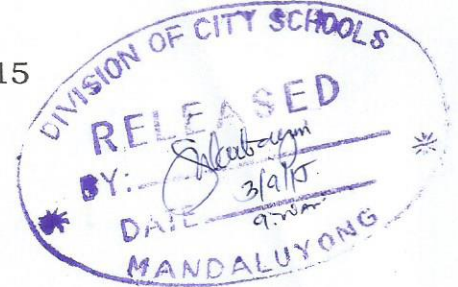




Republic of the Philippines
Department of Education
National Capital Region
DIVISION OF CITY SCHOOLS
City of Mandaluyong
533-6085 / 532-7117
depedmandaluyong@gmail.com



March 5, 2015



MEMORANDUM TO:

OIC- Asst. Schools Division Superintendent
Education Program Supervisor / District Supervisors
Principals, Public Elementary and Secondary Schools

TIMBANG IWASTO SA TAMANG NUTRISYON AT EHERSISYO

Attached is a letter from **MILAGROS ELISA V. FEDERIZO, RND MPH**, Nutrition Program Coordinator, NCR, re: ***Nutrition Month Celebration***, contents of which are self-explanatory for your information and guidance.

Wide dissemination of this **Memorandum** is desired.


NERISSA L. LOSARIA, CESO VI
OIC- Schools Division Superintendent



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



26 February 2015

DR. NERISSA L. LOSARIA
OIC - Division Superintendent
City of Mandaluyong Schools Division Office
Highway Hills Elementary Schools
Calbayog St., City of Mandaluyong

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

#1108

DIVISION OF CITY SCHOOLS	
RECEIVED	
By: <i>Joseph</i>	
Date: 04 MAR 2015	
Time: <i>10:10 AM</i>	
MANDALUYONG	

Dear Dr. Losaria:

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

We are pleased to inform you that the NNC Technical Committee has approved the theme for this year's Nutrition Month celebration which is:

"Timbang iwasto sa tamang nutrisyon at ehersisyo!"

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 aims to create awareness on the role and importance of proper nutrition and physical activity in the prevention of overweight and obesity among the general public. It also aims to encourage Filipinos to make positive decisions towards consumption of healthy diets and be physically active to prevent non-communicable diseases as a result of overweight and obesity.

In this regard, we would like to enjoin all schools division offices (SDOs) and elementary and secondary schools to participate in this nationwide celebration by disseminating the theme to the pupils/students and their parents 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 pupils/students, parents, teachers, and school employees; and featuring nutrition articles and information on bulletin boards and school newsletter.

We hope that your office and schools in your division will actively participate in the said celebration. Also, may we request your good office to please share with us your plan for the 2015 NM celebration on or before 29 May 2015 so we can include it in the regional schedule of NM activities? Kindly email your Nutrition Month Calendar of Activities to nnc_ncr@yahoo.com.

Timbang iwasto sa tamang nutrisyon at ehersisyo!

Room 201, Building No. 2
Department of Health - NCRO
Welfareville Compound
Barangay Addition Hills, Mandaluyong City

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Telephone Nos. 531-1800
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09222724850

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maiafedezico@nnc.gov.ph
www.facebook.com/nnc.ncr
www.youtube.com/user/NNC1974



Wastong Nutrisyon:
Alamin, Gawin at Palaganapin

...2/

Should you need additional information on this matter, please feel free to call our office at telefax numbers 533-2713 or 531-1800 and ask for Ms. Bea R. Menorca. We will furnish your nutrition secretariat 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, NCR

Timbang hwasto sa tamang nutrisyon at ehersisyo!

Room 201, Building No. 2
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Wastong Nutrisyon:
Alamin, Gawin at Palaganapin