



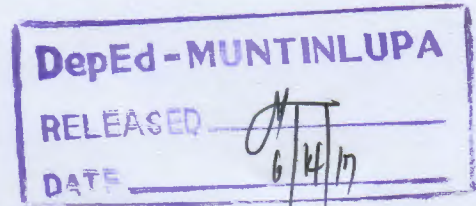
Republic of the Philippines
Department of Education
National Capital Region

SCHOOLS DIVISION OFFICE CITY OF MUNTINLUPA

June 13, 2017

DIVISION MEMORANDUM

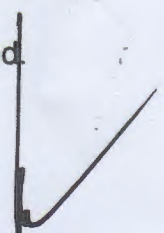
No. 085, s. 2017



TO: Assistant Schools Division Superintendent
Chief, School Governance and Operations Division
Chief, Curriculum Implementation Division
Public/Private Elementary/Secondary School Principals/Officers-in-Charge

National Nutrition Month Theme 2017: "Healthy diet, gawing habit-FOR LIFE!"

1. Attached is **Unnumbered Memorandum**, dated May 29, 2017, entitled **National Nutrition Month** with the theme "*Healthy diet, gawing habit-FOR LIFE!*", for dissemination and strict compliance of all concerned.
2. All public schools are required to submit the narrative report on or before **August 2, 2017**, c/o Ma. Teresa S. Indap R.N., Division Nurse In-Charge, School Health & Nutrition Section.
3. Wide dissemination of this Memorandum is desired.


MAURO C. DE GULAN, Ed. D.
Schools Division Superintendent





Republika ng Pilipinas
 (Republic of the Philippines)
KAGAWARAN NG EDUKASYON
 (DEPARTMENT OF EDUCATION)

PAMBANSANG PUNONG REHIYON
 (NATIONAL CAPITAL REGION) Department of Education
 Daang Misamis, Bago Bantay, Lungsod Quezon National Capital Region
 (Misamis St., Bago Bantay, Quezon City)

RECORDS AND PUBLICATION UNIT

RELEASED

MEMORANDUM

By: 31 *CS*
 Date: 31 MAY 2017 Time: _____

TO : Schools Division Superintendents

FROM : *[Signature]*
 PONCIANO A. MENGUITO
 Director IV

SUBJECT : National Nutrition Month Theme 2017
 "Healthy diet, gawing habit-FOR LIFE!"

DATE : May 29, 2017

1. This refers to the communication dated May 5, 2017 from Ms. Milagros Elisa V. Federizo, Nutrition Program Coordinator, National Nutrition Council re: National Nutrition Month Theme 2017 "Healthy diet, gawing habit-FOR LIFE!", the content of which is self-explanatory.
2. Particular attention is hereby invited to paragraphs 1, 2, 3 and 4 for your information and guidance.
3. For immediate dissemination.

DIVISION OF CITY SCHOOLS
 RECEIVED AR
 DATE 6/8/17
 TIME 9:00
CITY OF MUNTINLUPA



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIANG SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
NATIONAL CAPITAL REGION



05 May 2017

DR. PONCIANO A. MENGUITO
Regional Director
Department of Education – NCR
Misamis St., Bago Bantay, Quezon City

NATIONAL NUTRITION COUNCIL
National Capital Region

FAXED

Date: 5/10/17 Time: 1:39 PM
By: 924-4217 AF

Dear Dr. Menguito:

Greetings from the National Nutrition Council at the National Capital Region!

We are pleased to inform you that the theme for this year's Nutrition Month celebration is:

"Healthy diet, gawing habit – FOR LIFE!"

Nutrition Month is celebrated every July by virtue of section 7 of the Presidential Decree No. 491 or the "Nutrition Act of the Philippines, 25 June 1974". It aims to create awareness on the importance of good nutrition. This year's theme focuses on the promotion of healthy diets. A healthy diet as defined by the World Health Organization "emphasizes vegetables, fruits, whole grains, roots crops and fat-free or low-fat milk, lean meats, poultry, fish, egg, beans and nuts, and is low in saturated fats, trans-fats, cholesterol, salt (sodium) and added sugars." On the other hand, an unhealthy diet is composed of foods that are energy-dense and nutrient-poor, high in saturated fat, trans-fats, refined carbohydrates, and salt, and low in consumption of vegetables and fruits and low in fiber.

The need to focus on promoting healthy diet is because of the following: 1) Healthy diets protect against both under and over nutrition and non-communicable diseases; 2) Breastfeeding and complementary feeding which comprise the healthy diet of infants and young children promote optimal development and impacts on long-term health; 3) Only 31.7% of Filipino households are consuming the recommended amount of energy and nutrient levels; 4) There is an increasing prevalence of overweight and obesity among Filipino adults; and 5) Changes in the food system increases the availability of highly processed foods and reduces the access to whole foods.

In this regard, we would like to enjoin all our nutrition partner agencies to participate in this nationwide celebration by disseminating the theme to their respective network and more importantly, by planning and undertaking activities along the theme. Activities may include a launching program for the month-long celebration during the flag raising ceremony; putting up streamers; nutrition lectures/ fora and contests for employees and clients; featuring nutrition articles and information on bulletin boards and local newspaper; and airing of nutrition month theme messages through your local radio, among others.

"Healthy diet, gawing habit – FOR LIFE!"



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIAN SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
NATIONAL CAPITAL REGION




Also, may we request your good office to please share with us your agency's plan for the 2017 NM celebration on or before **15 May 2017** so we can include it in the regional schedule of NM activities? Kindly email your Nutrition Month Calendar of Activities to ncr@nnc.gov.ph or agnes.menorca@nnc.gov.ph or fax to telefax numbers 533-2713.

Should you need additional information on this matter, please feel free to call our office at telefax numbers 533-2713 and ask for Ms. Bea Menorca. We will furnish your office with a copy of the NM talking points and other information on the celebration as soon as these are available.

Thank you in anticipation of your usual full support and cooperation toward a successful Nutrition Month celebration. Best regards!

Very truly yours,


MILAGRO ELISA V. FEDERIZO, RND, MPH
Nutrition Program Coordinator
National Capital Region

