



REPUBLIC OF THE PHILIPPINES  
**DEPARTMENT OF EDUCATION**  
NATIONAL CAPITAL REGION  
**SCHOOLS DIVISION OFFICE – MARIKINA CITY**

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May 2, 2018

**MEMORANDUM TO:**

Chief Education Supervisors, SGOD & CID  
Elementary and Secondary School Principals  
Officers-In-Charge  
Public Schools Only

DIVISION OF CITY SCHOOLS  
MARIKINA



3-35

**NATIONAL NUTRITION MONTH THEME 2018**

Please find the enclosed Regional Memorandum No. 58 s. 2018, dated April 23, 2018 re: **National Nutrition Month Theme 2018**, the content of which is self-explanatory, for the information and guidance of all concerned.

Immediate dissemination and compliance of this Memorandum is desired.

For:

**SHERYLL T. GAYOLA**

Officer- In- Charge

Office Schools Division Superintendent

By:

**ELISA O. CERVEZA**

Chief Education Supervisor, CID

Officer- In- Charge

Office Schools Division Superintendent



**Republika ng Pilipinas**  
*(Republic of the Philippines)*  
**KAGAWARAN NG EDUKASYON**  
*(DEPARTMENT OF EDUCATION)*  
**PAMBANSANG PUNONG REHIYON**  
*(NATIONAL CAPITAL REGION)*  
 Daang Misamis, Bago Bantay, Lungsod Quezon  
*(Misamis St., Bago Bantay, Quezon City)*

DIVISION OF CITY SCHOOLS  
 MARIKINA

**RECEIVED**  
 APR 26 2018

April 23, 2018  
 Department of Education  
 National Capital Region  
 RECORDS AND PUBLICATION UNIT

**RELEASED**

**REGIONAL MEMORANDUM**

No. **58** s. 2018

**2018 NUTRITION MONTH CELEBRATION**

**TO : Schools Division Superintendents**  
**Heads, Public Elementary and Secondary School Heads**  
**School Health and Nutrition Personnel**  
**All Others Concerned**

By: [Signature]  
 Date: 26 APR 2018 Time: 10:00

1. Attached is a copy of the letter from the National Nutrition Council-National Capital Region signed by Ms. Milagros Elisa Federizo, Nutrition Program Coordinator dated April 16, 2018, informing this Office on the 2018 Nutrition Month theme which is "**Ugalling magtanim, Sapat na nutrisyon aanihin!**", that aims awareness on the promotion of home food production through family food gardening, the content of which is self-explanatory, for information and guidance of all concerned.

2. For immediate and wide dissemination of this Memorandum is desired.

[Signature]  
**PAULINO C. GARCIA**  
 Chief, Administrative Officer  
 Finance Division  
 Officer-In-Charge

Incl: As stated

Reference: National Nutrition Council-NCR letter, dated April 16, 2018

Allotment: 1

To be indicated in the Perpetual Index

under the following subjects:

CLASSES	HEALTH EDUCATION	PROGRAMS
FUNDS	POLICY	SCHOOLS

Bel-shnu-essd



Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
PAMBANSANG SANGGUNIAN SA NUTRISYON  
(NATIONAL NUTRITION COUNCIL)  
NATIONAL CAPITAL REGION



16 April 2018

**MR. WILFREDO E. CABRAL**  
Officer-In-Charge, Office of the Regional Director  
Department of Education - NCR  
Misamis St., Bago Bantay, Quezon City

**Dear Mr. Cabral:**

Greetings from the National Nutrition Council at the National Capital Region!

We are pleased to inform you that the theme for this year's Nutrition Month celebration is:

*"Ugaliing magtanim,  
Sapat na nutrisyon aanihin!"*

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". It aims to create awareness on the importance of good nutrition. This year's theme focuses on the promotion of home food production through family food gardening. Family food gardens are also referred to as home, mixed, backyard, kitchen, farmyard, compound or homestead gardens.

