the **Nutri-Katsa Painting Competition Year 4**, as part of the 2025 Nutrition Month celebration. Each Division is encouraged to endorse at least one (1) student representative. The artwork must be original and should capture the theme of the painting competition, along with one of the key messages for individuals and families: **“Establish food gardens to supplement food supply within households and communities and promote self-sufficiency.”** We respectfully request the full support of each division for their respective representatives. Below is the schedule of activities for the Nutri-Katsa Painting Competition Year 4:

| Activity                                                          | Date         | Venue/ Platform                                       |
|-------------------------------------------------------------------|--------------|-------------------------------------------------------|
| Deadline of submission of Nutri-Katsa Painting entries            | 11 July 2025 | NNC Caraga Regional Office                            |
| Screening of artworks                                             | 14 July 2025 | NNC Caraga Regional Office                            |
| Posting of screened Nutri-Katsa artworks                          | 18 July 2025 | Facebook                                              |
| Judging of entries                                                | 25 July 2025 | NNC Caraga Regional Office                            |
| Awarding of winners Year 4 (Nutrition Month Culmination Activity) | 29 July 2025 | Butuan City ( <i>specific venue to be announced</i> ) |

Attached to this letter are the Nutri- Katsa Year 4 Guidelines and the Nutrition Month Briefer for your reference. For any inquiries, please contact the NNC Secretariat, PDO I Mae C. Ramoco, at 0993 371 7903 or via email at [nnccaraga@gmail.com](mailto:nnccaraga@gmail.com). Once again, we are counting on the DepEd active support and involvement in the 2022 Nutrition Month celebration.

Thank you and more power!

Sincerely,

**NIÑO ARCHIE S. LABORDO, MRD, PhD**

Regional Nutrition Program Coordinator  
National Nutrition Council Caraga

**“Healthy diet gawing affordable for all!”**

**Telephone:** (085) 817 5883

**Email:** [nnccaraga@gmail.com](mailto:nnccaraga@gmail.com)

**Website:** [nnc.gov.ph/regionaloffices/mindanao/caraga](http://nnc.gov.ph/regionaloffices/mindanao/caraga)

**Facebook:** [facebook.com/NNC13Caraga](https://facebook.com/NNC13Caraga)

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National  
Nutrition  
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Republika ng Pilipinas  
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2<sup>nd</sup> Floor, VCDU Building, T. Guingona Sr. Avenue  
Dagohoy, Butuan City 8600

## Nutri-Katsa Painting Contest Year 4

### Background

The Nutri-Katsa Painting Contest, a long-standing creative advocacy initiative of the National Nutrition Council (NNC) Caraga, continues in celebration of the 2025 Nutrition Month. This year, the Nutrition Month campaign adopts the overarching theme “Sa PPAN: Sama-Sama sa Nutrisyong Sapat Para sa Lahat” with the sub-theme “Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!” The campaign highlights the urgent need to ensure that all Filipinos have access to safe, adequate, and nutritious food. Centering the celebration on the Philippine Plan of Action for Nutrition (PPAN) 2023-2028 is a strategic move to increase public awareness and emphasize its importance as the country’s primary framework for nutrition improvement. By keeping PPAN at the forefront, the initiative seeks to strengthen community engagement and foster collective action toward a healthier and nutritionally secure Philippines.

### General Instructions

- 1) The Nutri-Katsa contest is open to **Junior High School** students in the Caraga Region.
- 2) Upon submission of entries to the NNC RO the contestants must submit a copy of their school identification card (ID) and a school ID of their adviser with a contact number.
- 3) Confirmation of contestants and official entry is through the submission of the actual artwork to the National Nutrition Council Regional Office with the official address: 2nd Floor, VCDU Building, T. Guingona Sr. Avenue, Dagohoy, Butuan City 8600, on or before 11 July 2025, 5’oclock in the afternoon.

### Mechanics

- 1) Each contestant shall produce and submit **one (1) original artwork/painting** using painting materials of their choice and katsá, a soft, loosely woven cotton cloth commonly used as straining material for making cheese and for other uses in cooking, which will serve as the canvass.
- 2) The katsá (framed canvas) dimensions shall be **16” (width) x 20” (height)**. Contestants may use or depict a specific or a combination of art movements and styles (e.g., abstract) to express or visualize the theme.
- 3) The contestant must **submit a time-lapse video** in a flash drive showing the entire painting process from start to finish. The actual, original artwork/painting and time-lapse video must be submitted to NNC Caraga Regional Office on or before 11 July 2025, 5’oclock in the afternoon.

