



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

DIVISION MEMORANDUM

No. 579, s. 2026

TC-2607-1021

21 JUL 2026

PARTICIPATION IN THE 2026 NUTRITION MONTH CITY CELEBRATION
OF LGU VIGAN CITY

To: Public and Private Elementary, Secondary and Integrated School Heads

1. In reference to the letter from the City Mayor, the City Government of Vigan will conduct various nutrition competition in observance of the 2026 Nutrition Month celebration with the theme "**Nutrition at Kalikasan ating Pangalagaan**".

2. In line with this, schools are invited to participate in the different competition activities at the following venues:

COMPETITION ACTIVITIES	VENUE	DATE & TIME
Draw and Tell Competition (Preschoolers)	Vigan Conservation Complex	July 29, 2026; 8:30 AM
Enhanced Nutri Quiz (Grade 5 or 6 learner)	Vigan Convention Center	July 29, 2026; 8:00 AM
Nutri-Kalikasan Jingle (Junior High School Students- 7-10 students per each group)	Vigan Convention Center	July 29, 2026; 9:00 AM
Nutri Cookfest (Senior High School Students-3 students)	Vigan Conservation Complex	July 29, 2026; 8:00 AM

3. The registration deadline is on **July 22, 2026**, at **5:00 PM** using the **Entry Form** attached in the invitation letter. Only contestants who register on or before the said deadline will be allowed to participate. For further information, you may contact **Ms. Brigitte Marjo Sigua**, City Health Office Personnel at **0906-668-2023**.

4. While this Office recognizes the importance of promoting proper nutrition through the observance of Nutrition Month, it remains committed to ensuring the uninterrupted delivery of teaching and learning. Accordingly, this Memorandum provides the guidelines on attendance, emphasizing voluntary participation and strict adherence to the instructional block.

5. Attached is the copy of the invitation letter for reference.

6. Immediate dissemination of this memorandum is desired.



[Signature]
VILMA D. EDA, CESO V
Schools Division Superintendent



Address: Mena Crisologo St. corner Rivero St., Brgy. IX, Vigan City, Ilocos Sur
Telephone No: (077) 722-20-23 / (077) 632-05-33
Email Address: vigan.city@depd.gov.ph
Website: www.depdvigancity.com

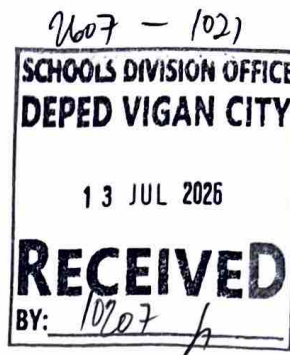
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Republic of the Philippines
Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE



July 13, 2026

MS. VILMA S. EDA, CESO V

Division Superintendent
Vigan City School Division
Barangay IX, Vigan City

Dear **Superintendent Eda**:

Happy Nutrition Month!

This July we observe the 2026 Nutrition Month with the theme "Nutrisyon at Kalikasan ating Pangalagan. The City of Vigan has lined-up various nutrition competitions among public and private schools in the city.

With this, may we invite you to participate in the different competitions that will be conducted on ~~July 30, 2025~~. Attached herewith are the entry forms, schedule and guideline of the competitions. The Deadline of registration will be on July 22, 2026; 5:00PM. Only contestants registered in the said date will be allowed to join. For more information, you may contact Ms. Brigitte Marjo Sigua with a contact number 09066682023.

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

Sincerely,


RANDOLF "RANDY" V. SINGSON
City Mayor

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Republic of the Philippines
Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE

**2026 NUTRITION MONTH CELEBRATION
JULY 29, 2026 @ 8:30 AM
VENUE: VIGAN CONSERVATION COMPLEX**

**THEME: "NUTRISYON AT KALIKASAN ATING PANGALAGAAN!"
DRAW AND TELL COMPETITION
(Preschoolers)**

Guidelines:

1. The competition is open to children aged 4-5 years old, nursery/ day care/ kindergarten, who are currently enrolled in a public or private.
2. The contestant must be a resident of Vigan City.
3. The following are the participating contestants:

- 6 contestants from Day Care Centers (-Poblacion, 2-Eastern, 2-Western)
- 1 Contestant from Vigan City Nan Chong School, Inc.
- 1 Contestant from University of Northern Philippines
- 1 Contestant from Divine Word College of Vigan
- 1 Contestant from Dudley S. Lara
- 1 Contestant from Mother Edeltraud Danner School, Inc.
- 1 Contestant from UCCP Christian Learning and Development Center, Inc.
- 1 Contestant from Calvary Baptist Academy, Inc.
- 1 Contestant from St. Thomas Aquinas Learning Center of Vigan City
- 1 Contestant from Adventist School La Ciudad Fernandina, Inc.