According to the Food and Agriculture Organization of the United Nations, gardening can enhance household food security by providing direct access to a variety of nutritionally-rich foods; increase purchasing power from savings on food bills and income from sales of garden products and fall-back food provision during seasonal lean periods. Thus, having family food gardens can contribute to improving household and community food security. However, only 67.7% or 7 out of 10 Filipino households had vegetable gardens or fruit trees based on the 2008 National Nutrition Survey.

Most of the households or 79.1% used the produce from the gardens for their own consumption while only 17.6% both consumed and sold their produce. Thus, the promotion of the establishment and maintenance of family food gardens during the 2018 Nutrition Month will contribute to improving diets of Filipinos as well as food security.

In this regard, we would like to enjoin all our nutrition partner agencies to participate in this nationwide celebration by disseminating the theme to their respective networks and more importantly, by planning and undertaking activities along the theme. Activities may include a launching program for the month-long celebration during the flag raising ceremony; putting up streamers; nutrition lectures/ fora and contests for employees and clients; featuring nutrition articles and information on bulletin boards and local newspaper; and airing of nutrition month theme messages through your local radio, among others.

*"Ugaliing magtanim, sapat na nutrisyon aanihin!"*

Rooms 201 and 202, Building No. 2  
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website [www.nnc.gov.ph/regional-office/national-capital-region](http://www.nnc.gov.ph/regional-office/national-capital-region)  
email: [nnc@nnc.gov.ph](mailto:nnc@nnc.gov.ph),  
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[www.nnc.gov.ph](http://www.nnc.gov.ph)

[info@nnc.gov.ph](mailto:info@nnc.gov.ph)

[www.facebook.com/nncofficial](http://www.facebook.com/nncofficial)

[www.youtube.com/user/NNC1974](http://www.youtube.com/user/NNC1974)

**Wastong Nutrisyor**  
Alamin, Gawin at Palaganapin





Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
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(NATIONAL NUTRITION COUNCIL)  
NATIONAL CAPITAL REGION



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Also, may we request your good office to please share with us your agency's plan for the 2018 NM celebration on or before **18 May 2018** so we can include it in the regional schedule of NM activities? Kindly email your Nutrition Month Calendar of Activities to [ncr@nnc.gov.ph](mailto:ncr@nnc.gov.ph) or fax to telefax numbers 533-2713.

Please also include in your schedule the following Regional Nutrition Month Activities on July 2018:


Date and Time	Activity	Participants
July 10 (9-11 am)	Simultaneous Promotional Events	4Ps mothers
July 19 (1-5 pm)	Stakeholders' Forum	Public and private schools, DSWD institutions, NGOs, and LGUs

In this regard, may we request Ms. Sarah Castro and Ms. Joselen Pabillo to attend the Simultaneous Promotional Events and to oversee the program in two (2) of the LGUs in NCR? Also, we would like to invite you, Ms. Castro, and Ms. Pabillo to the Stakeholders' Forum on July 19 in a to-be-announced venue in Metro Manila. We will send you the details of these events once finalized.

Should you need additional information on this matter, please feel free to call our office at telefax numbers 533-2713 and ask for Ms. Bea Menorca. We will furnish your office with a copy of the NM talking points and other information on the celebration as soon as these are available.

Thank you in anticipation of your usual full support and cooperation toward a successful Nutrition Month celebration. Best regards!

Very truly yours,

  
**MILAGROS ELISA V. FEDERIZO, RND, MPH**  
Nutrition Program Coordinator  
National Capital Region

*"Ugaling magtanim, sapat na nutrisyon aanihini!"*

Rooms 201 and 202, Building No. 2  
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website [www.nnc.gov.ph/regional-office/national-capital-region](http://www.nnc.gov.ph/regional-office/national-capital-region)  
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**Wastong Nutrisyon:**  
Alarin, Gawi at Paluganapin