



Republic of the Philippines  
**Department of Education**  
National Capital Region  
**DIVISION OF CITY SCHOOLS**  
City of Mandaluyong

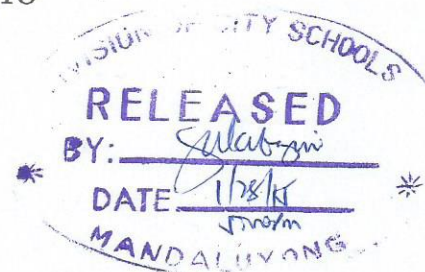
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January 28, 2015

**MEMORANDUM**

To : Education Program Supervisors/Coordinator  
Public School District Supervisor  
Public Elementary School Principals

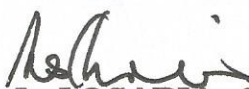


The National Nutrition Council at the National Capital Region (NCR) provided our elementary schools with Eighteen (18) pieces 10 Kumainments tarpaulin posters (1pc. Per school).

The Ten Kumainments tarpaulin posters are to be posted or hanged in strategic places in our schools where they can be seen by all pupils and visitors. We also request our teachers to widely promote and discuss the Ten Kumainments among our pupils and their parents. The Ten Kumainments are the popularized version of the Nutritional Guidelines for Filipinos (NGF) recommended to improve the lives of Filipinos through good nutrition and healthy lifestyle.

Please get your Ten Kumainments tarpaulin posters at the Division Office and acknowledge receipt of the materials.

Immediate dissemination of this **Memorandum** for continuous support is desired.

  
**NERISSA L. LOSARIA, CESO VI**  
Officer In-Charge  
Office of the Schools Division Superintendent



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



22 January 2015

**DR. EVANGELINE P. LADINES**  
OIC – Division Superintendent  
Mandaluyong Schools Division Office  
Highway Hills Elementary School, Calbayog St., City of Mandaluyong

Attention: **Ms. Belen Q. Unisa**  
Division Health and Nutrition Coordinator

**Dear Dr. Ladines:**

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

We are pleased to provide you the following nutrition information and education materials as part of our Promote Good Nutrition (PGN) Campaign:

1. Two (2) pcs. Pinggang Pinoy 2015 NoteCal \*  
*\*For Dr. Ladines and Ms. Unisa*
2. Eighteen (18) pcs. 10 Kumainments tarpaulin poster (1 pc. per school, 1pc. for SDO)


The **Ten Kumainments tarpaulin streamers** are to be posted or hanged in strategic places in schools and SDO, where it can be seen by all your pupils and visitors of schools and division office. May we also request your teachers to widely promote and discuss the Ten Kumainments among your pupils and their parents. The Ten Kumainments is the popularized version of the Nutritional Guidelines for Filipinos (NGF) which are general recommendations to improve the lives of Filipinos through good nutrition and healthy lifestyle.

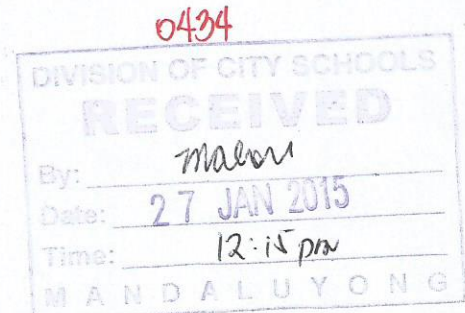
May we request Ms. Parajas to submit to our office the original copy of the Acknowledgement Receipt for the abovementioned materials using the attached forms **on or before 13 February 2015?**

Should you need additional information regarding this matter, your staff may call Ms. Meren Francia at telephone number 531-1800 or telefax numbers 533-2713.

Thank you and we hope for your continued support to the promotion of good nutrition in the region.  
Best regards.

Very truly yours,

  
**MILAGROS ELISA V. FEDERIZO, RND, MPH**  
Nutrition Program Coordinator, NCR



*Gutom at malnutrisyon, sama-sama nating wakasan!*

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**Wastong Nutrisyon**  
Alamin, Ganyap at Palagayan