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***“Healthy diet gawing affordable for all!”***

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[www.youtube.com/NationalNutritionCouncilOfficialPhilippines](https://www.youtube.com/NationalNutritionCouncilOfficialPhilippines)



4) A **short description of the artwork** must also be submitted with a **maximum of 100 words**, typewritten on an A4 size paper. This must be submitted along with the actual artwork. The artwork should capture the theme of the painting competition, along with one of the key messages for individuals and families: **“Establish food gardens to supplement food supply within households and communities and promote self-sufficiency.”**

5) A copy of the 51<sup>st</sup> Nutrition Month Briefer will also be provided to all contestants. This may be used as an additional reference for the creation of the artwork.

6) All artworks received shall be deemed property of the NNC Caraga, which will have the right to reproduce, exhibit, or publish for promotional and educational purposes, indicating or acknowledging the contestant's name and school.

7) Upon receipt of registration/entry forms and actual artwork, NNC Caraga shall take a photo(s) of the entries which shall be **uploaded on the official NNC Caraga Facebook Page on 18 July 2025**. This is for the promotion of the contest and is one of the criteria for judging.

8) **Judging of the entries will take place on 25 July 2025**. However, there will be an initial **screening which will be on 14 July 2025**. The board of judges shall be composed of the members of the Regional Nutrition Committee, Regional Nutrition Technical Working Group, and visual artists in the Caraga Region. The decision of the judges is final and irrevocable.

9) **Awarding of winners shall be on 29 July 2025** during the 51<sup>st</sup> Nutrition Month Regional Culmination Activity. Winners shall be notified via SMS with the corresponding NNC Caraga Facebook posting.

#### **Criteria for Judging:**

| <b>Criteria</b>            | <b>Percentage</b> |
|----------------------------|-------------------|
| Interpretation of NM Theme | 25%               |
| Creativity and Originality | 25%               |
| Quality of Artwork         | 20%               |
| Artistic Skill/Aesthetics  | 10%               |
| Facebook Engagements*      | 10%               |
| Neatness                   | 10%               |
| <b>TOTAL</b>               | <b>100%</b>       |

\*Facebook Engagements shall include shares and positive reactions of the portrait and time-lapse video. The time-lapse video shall be uploaded as reel be included for social media shares and reactions combined to the social media reactions of the posted portrait. The number of shares and positive reactions to each photo and time-lapse video shall be added and will be averaged according to the total number of shares and reactions of all photos. Please avoid negative reactions.

#### **Prizes**

|                                         |                          |
|-----------------------------------------|--------------------------|
| First Price                             | Php 4,000.00 + Plaque    |
| Second Price                            | Php 3,000.00 + Plaque    |
| Third Price                             | Php 1,500.00 + Plaque    |
| 4 <sup>th</sup> -12 <sup>th</sup> Price | Php 500.00 + Certificate |



**SA PPAN**  
SAMA-SAMA SA  
NUTRISYONG SAPAT  
PARA SA LAHAT!

# 2025 NUTRITION MONTH BRIEFER

## WHAT IS NUTRITION MONTH?

Nutrition Month is celebrated every July to promote good nutrition among Filipinos, led by the National Nutrition Council under the Nutrition Act of the Philippines (P.D. 491).



JULY 2025

### OVERARCHING THEME

*"Sa PPAN: Sama-Sama sa Nutrisyong Sapat Para sa Lahat"*

### SUB-THEME

*"Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!"*

Calls for swift action to ensure safe, nutritious food for all—highlighting healthy diets as a right and pushing collective efforts for food security under PPAN 2023–2028.

## FOOD AND NUTRITION SECURITY

Food and nutrition security means everyone has access to enough safe, nutritious food for a healthy life at all times—a human right upheld by the Philippine Constitution and other global declarations, calling for inclusive, sustainable policies.

Source: UN Food and Agriculture Organization, 2024



## KEY MESSAGES

Food is a human right—not a privilege.

Support and implement PPAN interventions.

Start healthy diets early—begin during the first 1,000 days of life.

Grow food gardens for self-sufficiency.

Use climate-smart farming for food resilience.

Buy local; support our farmers.

Waste less: buy, store, and consume food wisely.

Push for stronger food and nutrition policies.

Improve food access and distribution for all at all times.

## CAMPAIGN OBJECTIVES

Promote awareness on food and nutrition security among government, LGUs, NGOs, CSOs, private sector, and communities.

Mobilize support, foster collaboration on food access and use, and reinforce commitment to PPAN 2023–2028.

## CAMPAIGN STRATEGIES

To reach more audiences, partners are encouraged to use the SAPAT strategies:

**S** - Strengthen food policies  
**A** - Amplify public awareness  
**P** - Promote sustainable food systems  
**A** - Activate partnerships without conflict of interest  
**T** - Transform food systems

