



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent



19 June 2025

DIVISION MEMORANDUM
No. 493 s. 2025

2025 NUTRITION MONTH CELEBRATION

TO: Assistant Schools Division Superintendent
SGOD & CID Chiefs
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary Schools Head
SGOD & CID Division Personnel
Office of School Division Superintendent Personnel
School Health and Nutrition Personnel
All Others Concerned
This Division

1. In line with this year's Nutrition Month Celebration with the theme, **"Food and Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!"**, all offices and schools are enjoined to participate and support the nationwide annual campaign by planning and undertaking activities relevant to the theme starting July 2025.
2. Nutrition Month highlights the need to prioritize food and nutrition security at the national level, recognizing that everyone has the fundamental right to safe, affordable, and nutritious food. It encourages schools, communities, and organizations to take meaningful action in promoting healthy eating, sustainable practices, and inclusive food systems.
3. Copy of suggested activities to be conducted by all schools and Division Office is hereby attached.
4. Collaterals related to the celebration may be accessed through:
<https://bit.ly/NMCollaterals2025>.
5. Schools shall submit the narrative report with pictures on the highlights of the celebration to School Health and Nutrition Section on or before August 08, 2025.



Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Telephone: (088) 855-0044, (088) 855-0047, (088) 328-2142
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Website: <https://depedcdo.net/>

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5. For information, guidance and compliance.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl.: As stated

Reference: N o n e

To be indicated in the Perpetual Index
under the following subjects:

HEALTH EDUCATION

SCHOOL-BASED FEEDING PROGRAM

DM-044-SGOD-SHN-ETD / 2025 Nutrition Month Celebration
June 19, 2025



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2025 NUTRITION MONTH SUGGESTED PLAN OF ACTIVITIES

“Food and Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!”

Activity	Description / Objective	Target Audience	Target Number of Participants	Target Date
1. Advocacy Campaign or Information Dissemination	- Hanging of streamers or tarpaulins in strategic areas in schools or offices - Posting of Nutrition Month information in social media accounts (ex. In SBFP Facebook account)	School Head Teaching & Non-Teaching Personnel Health Personnel Parents Learners Community	All Learners	July 2025
2. Nutri-Talk	It aims to raise awareness about nutrition and importance of living a healthy lifestyle.	School Head Teaching & Non-Teaching Personnel Parents Learners	All Learners	July 2025 - Flag Raising - General Assemblies
3. Poster Making Contest	It aims to bring together young artists to showcase their vibrant artwork and drawings that explore this year's nutrition theme.	School Head Teachers Learners Parents Guests/Judges Division Personnel	Two (2) representative from Grades 4-6 for Elementary Level and Grades 8-10 for Secondary Level/per department from the Division	July 7, 2025
4. Tiktok Video Challenge	- Promote this year's Nutrition Month theme through fun, relatable, and informative content. - Maximize social media engagement to reach a wider audience with positive health-related messages.	School Head Teachers Learners Parents Guests/Judges Division personnel	Three (3) representative from each class or grade levels/ per department from the Division	July 14, 2025
5. Zumba Challenge	- Encourage movement and exercise as an essential component of good nutrition and overall health. - Foster school spirit and teamwork while promoting health and wellness through dance.	School Head Teachers Guests/Judges	Six (6) representative from each class or all higher grade levels/ per department from the Division	July 21, 2025

The School Governance and Operations Division, through the School Health & Nutrition Section under the School-Based Feeding Program (SBFP), will conduct the **“Nutrition Month Kick-Off Activity”** on July 7, 2025, and the **“Nutrition Month Culminating Activity”** on July 28, 2025, both to be held at the Division Office.



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