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REPUBLIKA NG PILIPINAS
REPUBLIC OF THE PHILIPPINES
KAGAWARAN NG EDUKASYON
DEPARTMENT OF EDUCATION
DepEd Complex, Meralco Avenue, Pasig City



DepED MEMORANDUM
No. 222, s. 2004

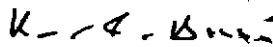
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2004 NUTRITION MONTH CELEBRATION

To: Bureau Directors
Regional Directors
Schools Division/City Superintendents
Heads, Public and Private Elementary and Secondary Schools

1. Presidential Decree No. 491 dated June 24, 1974 declares every July as the month for the observance of the Nutrition Month (NM). This annual observance seeks to raise the level of people's consciousness on the importance of good nutrition, through a theme chosen for each year.
2. This year's theme "*Breastfeeding Panatilihin, Dagdagan ng Wastong Pagkain*", underscores the advantage of feeding babies with mother's milk over substitute infant food formulated from animal's milk. It also emphasizes the introduction of complementary foods when infants reach the age of 6 months.
3. As an active member of the National Nutrition Council (NNC), the Department of Education (DepED) encourages all its officials and personnel to participate in the observance of the Nutrition Month. The following activities are suggested to be undertaken:
 - a. hanging of streamers in the gates/facade of DepED offices/schools;
 - b. dissemination of the NM theme by speakers during the Monday flag raising ceremonies, particularly on July 5, 12, 19 and 26;
 - c. putting up bulletin board displays depicting the theme;
 - d. conduct of symposia, seminars, lectures, other fora involving DepED employees and students, and mothers;
 - e. inclusion of breastfeeding and complementary feeding among the topics published in the school papers; and
 - f. creation of the support groups for breastfeeding mothers in the workplace.
4. Immediate and wide dissemination of this Memorandum is desired.


RAMON C. BACANI
Undersecretary
Officer-in-charge

Reference: DepED Memorandum: No. 175, s. 2003
Allotment: 1—(D.O. 50-97)
To be indicated in the Perpetual Index
under the following subjects:

CELEBRATIONS & FESTIVALS

HEALTH EDUCATION