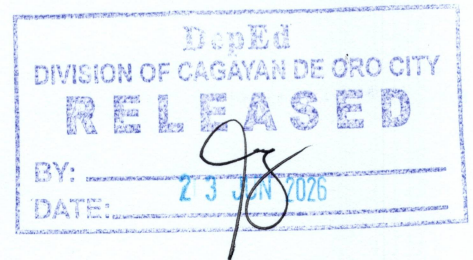




Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

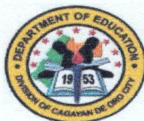
22 Jun 2026

DIVISION MEMORANDUM
No. 577 s. 2026

PARTICIPATION TO THE NUTRITION MONTH 2026 SHORT FILMMAKING
CONTEST 10.0

TO: Assistant Schools Division Superintendent
Chiefs, SGOD & CID
Public Schools District Supervisors
Public and Private Junior and Senior High School Heads
All Others Concerned
This Division

1. Attached is the Regional Memorandum No. 499, s. 2026 entitled "Dissemination of the Nutrition Month 2026 Short Filmmaking Contest 10.0" for information and guidance of all concerned.
2. The National Nutrition Council (NNC) Region X, in partnership with the Media Advocates for Nutrition in Governance for Region 10 (MANGO DIEZ), is conducting the **Nutrition Month 2026 Short Filmmaking Contest 10.0** in line with the celebration of Nutrition Month 2026 with the theme, "**Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!**" and the sub-theme, "**Nutrition at Kalikasan, Ating Pangalagaan!**".
3. The contest is open to all public and private Junior and Senior High School learners in Northern Mindanao and aims to:
 - a. increase awareness and promote good nutrition;
 - b. advocate for the protection of human health and the environment;
 - c. cascade the key messages of the Philippine Plan of Action for Nutrition (PPAN) 2023-2028; and
 - d. encourage creativity, innovation, and active participation among learners through digital storytelling.
4. In this regard, all public and private Junior and Senior High School Heads are encouraged to disseminate the contest information to eligible learners and provide the necessary support to interested participants.



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

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

5. School Heads shall ensure that participation in the contest does not disrupt regular class schedules and shall observe existing DepEd policies on learner participation in co-curricular activities.
6. Attached to this Memorandum are the contest mechanics and other relevant guidelines for reference.
7. For inquiries and coordination, schools may contact the School Health and Nutrition Section (SHNS), SGOD, Schools Division Office of Cagayan de Oro City.
8. For information, guidance and compliance.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl.: N o n e

Reference: N o n e

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

HEALTH EDUCATION

SCHOOL-BASED FEEDING PROGRAM

DM-163-SGOD-SHN-JAA / participation to the nutrition month 2026 short filmmaking contest 10.0
June 22, 2026



Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
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Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

SHORT FILMMAKING CONTEST 10.0 (CY 2026)

Contest Objectives: The Short Filmmaking Contest 10.0 aims to promote the key messages of the 2026 Nutrition Month. The campaign will carry the overarching theme "Sa PPAAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!" for continuous advocacy in implementing the PPAAN 2023-2028, with the sub-theme "Nutrisyon at Kalikasan, Ating Pangalagaan!". The contest further intends to showcase the creativity and innovativeness of junior and senior high school students in public and private schools in Region 10.

Contest Mechanics:

1. The contest is open to all public and private junior and senior high schools in Region 10.
2. Interested schools are requested to accomplish the Registration Form through this link: <https://bit.ly/SFMC2026Registration>. Registration is open on 1 June until 1 July 2026, 5:00 PM.
3. Registered schools will be required to attend an orientation on film production to be organized by MANGO DIEZ and NNC Region X. Further details will be communicated to all registered schools prior to the orientation.
4. The film production of the participating schools shall commence after the orientation. All video entries must be in line with the overarching Nutrition Month theme and the 2026 sub-theme. Talking points on the theme can be accessed through the National Nutrition Council Region X Facebook Page (<https://www.facebook.com/NNCregion10>).
5. Each school can submit only one (1) entry.
6. Schools can choose the genre for their short film, but it must be restricted to one of the following: comedy, drama, or action.
7. The short film should run for a maximum of three (3) minutes only.
8. Entries should be original. In accordance with the copyright laws, music used in an entry must be original, licensed or in the public domain (ask permission from the composer).
9. Video resolution should be at least 1080p (1920x1080), 30fps frame rate.
10. Entries should not contain any offensive or inappropriate language, image and/or content. Animation films are discouraged. The video should be appropriate for general viewership.
11. Short films may be in Bisaya or any local language/dialect; however, they must include clear and readable subtitles/captions in either English or Filipino throughout the entire film.
12. Display of brands of foods/beverages/formula milk to be used in the video is discouraged according to Executive Order 51 or the "Milk Code of the Philippines". Use of bottles, teats, and/or pacifiers is also discouraged.