4. The entry should be drawn on an Oslo Paper (white) using pencil and crayons (8 colors).
Margin is not necessary.
5. The competition should be "on-the-spot" and shall be given one (1) hour to complete their drawing.
6. The contestant should depict this year's Nutrition Month Theme.
7. The contestant should be able to explain or tell something about his/ her drawing within three (3) Minutes in Ilocano.
8. The Criteria for judging are:

a. Concept/ Theme	30%
b. Explanation/ Delivery	30%
c. Attractiveness	20%
d. Neatness	20%
TOTAL	100%

6. Prizes

First	P3, 000.00 plus Certificate
Second	P2,500.00 plus Certificate
Third	P2,000.00 plus Certificate
Consolation	P1,000.00 plus Certificates



Republic of the Philippines
Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE

NUTRITION MONTH CELEBRATION 2026 JULY 29, 2026 @ 8:00 AM VENUE: VIGAN CONVENTION CENTER

THEME: "NUTRISYON AT KALIKASAN ATING PANGALAGAAN!" ENHANCED NUTRI- QUIZ

Mechanics and Guidelines

DATE: July 29, 2026; 8:00 AM

VENUE: Vigan Convention Center

1. The 2025 Nutri Quiz is open to all **public and private elementary schools** in Vigan City. The contestant should be a **Grade 5 or 6 pupil**.
2. There shall be only one contestant from each school.
3. The Nutri Quiz shall follow a **"Write and Show Format"** wherein the quiz master reads each question aloud and all the contestants shall answer on each board/paper and display it.
4. Questions shall be in the English Language.
5. The questions shall be of three levels of difficulty: **Easy, Average, and Difficult**. There shall be **5 questions in each level**. Each correct answer in every level shall be given corresponding points, to wit:
 - o Easy – **1 point**
 - o Average – **2 points**
 - o Difficult – **3 points**
6. The contestants shall be given **10 seconds** for easy/average and **15 seconds** for difficult questions to answer all the questions. They shall start answering only after the quizmaster will say **"GO"**. After the time limit has expired, all contestants shall show their answers to the quizmaster for checking by the board of evaluators.
7. All answers must be spelled correctly.
8. If any member of the board of evaluators cannot determine the validity of an answer, the board of arbiters shall decide on the matter. The decision of the board of arbiters shall be final.
9. The contestant with the highest score shall be declared as the first-place winner, the second highest as the second place, and third highest as the third-place winner.
10. In case of a tie, a clincher round shall be conducted. It shall be a play-off between or among the contestants with equal scores until a winner emerges.
11. The duly registered coach of the contestant is the only person authorized to file a protest. All protests shall be referred to the board of arbiters.

PRIZES

FIRST PLACE– ₱5,000.00 plus certificate

SECOND PLACE– ₱4,000.00 plus certificate

THIRD PLACE– ₱3,000.00 plus certificate

Consolation – ₱1,000.00 plus certificates

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Republic of the Philippines
Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE

NUTRITION MONTH CELEBRATION 2026

JULY 29, 2026 @ 9:00 AM

VENUE: VIGAN CONVENTION CENTER

THEME: "NUTRISYON AT KALIKASAN ATING PANGALAGAAN!"
NUTRI- KALIKASAN JINGLE

Mechanics and Guidelines:

