



JUN 18 2009

DepED MEMORANDUM
No. 279, s. 2009

2009 NUTRITION MONTH CELEBRATION

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

1. The National Nutrition Council (NNC) leads the whole nation in the celebration of 2009 Nutrition Month in July purposely to disseminate the messages of good nutrition to all Filipinos. This year's theme "Wastong Nutrisyon Kailangan, Lifestyle Diseases Iwasan" focuses on the role and importance of proper nutrition in the prevention and control of diet-related lifestyle diseases or commonly known as non-communicable diseases (NCDs).

2. Considering the importance of the celebration, all DepED central, regional and division offices are enjoined to undertake activities that should highlight the importance of healthy lifestyle. These should complement DOH's campaign on "HL to the MAX" to promote seven major and vital healthy practices:

- a. No smoking (Huwag Manigarilyo)
- b. Don't drink alcohol (Iwas Alak)
- c. No to illegal drugs (Talo ka sa Droga)
- d. Eat low-fat, low-salt, high-fiber diet (Wastong Pagkain)
- e. Prevent hypertension (Bantay Presyon)
- f. Do physical activities (Katawang Aktibo)
- g. Manage Stress (Bawas Stress)

3. To make the celebration more meaningful, activities that will lead to a healthy lifestyle should be undertaken:

- a. Massive fruit tree and vegetable planting event;
- b. Monitoring of school and office canteens to check on healthy diets;
- c. Contest among carinderias to offer healthy food options;
- d. Food contest on healthy meals and snacks for pregnant women, children and adults;
- e. Mass weighing and measurement of waist circumference to promote management of weights;

- f. Pack a healthy “baon” to the office/school;
 - g. Campaign against the frequent use of white condiments – sugar, salt and monosodium glutamate; and
 - h. Conduct HL to the MAX exercises thrice a week in schools, workplace and in communities.
4. It should be emphasized however that these activities do not disrupt the contact time between the teachers and learners as indicated in DepED Order No. 9, s. 2005.
5. It is expected that narrative and pictorial reports on the Nutrition Month Celebration be incorporated in the 3rd quarter report on the Integrated School Health and Nutrition Program, to be submitted to the Office of the Secretary, Attn.: The Director, Health and Nutrition Center, DepED Central Office, Meralco Avenue, Pasig City.
6. Immediate and widest dissemination of this Memorandum is desired.



JESLI A. LAPUS
Secretary

Reference:

DepED Memorandum: No. 79, s. 2008
Allotment: 1- -(D.O. 50-97)
To be indicated in the Perpetual Index
under the following subjects:

CELEBRATIONS & FESTIVALS
HEALTH EDUCATION
NUTRITION EDUCATION

R-Maricar/DM-Nutrition Month
06-09-09