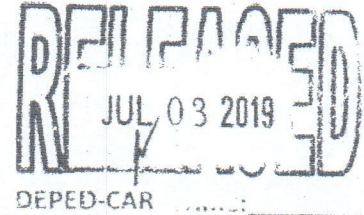


July 1, 2019

REGIONAL MEMORANDUM

No. 197.2019

**2019 NUTRITION MONTH CELEBRATION**



To: Schools Division Superintendents  
 All Schools Divisions

1. The National Nutrition Council (NNC) is mandated to coordinate activities on Nutrition thru Presidential Degree 491 which also designated July as Nutrition Month for the purpose of creating greater awareness among our people on the importance of nutrition.
2. This year, the 2019 Nutrition Month Celebration Theme is " **Kumain nang Wasto at Maging Aktibo...Push Natin 'to!** It focuses on physical activity which is defined as a bodily movement produced by skeletal muscles that requires energy expenditure. Benefits of Physical Activity includes prevention of non-communicable diseases such as cardio-vascular diseases, cancer, diabetes, etc., weight management, muscle and bone strength, better sleep, mental health and savings.
3. Schools division superintendents are enjoined to support the month-long activity and submit a consolidated report with pictures on or before August 16, 2019 to the DepEd-CAR Regional Office – [essd.depedacr@gmail.com](mailto:essd.depedacr@gmail.com).
4. The 2019 Nutrition Month Celebration talking points provided by the National Nutrition Council can be accessed at <http://www.nnc.gov.ph/index.php/downloads/category/139-2019-nutrition-month.html>.
5. Enclosed is the format of report.
6. Immediate dissemination of this Memorandum is desired.

Encls.: As stated  
 Reference: NNC Talking Points

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

**HEALTH EDUCATION LEARNERS OFFICIALS PROGRAM SCHOOLS**

ESSD/ABG/mba2019NMcelebration

MAY B. ECLAR, Ph.D., CESO V  
 Regional Director

to: All School Administrators, Principals & Teachers In-Charge  
 (Elementary & Secondary)  
**FOR YOUR INFORMATION & APPROPRIATE ACTION**  
 FEDERICO P. MARTIN, Ph.D., CESO VI  
 Schools Division Superintendent

**Contact Numbers (Area Code: 074):**

Office of the Regional Director	422-1318	Administrative Division	422-1804	CLMD	422-7096	HRDD	422-9590
Fax	422-4074	Cash Section	423-2215	LRMDS	422-0615	NEAP-R	422-5500
Office of the ARD	422-9590	Payroll Section	424-3993	ESSD	423-2218	PPRD	422-9590
ICT Unit	422-1318	Records Section	423-2213	Finance Division	422-5155	QuAD	422-5187
Public Affairs Unit	422-1318	Supply Section	422-2198	FTAD	424-5187	COA	422-7434
Legal Unit	423-2214	General Services Unit	422-1804				



**2019 NUTRITION MONTH CELEBRATION ACCOMPLISHMENT REPORT**

A. Division Level Activities

B. School Level Activities

		Elementary	Secondary
B.1	No. of schools that celebrated the Nutrition Month		
B.2.	Activities Conducted		
	B.2.a posting of theme in school/bulletin board		
	B.2.b. Lecture on Talking points		
	B.2.c Contest/s (e.g. poster making, essay writing, jingle making)		
	B.2.d. Cooking Demonstration		
	B.2. e. School Food Trade Fair		
	B.2. f. Physical Fitness Activities		
	B.2.g. Others		
C.	Best Practices		
D.	Pictures (include in caption name of school)		

Submitted by:

Approved:

\_\_\_\_\_  
Schools Division Superintendent