DATE: July 29, 2026; 9:00 AM

VENUE: Vigan Convention Center

1. The contest is open to **all junior high school students from public and private high schools** in the city of Vigan. Each group shall be composed of **7–10 students** regardless of grade level.
2. The jingle must focus on the **2026 Nutrition Month theme**.
3. Each group shall prepare a **2–4-minute** presentation combining singing and dancing. **Live singing is a must**, pre-recorded accompaniment or background music is allowed. Groups are given an additional minute for the set-up of live instruments (provided by the group).
4. All pre-recorded accompaniment and background music must be forwarded to the management **1-hour before the competition**. Also, live instruments shall be tested **1-hour before the competition**.
5. Lyrics should be original and must not violate copyright. Dance steps must be replicable and appropriate for all ages. There shall be no vulgar words and dance moves during the performance.
6. Costumes should be decent, safe, and relevant to the theme. Props may be used but should not be extravagant and big.
7. A printed copy of lyrics must be provided to the judges enclosed in a brown envelope.
8. The board of judges shall be composed of not more than **three (3)** members.
9. The judges' decision is final.
10. **The criteria for judging:**
 - a. Relevance to Theme – **30%**
 - b. Creativity and Originality – **25%**
 - c. Choreography and Execution – **25%**
 - d. Audience Impact – **10%**
 - e. Costume and Props – **10%**

11. Prizes:

- **FIRST PLACE** – ₱30,000.00 plus certificate
- **SECOND PLACE** – ₱20,000.00 plus certificate
- **THIRD PLACE** – ₱10,000.00 plus certificate
- **Consolation** – ₱5,000.00 plus certificates

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NUTRITION MONTH CELEBRATION 2026
JULY 29, 2026 @ 8:00 AM
VENUE: VIGAN CONSERVATION COMPLEX

THEME: "NUTRISYON AT KALIKASAN ATING PANGALAGAAN!"
NUTRI-COOKFEST

Mechanics and Guidelines:

DATE: July 29, 2026; 8:00 AM

VENUE: Vigan Convention Center

1. The contest is open to **all senior high school students from public and private high schools** in the city of Vigan. Each group shall be composed of **3 students** regardless of grade level.
2. Participants must bring their own ingredients, proper cooking attire, cooking utensils, gas stove/burner, plate and other cooking materials for the presentation.
3. Manila Paper and Pentel Pen will be provided to the teams where they are required to write the recipe and expenditure of the meal prepared.
4. All preparation and cooking of dishes, including garnishes, must be entirely made and crafted on the spot. A working committee will check the cooking area to ensure that no ready-made item has been brought in.
5. Each competing team will be given 2 hours to prepare the meals. The main ingredients must be tokwa and okra, and inspired with the Pinggang Pinoy for Adolescents (13-18 years old).
6. The City Government shall be rightful owner of the recipe after the contest.
7. **The criteria for judging:**

Taste and Nutritional Value	35%
Visual Appeal	30%
Originality and Creativity	20%
Cost Effective (Affordable)	15%
Overall Presentation	10%

11. Prizes:

Place	Prize
First Place	30,000.00 + Certificate
Second Place	20,000.00 + Certificate
Third Place	10,000.00 + Certificate
Consolation	5,000.00 + Certificates

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CITY OF VIGAN

CITY HEALTH OFFICE

ENTRY FORM

NUTRITION MONTH CELEBRATION 2026

"Nutrisyon At Kalikasan, Ating Pangalagaan!"

NAME OF SCHOOL: _____

Activity	Name of Participant	Name of Coach/ Contact Number
DRAW AND TELL (PRESCHOOLERS)		
ENHANCED NUTRI-QUIZ (ELEMENTARY)		
NUTRI-KALIKASAN JINGLE (JUNIOR HIGH SCHOOL)		
NUTRI-COOKFEST (SENIOR HIGH SCHOOL)		

*Kindly write in **CAPITAL LETTERS (BASIS FOR CERTIFICATE)**

*Please underline above category

*Only participants registered on or before July 22, 2026 are allowed to join

Submitted by: _____

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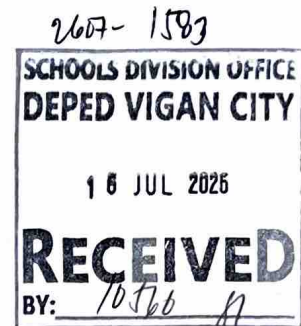


Republic of the Philippines
Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE

July 13, 2026

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



Dear **Superintendent Eda:**

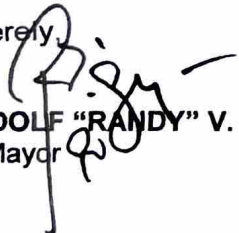
Happy Nutrition Month!

