



TC 2407-642

Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF VIGAN CITY

July 8, 2024

Office of the Schools Division Superintendent

Division Memorandum
No. 209, s. 2024

2024 NUTRITION MONTH CELEBRATION

To: **Assistant Schools Division Superintendent
Chief Education Supervisors
Section/Unit Heads
All Others Concerned**

1. 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, which aims to create awareness on the importance of good health. This year's 2024 Nutrition Month Celebration theme is **"Sa PPAN: Sama Sama sa Nutrisyong Sapat Para sa Laban"**.

2. All schools and offices are enjoined to participate in the nationwide celebration by planning and undertaking activities along with the theme. Thus, the Schools Division Office through School Health and Nutrition Section under the Schools Governance and Operations Division will conduct the following initiatives:

Activity	Date	Venue
1. NutriQuiz	Every Monday of July 2024	After Flag Ceremony
2. Lectures on Healthy Diet and Container Gardening	July 30, 2024	Thru online, link will be shared on a later date
3. Establishment of Container Garden	July 31, 2024	Division Office
4. Nutrition Challenge	Whole month of July	Division Office

3. The objectives of the celebrations are as follows:
- To increase awareness, generates participation and commitments for increase support for the Philippine Plan of Action in Nutrition (PPAN) among stakeholders.
 - To promote importance of balanced and healthy nutrition on the body.
 - To improve nutrition practices of SDO employees.
 - To establish container garden in addition to the existing office garden.

4. See attached enclosure for the mechanics and template of Nutrition Challenge.

5. Immediate dissemination of this memorandum is desired

VILMA D. EDA, CESO V
Schools Division Superintendent



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Enclosure 1

Mechanics of the Nutrition Challenge:

1. Everyday employees will try to accomplish the nutrition challenges in the provided template.
2. A partner employee will validate daily report and sign at the corresponding box.
3. The template will be submitted to the School Health and Nutrition Section for filing and assessment at the end of the month.

DATE	WATER		BREAKFAST		WALKING BREAKS		VEGGIES CHALLENGE		STANDING AFTER 1 HOUR SITTING		Signature of Partner Employee
	Achieved	Not Achieved	Yes	No	Yes	No	Yes	No	Yes	No	

Printed Name and Signature of the Employee

Date:



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