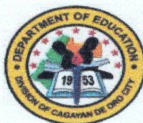
Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Telephone: (088) 855-0044, (088) 855-0047, (088) 328-2142
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Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

13. Deadline of submission of film entries is on **30 July 2026, 5:00 PM**. Films must be sent via email (nncregion10@gmail.com), email subject SFMC_Name of School_Genre. Upon uploading, the school must make sure that the video is accessible by anyone by opening permission (Viewer mode) in the file settings.
14. All entries are subject to initial screening. The Secretariat shall notify the top 10 qualified entries through e-mail and SMS. Unqualified entries shall likewise be informed by the NNC Region X Secretariat.
15. Shortlisted entries shall be uploaded to NNC Region X's YouTube Channel and Facebook Page, National Nutrition Council Region X on 7 August 2026 for public viewing and voting. Overall social media engagement shall be based on the total number of Facebook and YouTube likes/reactions, views and shares. Shares should be posted public using the hashtags #OneRegioninNutrition #2026NutritionMonth #NutrisyongSapatParaSaLahat. Public voting will close on 7 September 2026, 5:00 PM.
16. Decision of the judges shall be final and irrevocable.
17. Employees of the National Nutrition Council Region X and their relatives up to the second degree of consanguinity or affinity are not qualified to join the contest.
18. All entries shall be considered property of the National Nutrition Council Region X.
19. Awardees and finalists shall be duly recognized by the National Nutrition Council Region X during the Regional Nutrition Awarding Ceremony scheduled on **November 2026**.



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

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CRITERIA

Qualified videos will be judged according to the following criteria:

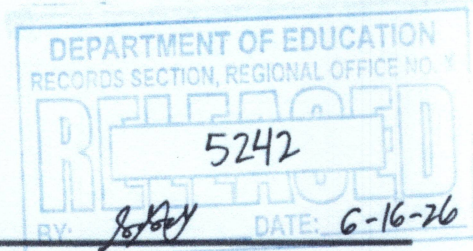
1) Relevance to the theme	40%
2) Creativity and originality	30%
3) Technical quality	20%
4) Social Media Engagement	10%
Total	100%

Qualified videos will be judged according to the following criteria:

1)	Relevance to the theme - The film relates service delivery for nutrition interventions, as well as individual and community initiatives in promoting good nutrition and PPAN 2023-2028. (20%) - The film shows togetherness and cooperation between different people, population groups, or sectors in promoting nutrition, food security, and PPAN 2023-2028. (10%) - Media elements enhance the viewer's understanding of the promotion of good nutrition and PPAN 2023-2028. (10%)	40%
2)	Creativity and originality - The overall structure of the short film is innovative, shows uniqueness and originality of the story, and in-depth understanding of the subject/theme. (10%) - Media elements are used in a creative way that compels the viewer's attention. (5%) - The theme exhibits originality. Entry was never used for similar competitions. (5%) - The film displays innovative and unique ways to promote good nutrition and PPAN 2023-2028. (5%) - The introduction and conclusion of the short film have impact and display storytelling techniques and styles. (5%)	30%
3)	Technical Quality - Cinematography (10%) - Quality of images must be clear and sharp. - Camera positioning and angles used add meaning to the story. - Editing (5%) - Editing helps clarify the flow of the story - Film transitions are smooth and well-paced and not distracting. - Opening titles and credits are appealing and easy to read. - Sound Effects (5%) - Audio and soundtrack complement the story. - Use of dialogue/narration are easy to understand - Volume levels/audio mixes are well controlled.	20%
4)	Social Media Engagement - The film stimulates thoughts and ideas of viewers online. (2%) - Number of Facebook reactions. (2%) - Number of Facebook comments and shares. (2%) - Number of Facebook views. (2%) - Number of YouTube views. (2%)	10%
Total		100%



Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO



June 2, 2026

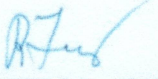
REGIONAL MEMORANDUM
No. 499, s. 2026

DISSEMINATION OF THE NUTRITION MONTH 2026 SHORT FILMMAKING
CONTEST 10.0

To: Schools Division Superintendents
All Others Concerned

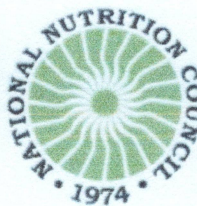
1. This issuance refers to the invitation letter of the National Nutrition Council (NNC) Region X, an initiative to create greater awareness on nutrition among Filipinos pursuant to Presidential Decree No. 491, otherwise known as the Nutrition Act of the Philippines.
2. Nutrition Month is an annual campaign celebrated every July to promote nutrition awareness among Filipinos. For 2026, the campaign carries the overarching theme, "**SA PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!**" and the sub-theme, "**Nutrisyon at Kalikasan, Ating Pangalagaan!**", highlighting the importance of sustainable and nutrition-sensitive food systems and the vital connection between nutrition and environmental protection.
3. As part of the campaign, the NNC Region X, in partnership with the Media Advocates for Nutrition in Governance for Region 10 (MANGO DIEZ), will conduct the **Short Filmmaking Contest 10.0**. The contest is open to all public and private junior and senior high schools in Northern Mindanao and aims to:
 - a. Increase awareness and promote good nutrition;
 - b. Advocate for the protection of human health and the environment;
 - c. Cascade the key messages of the Philippine Plan of Action for Nutrition (PPAN) 2023-2028; and
 - d. Encourage creativity and innovation among Junior and Senior High School learners.
4. In this regards, all Schools Division Offices and school head are encouraged to disseminate the contest information and support the participation of eligible learners in the said activity.
5. Attached to this Memorandum are the contest mechanics and other relevant guidelines for reference and compliance.

6. For inquiries, contact Ms. Hannah Leizl K. Ratunil, Nutritionist-Dietitian II or Ms. Merissa Jane E. Noval, Technical-Assistant I, Education Support Services Division (ESSD) at 09756058439/09363027488 or at email hannahleizl.ratunil@deped.gov.ph / novalmerissajane@gmail.com
7. This Office directs the immediate and wide dissemination of this Memorandum.


Digitally signed by
Legaspi Ruth Fuentes
Date: 2026.06.11
13:23:26+08'00'
DR. RUTH L. FUENTES, CESO III
 Regional Director 

ATCH.: As stated
To be indicated in the Perpetual Index
under the following subject:

HNS-ESSD/ Hannah/ Merissa



National
Nutrition
Council
REGION 10
NORTHERN MINDANAO



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
NATIONAL NUTRITION COUNCIL
NORTHERN MINDANAO
2nd Floor, Door 1, Rego Bldg., Agoho Drive,
Zone 1, Carmen, Cagayan de Oro City

25 May 2026
NNCX/C178/cmm

DR. RUTH L. FUENTES, CESO III
Regional Director
Department of Education Regional Office X
Zone 1, Upper Balulang, Cagayan de Oro City

Dear **Director Fuentes**:

Greetings from the National Nutrition Council Region X!

Nutrition Month is the annual campaign held every July to create greater awareness on nutrition among Filipinos per Presidential Decree 491 or the Nutrition Act of the Philippines. The same law mandates the National Nutrition Council (NNC) to lead and coordinate the campaign. This year's Nutrition Month campaign will carry the overarching theme "Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!" for continuous advocacy in implementing the PPAN 2023-2028, with the sub-theme "Nutrisyon at Kalikasan, Ating Pangalagaan!". To focus on sustainable and nutrition-sensitive food systems, this year's sub-theme highlights the vital connection between nutrition and the environment, emphasizing that protection of natural resources is essential to ensuring sustainable food systems, food security, and good nutrition for present and future generations.