This July we observe the 2026 Nutrition Month with the theme "Nutrisyon at Kalikasan, Ating Pangalagaan. The City of Vigan has lined-up various nutrition competitions among public and private schools in the city.

With this, may we invite you to participate in the different competitions that will be conducted on July 29, 2026. Attached herewith are the entry forms, schedule and guideline of the competitions. The Deadline of registration will be on July 22, 2026; 5:00PM. Only contestants registered in the said date will be allowed to join. For more information, you may contact Ms. Brigitte Marjo Sigua with a contact number 09066682023.

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

Sincerely,


RANDOLF "RANDY" V. SINGSON
City Mayor

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2026 NUTRITION MONTH CELEBRATION

**THEME: "NUTRISYON AT KALIKASAN ATING PANGALAGAAN!"
DRAW AND TELL COMPETITION
(Preschoolers)**

Mechanics and Guidelines:

DATE: July 29, 2026 @ 8:30AM

VENUE: Vigan Conservation Complex

1. The competition is open to children aged 4-5 years old, nursery/ day care/ kindergarten, who are currently enrolled in a public or private.
2. The contestant must be a resident of Vigan City.
3. The following are the participating contestants:

6 contestants from Day Care Centers (2-Poblacion, 2-Eastern, 2-Western)
1 Contestant from Vigan City Nan Chong School, Inc.
1 Contestant from University of Northern Philippines
1 Contestant from Divine Word College of Vigan
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1 Contestant from Calvary Baptist Academy, Inc.
1 Contestant from St. Thomas Aquinas Learning Center of Vigan City
1 Contestant from Adventist School La Ciudad Fernandina, Inc.

4. The entry should be drawn on a ¼ size Cartolina (white) using pencil and crayons (8 colors). Margin is not necessary.
5. The competition should be "on-the-spot" and shall be given one (1) hour to complete their drawing.
6. The contestant should depict this year's Nutrition Month Theme.
7. The contestant should be able to explain or tell something about his/ her drawing within three (3) Minutes in Ilocano.
8. The Criteria for judging are:

a. Concept/ Theme	30%
b. Explanation/ Delivery	30%
c. Attractiveness	20%
d. Neatness	20%
TOTAL	100%

6. Prizes

First P8, 000.00 plus Plaque
Second P5,500.00 plus Plaque
Third P4,000.00 plus Plaque
Consolation P2,000.00 plus Certificates



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2026 NUTRITION MONTH CELEBRATION

THEME: "NUTRISYON AT KALIKASAN ATING PANGALAGAAN!" ENHANCED NUTRI- QUIZ

Mechanics and Guidelines

DATE: July 29, 2026; 8:30 AM

VENUE: Vigan Conservation Complex

1. The 2025 Nutri Quiz is open to all **public and private elementary schools** in Vigan City. The contestant should be a **Grade 5 or 6 pupil**.
2. There shall be only one contestant from each school.
3. The Nutri Quiz shall follow a **"Write and Show Format"** wherein the quiz master reads each question aloud and all the contestants shall answer on each board/paper and display it.
4. Questions shall be in the English Language.
5. The questions shall be of four levels of difficulty: **Easy, Average, Difficult and Enhanced Difficult**. There shall be **5 questions in each level**. Each correct answer in every level shall be given corresponding points, to wit:
 - o Easy – **1 point**
 - o Average – **2 points**
 - o Difficult – **3 points**
 - o Enhanced Difficult – **15 points**
6. The contestants shall be given **10 seconds** for easy/average and **15 seconds** for difficult questions to answer all the questions. They shall start answering only after the quizmaster will say **"GO"**. After the time limit has expired, all contestants shall show their answers to the quizmaster for checking by the board of evaluators.
7. For the Enhanced Difficult, the contest will be practical examination. Contestants will be given 1 minute to complete the activity.
8. All answers must be spelled correctly.
9. If any member of the board of evaluators cannot determine the validity of an answer, the board of arbiters shall decide on the matter. The decision of the board of arbiters shall be final.
10. The contestant with the highest score shall be declared as the first-place winner, the second highest as the second place, and third highest as the third-place winner.
11. In case of a tie, a clincher round shall be conducted. It shall be a play-off between or among the contestants with equal scores until a winner emerges.
12. The duly registered coach of the contestant is the only person authorized to file a protest. All protests shall be referred to the board of arbiters.

