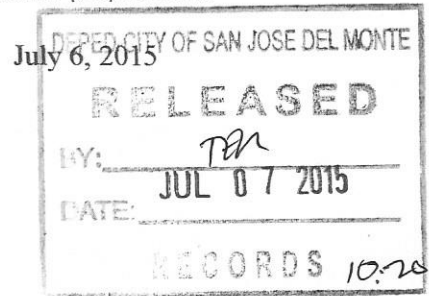




Republic of the Philippines  
DEPARTMENT OF EDUCATION  
Region III  
DIVISION OF CITY SCHOOLS  
City of San Jose del Monte



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**DIVISION MEMORANDUM**

No. 106, s. 2015

To: Education Program Supervisors  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
All Others Concerned

**2015 NUTRITION MONTH CELEBRATION**

1. Per DepEd Memorandum No. 62 s. 2015, this year's nutrition month celebration theme is "*Timbang Iwasto, sa Tamang Nutrisyon at Ehersisyo!*" focusing on addressing the issue of being overweight and obese among Filipinos.
2. The celebration aims to:
  - a. increase awareness and promote the importance of proper nutrition and physical activity in the prevention of obesity; and
  - b. encourage everyone to make positive decisions towards consumption of healthy diets and be physically active to prevent non-communicable diseases as a result of being overweight and obese.
3. To ensure the success of the celebration, everyone is enjoined to encourage their teachers, pupils/students, non-teaching staff, and members of their school communities the following:
  - a. Implementation of the Ten Kumainments of the Civil Service Commission (CSC) Memorandum Circular No. 5, s. 2015.
  - b. Dissemination of the nutrition month theme through the conduct of fora and hanging of streamers. Prototype streamer design is available and posted at [www.nnc.gov.ph](http://www.nnc.gov.ph)
  - c. Promotion of the *Pinggang Pinoy* developed jointly by the Food and Nutrition Research Institute (FNRI) and Department of Health (DOH)
  - d. Ensuring the availability of healthy food options in school canteens
  - e. Conduct of "*Division Biggest Loser*", a similar *Belly Gud for Health* activity of the DOH. Mechanics of said activity are in Inclosure No. 1.
  - f. Conduct of other activities which will promote ideal weight among employees and students.
4. For wide dissemination and compliance.

*[Signature]*  
GERMELINA H. PASCUAL  
Schools Division Superintendent

/SGOD:health/bbr/mcpc



"Collaborating with our Leaders, Caring for our Learners"





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Inclosure No. 1 (Division Memorandum No. 106 s. 2015)

### DIVISION BIGGEST LOSER

1. Every school and the SDO will send two (2) (overweight/obese) contestants, 1 for male edition and 1 for female edition to Nurse Ethel/EPS Badette for measurement of body mass index and waist circumference on or before July 10, 2015.
2. Picture/s of contestants will be taken to show the "before" look and used as point of comparison at the end of the contest.
3. Same contestants will be measured on the last week week of September (September 28-30, 2015).
4. The nearest to the ideal BMI wins.
5. Schools with no contestants shall pay a penalty of Php 500.00 per category. This amount shall form part of the prize to be awarded to winners.
6. Cash prizes will be awarded to winners during the World Teachers' Day Celebration.



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