



TC: 2507-1912

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

Division Memorandum
No. 473, s. 2025

2025 NUTRITION MONTH COMPETITIONS

To: Public Secondary and Integrated School Heads

1. In reference to the letter from LGU Vigan City on their 2025 Nutrition Month celebration with the theme "Food a Nutrition Security Maging Priority! Sapat na Pagkain, Karapatan Natin!", the City Health Office will conduct various nutrition competitions on **July 30, 2025**.
2. In line with this, elementary (Grade 5 & 6) and junior high school learners are encouraged to join the various competitions. Only **1 entry per school** in each competition. **The deadline for registration will be on July 28, 2025 at 12 NN.**
3. This aims to create a venue to advocate the importance of proper nutrition through various school competitions.
4. Attached is the copy of the letter for reference and the QR codes to be accessed for the registration form, schedule and guidelines of the competitions.
5. For queries please contact Mr Rizaldy Abero, Nutrition Officer I at 09773518486.
6. Immediate dissemination of this memorandum is desired.

VILMA D. EDA, CESO V
Schools Division Superintendent



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Republic of the Philippines
Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE



July 21, 2025

MS. VILMA D. EDA, CESO V
Schools Division Superintendent
Vigan School Division Office
Barangay IX, Vigan City

Dear **Superintendent Eda**:

This July, we observe **the 2025 Nutrition Month with the theme "Food at Nutrition Security Maging Priority! Sapat na Pagakin, Karapatan Natin!** The city of Vigan has lined up various nutrition competitions among public and private schools in the city.

We therefore invite you to participate in the different competitions that will be conducted as part of the celebration on **July 30, 2025**. Please find attached QR Codes for the registration form, schedule, and guidelines of the competitions. **The deadline for registration will be on July 25, 2025**. Only contestants registered on the said date will be allowed to join. For more information, you may contact Mr. Rizaldy Abero, Nutrition Officer I, with a contact number of 09773518486.

Your favorable response to this invitation shall manifest your support for our endeavors in nutrition.

Thank you.

Respectfully yours,

RANDOLF "RANDY" SINGSON
City Mayor

"PUBLIC SERVICE ABOVE SELF"

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CITY HEALTH OFFICE

PLEASE SCAN THE FOLLOWING QR CODES FOR THE GUIDELINES, SCHEDULE AND REGISTRATION OF ENTRIES OF EACH SCHOOL COMPETITIONS

1. NutriQuiz 2025 for Grade V or Grade VI Pupils ONLY.

<https://bit.ly/ViganNutriQuiz2025>



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2. Poster Slogan 2025 for Junior High School Students ONLY.

<https://bit.ly/ViganNutriPosterSlogan2025>



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3. Nutri-Sayaw-It/Jingle 2025 for Junior High School Students ONLY.

<https://bit.ly/ViganNutriSayawit2025>



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