



Republic of the Philippines
 Department of Education
 CARAGA REGION
 SCHOOLS DIVISION OF SIARGAO



DIVISION MEMORANDUM

No. **07-191**s, 2026

To: Assistant Schools Division Superintendent
 SGOD Chief
 All Public School District Supervisors
 All Nurses
 All Elementary School Heads
 All Secondary School Heads
 All Other Concerned/This Division

2026 NUTRITION MONTH CELEBRATION

1. In line with the nationwide observance of Nutrition Month pursuant to Presidential Decree No. 491 (Nutrition Act of the Philippines), the Department of Education enjoins all schools to actively participate in the celebration this July 2026. This year's theme is **"Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!"** with the sub-theme **"Nutrisyon at Kalikasan, Ating Pangalagaan!"**. The theme underscores the importance of ensuring adequate nutrition for all Filipinos while protecting the environment and promoting climate action.

2. In this regard, all schools are hereby enjoined to actively partake in this month-long endeavor. The following suggested activities are as follows:

Activities	Description of the Activity	Target Audience	Target Date
Nutrition Month Kick- Off and Advocacy Campaign	Posting of Nutrition Month streamers, bulletin board displays, and dissemination of nutrition advocacy materials through school social media pages, school websites, and classroom information corners. No assembly required.	All Learners, Teachers, Parents	July 6, 2026
Poster- Making Contest (Classroom-Based)	Learners create posters related to the Nutrition Month theme during their MAPEH, Arts, or EPP/ TLE classes.	Elementary and Secondary Learners	Throughout July 2026



Address: Km. 3, Brgy. Osmena, Dapa, Surigao del Norte
 Contact No.: 09190040217

siargao@deped.gov.ph





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Slogan- Writing Contest	Learners submit original slogans promoting healthy eating and active lifestyles. Activity may be integrated into English or Filipino classes.	Elementary and Secondary Learners	Throughout July 2026
Nutri-Quiz (Classroom-Based)	Teachers administer short nutrition integrated into Health or Science lessons.	Elementary and Secondary Learners	Throughout July 2026
Gulay sa Paaralan Advocacy Activity	Promotion of school gardening through classroom discussions, garden maintenance schedules, and documentation of existing school gardens without disrupting classes.	Learners, Teachers, School Garden Coordinators	Throughout July 2026
School Canteen Nutrition Promotion	Display of healthy food labels, nutrition facts, and healthy food choices within school canteens.	Learners, Teachers and school personnel	Throughout July 2026
Culminating activity	Display of vegetables, healthy foods and cooking contest within the division office	Division Personnel	July 30, 2026

3. Contest entries shall be integrated into classroom learning activities whenever possible. School-wide assembly, parades, and lengthy face-to-face programs are discouraged to ensure compliance with instructional time requirements. Schools may adapt activities according to their resources while ensuring inclusivity and participation across all grade levels.

4. Recognition may be conducted through classroom-based awarding, social media announcements, or during existing school activities to avoid additional program schedules.



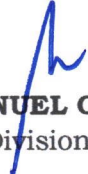

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5. Schools are requested to submit relevant documents and highlights of their school-wide Nutrition Month Celebration to the School Health Nutrition Unit on or before August 10, 2026.
6. Immediate and wide dissemination of this memorandum is desired.


MANUEL O. CABERTE
Schools Division Superintendent 

Reference: A stated
Encl's: Number of SBFP Participants
To be indicated in the **PERPETUAL INDEX**
Under the following subjects:

NUTRITION MONTH CELEBRATION SY 2026-2027

KICKOFF

SGOD/SBFP/REL
06/30/2026



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