As part of the campaign, NNC Region X in partnership with its regional media network, Media Advocates for Nutrition in Governance for Region 10 (MANGO DIEZ), will conduct the Short Filmmaking Contest 10.0 in line with 2026 Nutrition Month, open to all public and private junior and senior high schools in Northern Mindanao. The contest aims to increase awareness and promote good nutrition, protect human health and nature, cascade the key messages of PPAN 2023-2028, and to create interest and discover creativity among the junior and senior high school students.

In this regard, we humbly request the support of DepEd X, as member of the Regional Nutrition Committee, in disseminating the contest mechanics to all junior and senior high schools in the region through the issuance of Memorandum. Interested schools are required to accomplish the Registration Form through this link: <https://bit.ly/5FMC2026Registration>. Registration will open on **1 June** until **1 July 2026, 5:00 PM**.

Enclosed are the contest mechanics and criteria, for reference and guidance. For further queries, Ms. Candice Margarette Mongas of our staff will coordinate with your office.

Thank you so much for your continued support to our journey in One Region in Nutrition.

Very truly yours,

REGINALDO T. GUILLEN, MPA
Nutrition Program Coordinator and OIC

"Nutrisyong sapat para sa lahat!"

Telefax: (088) 856-8700 Mobile: (+63) 963 109 0198 Email: nnc_x@yahoo.com • region10@nnc.gov.ph
Website: www.nnc.gov.ph/regional-offices/mindanao/region-x-northern-mindanao Facebook: www.facebook.com/NNCRegion10

www.nnc.gov.ph info@nnc.gov.ph www.facebook.com/nncofficial www.twitter.com/nncofficialph
www.facebook.com/First1000DaysPH www.youtube.com/NationalNutritionCouncilOfficialPhilippines



Address: DepEd Regional Office X, Zone 1, Upper Balulang, Cagayan de Oro City
Telephone No: (088) 881-3137
Email Address: region10@deped.gov.ph
Website: r10.deped.gov.ph

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SHORT FILMMAKING CONTEST 10.0 (CY 2026)

Contest Objectives:

The Short Filmmaking Contest 10.0 aims to promote the key messages of the 2026 Nutrition Month. The campaign will carry the overarching theme "Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!" for continuous advocacy in implementing the PPAN 2023-2028, with the sub-theme "Nutrisyon at Kalikasan, Ating Pangalagaan!". The contest further intends to showcase the creativity and innovativeness of junior and senior high school students in public and private schools in Region 10.

Contest Mechanics:

1. The contest is open to all public and private junior and senior high schools in Region 10.
2. Interested schools are requested to accomplish the Registration Form through this link: <https://bit.ly/SFMC2026Registration>. Registration is open on **1 June** until **1 July 2026, 5:00 PM**.
3. Registered schools will be required to attend an orientation on film production to be organized by MANGO DIEZ and NNC Region X. Further details will be communicated to all registered schools prior to the orientation.
4. The film production of the participating schools shall commence after the orientation. All video entries must be in line with the overarching Nutrition Month theme and the 2026 sub-theme. Talking points on the theme can be accessed through the National Nutrition Council Region X Facebook Page (<https://www.facebook.com/NNCRegion10>).
5. Each school can submit only **one (1) entry**.
6. Schools can choose the genre for their short film, but it must be restricted to one of the following: comedy, drama, or action.
7. The short film should run for a maximum of **three (3) minutes only**.
8. Entries should be original. In accordance with the copyright laws, music used in an entry must be original, licensed or in the public domain (ask permission from the composer).
9. Video resolution should be at least 1080p (1920x1080), 30fps frame rate.
10. Entries should not contain any offensive or inappropriate language, image and/or content. Animation films are discouraged. The video should be appropriate for general viewership.
11. Short films may be in Bisaya or any local language/dialect; however, they must include clear and readable subtitles/captions in either English or Filipino throughout the entire film.
12. Display of brands of foods/beverages/formula milk to be used in the video is discouraged according to Executive Order 51 or the "Milk Code of the Philippines". Use of bottles, teats, and/or pacifiers is also discouraged.
13. Deadline of submission of film entries is on **30 July 2026, 5:00 PM**. Films must be sent via email (nncregion10@gmail.com), email subject *SFMC_Name of School_Genre*. Upon uploading, the school must make sure that the video is accessible by anyone by opening permission (Viewer mode) in the file settings.
14. All entries are subject to initial screening. The Secretariat shall notify the top 10 qualified entries through e-mail and SMS. Unqualified entries shall likewise be informed by the NNC Region X Secretariat.
15. Shortlisted entries shall be uploaded to NNC Region X's YouTube Channel and Facebook Page, National Nutrition Council Region X on **7 August 2026** for public viewing and voting. Overall social media engagement shall be based on the total number of Facebook and YouTube likes/reactions, views and shares. Shares should be posted public using the hashtags *#OneRegioninNutrition #2026NutritionMonth #NutrisyongSapatParaSaLahat*. Public voting will close on **7 September 2026, 5:00 PM**.
16. Decision of the judges shall be final and irrevocable.
17. Employees of the National Nutrition Council Region X and their relatives up to the second degree of consanguinity or affinity are not qualified to join the contest.
18. All entries shall be considered property of the National Nutrition Council Region X.
19. Awardees and finalists shall be duly recognized by the National Nutrition Council Region X during the Regional Nutrition Awarding Ceremony scheduled on **November 2026**.