PRIZES

FIRST PLACE– ₱10,000.00 plus plaque

SECOND PLACE– ₱8,000.00 plus plaque

THIRD PLACE– ₱6,000.00 plus plaque

Consolation – ₱2,000.00 plus certificates

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CITY HEALTH OFFICE

2026 NUTRITION MONTH CELEBRATION

THEME: "NUTRISYON AT KALIKASAN ATING PANGALAGAAN!"
NUTRI- KALIKASAN JINGLE

Mechanics and Guidelines:

DATE: July 29, 2026; 8:30 AM

VENUE: Vigan Culture and Trade Center

1. The contest is open to **all junior high school students from public and private high schools** in the city of Vigan. Each group shall be composed of **7–10 students** regardless of grade level.
2. The jingle must focus on the **2026 Nutrition Month theme**.
3. Each group shall prepare a **2–4-minute** presentation combining singing and dancing. **Live singing is a must**, pre-recorded accompaniment or background music is allowed. Groups are given an additional minute for the set-up of live instruments (provided by the group).
4. All pre-recorded accompaniment and background music must be forwarded to the management **1-hour before the competition**. Also, live instruments shall be tested **1-hour before the competition**.
5. Lyrics should be original and must not violate copyright. Dance steps must be replicable and appropriate for all ages. There shall be no vulgar words and dance moves during the performance.
6. Costumes should be decent, safe, and relevant to the theme. Props may be used but should not be extravagant and big.
7. A printed copy of lyrics must be provided to the judges enclosed in a brown envelope.
8. The board of judges shall be composed of not more than **three (3)** members.
9. The judges' decision is final.
10. **The criteria for judging:**
 - a. Relevance to Theme – **30%**
 - b. Creativity and Originality – **25%**
 - c. Choreography and Execution – **25%**
 - d. Audience Impact – **10%**
 - e. Costume and Props – **10%**
11. **Prizes:**
 - **FIRST PLACE** – ₱50,000.00 plus plaque
 - **SECOND PLACE** – ₱30,000.00 plus plaque
 - **THIRD PLACE** – ₱20,000.00 plus plaque
 - **Consolation** – ₱10,000.00 plus certificates

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2026 NUTRITION MONTH CELEBRATION

**THEME: "NUTRISYON AT KALIKASAN ATING PANGALAGAAN!"
NUTRI-COOKFEST**

Mechanics and Guidelines:

DATE: July 29, 2026; 8:30 AM

VENUE: Vigan Convention Center

1. The contest is open to **all senior high school students from public and private high schools** in the city of Vigan. Each group shall be composed of **3 students** regardless of grade level.
2. Participants must bring their own ingredients, proper cooking attire, cooking utensils, gas stove/burner, plate and other cooking materials for the presentation.
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4. All preparation and cooking of dishes, including garnishes, must be entirely made and crafted on the spot. A working committee will check the cooking area to ensure that no ready-made item has been brought in.
5. Each competing team will be given 2 hours to prepare the meals. The **main ingredients** must be **tokwa** and **okra**, and **inspired with the Pinggang Pinoy for Adolescents** (13-18 years old).
6. The City Government shall be rightful owner of the recipe after the contest.
7. **The criteria for judging:**

Taste and Nutritional Value	35%
Visual Appeal	30%
Originality and Creativity	20%
Cost Effective (Affordable)	15%
Overall Presentation	10%

11. Prizes:

Place	Prize
First Place	50,000.00 + Certificate
Second Place	30,000.00 + Certificate
Third Place	20,000.00 + Certificate
Consolation	10,000.00 + Certificates

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ENTRY FORM

NUTRITION MONTH CELEBRATION 2026

"Nutrisyon At Kalikasan, Ating Pangalagaan!"

NAME OF SCHOOL: _____

Activity	Name of Participant	Name of Coach/ Contact Number
DRAW AND TELL (PRESCHOOLERS)		
ENHANCED NUTRI-QUIZ (ELEMENTARY)		
NUTRI-KALIKASAN JINGLE (JUNIOR HIGHSCHOOL)		
NUTRI-COOKFEST (SENIOR HIGHSCHOOL)		

*Kindly write in **CAPITAL LETTERS (BASIS FOR CERTIFICATE)**

*Please underline above category

*Only participants registered on or before July 22, 2026 are allowed to join

Submitted by: _____

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