Short Filmmaking Contest 10.0

CRITERIA

Qualified videos will be judged according to the following criteria:

1) Relevance to the theme	40%
2) Creativity and originality	30%
3) Technical quality	20%
4) Social Media Engagement	10%
TOTAL:	100%

Qualified videos will be judged according to the following criteria:

1)	Relevance to the theme - The film relates service delivery for nutrition interventions, as well as individual and community initiatives in promoting good nutrition and PPAN 2023-2028. (20%) - The film shows togetherness and cooperation between different people, population groups, or sectors in promoting nutrition, food security, and PPAN 2023-2028. (10%) - Media elements enhance the viewer's understanding of the promotion of good nutrition and PPAN 2023-2028. (10%)	40%
2)	Creativity and originality - The overall structure of the short film is innovative, shows uniqueness and originality of the story, and in-depth understanding of the subject/theme. (10%) - Media elements are used in a creative way that compels the viewer's attention. (5%) - The theme exhibits originality. Entry was never used for similar competitions. (5%) - The film displays innovative and unique ways to promote good nutrition and PPAN 2023-2028. (5%) - The introduction and conclusion of the short film have impact and display storytelling techniques and styles. (5%)	30%
3)	Technical Quality - Cinematography (10%) - Quality of images must be clear and sharp. - Camera positioning and angles used add meaning to the story. - Editing (5%) - Editing helps clarify the flow of the story - Film transitions are smooth and well-paced and not distracting. - Opening titles and credits are appealing and easy to read. - Sound Effects (5%) - Audio and soundtrack complement the story. - Use of dialogue/narration are easy to understand - Volume levels/audio mixes are well controlled.	20%
4)	Social Media Engagement - The film stimulates thoughts and ideas of viewers online. (2%) - Number of Facebook reactions. (2%) - Number of Facebook comments and shares. (2%) - Number of Facebook views. (2%) - Number of YouTube views. (2%)	10%
TOTAL:		100%

Short Filmmaking Contest 10.0

PRIZES

Winners for the contest shall receive:

- Cash Prizes: ₱15,000.00 – Grand prize
₱10,000.00 – Second prize
₱5,000.00 – Third prize
- Plaque of Recognition

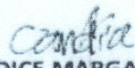
Finalists shall receive:

- Consolation: ₱1,500.00
- Certificate of Recognition

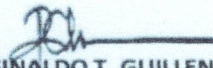
Special Awards:

- Social Media Favorite Award
- MANGO DIEZ Choice Award
- Best in Comedy Film Award
- Best in Drama Film Award
- Best in Action Film Award

Prepared by:


CANDICE MARGARETTE MONGAS
Project Development Officer I
NNC Region X

Approved by:


REGINALDO T. GUILLEN, MPA
Nutrition Program Coordinator and OIC
NNC Region X

Short Filmmaking Contest 10.0