



Republic of the Philippines
Department of Education
Northern Mindanao – Region X
DIVISION OF OZAMIZ CITY
City of Ozamiz



DIVISION MEMORANDUM

No. 107, s. 2015

TO : Chief Education Supervisors (CID/SGOD)
Education Program Supervisors
Public Schools District Supervisors
Public Elementary/Secondary School Heads
This Division

DATE : July 3, 2015

SUBJECT : **10 KUMAINMENTS PER EXECUTIVE ORDER NO. 030-15 IN
SUPPORT OF THE NUTRITION MONTH CELEBRATION**


1. Relative to the Executive Order No. 030-15 signed by HON. REYNALDO O. PAROJINOG, SR., City Mayor and Chair, City Nutrition Committee, on June 30, 2015, directing all government agencies and public and private schools, (elementary to tertiary levels) in Ozamiz City to recite the *10 Kumainments* during flag-raising ceremonies for the month of July in support of the Nutrition Month Celebration, this Office enjoins all DepEd personnel to implement such.

2. With the theme, "Timbang Iwasto sa Tamang Nutrisyon at Ehersisyo!" (Achieve Normal Weight through Proper Nutrition and Physical Activity!), school canteens are encouraged to serve healthy and nutritious food. It is further advised that schools hang streamers of the theme in conspicuous places.

3. Elementary schools are encouraged to participate in the Poster-making contest and Nutri-DM Quiz on July 30, 2015. Venue shall be announced later.

4. Find attached letter and copy of the aforementioned Executive Order for more details.

5. Queries regarding this matter can be relayed to: *Dr. Alice Fe Paderanga, Medical Officer III at 091893350341/09177222026.*


REBONFAMIL R. BAGUIO
Schools Division Superintendent



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OFFICE OF THE CITY MAYOR
City of Ozamiz
Telefax No. (088)-521-1390



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MR. REBONFAMIL R. BAGUIO
Schools Division Superintendent Division of Ozamiz City

Dear Mr. Baguio:

Happy Nutrition Month!

I am pleased to inform you that I have signed Executive Order No. 030 - 15 on June 30, 2015 directing all government agencies and public and private schools (elementary to tertiary levels) in Ozamiz City to recite the 10 Kumainments during their flag-raising ceremonies for the whole month of July, 2015 in support to the celebration of Nutrition Month.

Attached, please find a copy of the aforementioned Executive Order plus the following materials:

1. Nutrition Month 2015 Talking Points
2. Streamer Design
3. 10 Kumainments Fan

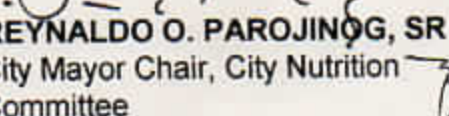
The theme, "*Timbang iwasto sa tamang nutrisyon at ehersisyo!*" (Achieve normal weight through proper nutrition and physical activity.), aims to provide the venue for the general public to realize the importance of proper nutrition and physical activity to prevent overweight and obesity.

To spread the message, I would like to enjoin all public and private schools to hang Nutrition Month streamers in strategic areas within their school premises, promote the 10 Kumainments, participate in the Poster-making contest and Nutri - DM Quiz (both for elementary level only) on July 30, 2015 and conduct symposia and other activities in line with the celebration.

Further and very importantly, I encourage all schools to serve healthy food choices in school canteens and cafeterias not only during Nutrition Month but throughout the school year.

Thank you for your unwavering support to the programs of the Local Government.

Very truly yours,


REYNALDO O. PAROJINOG, SR
City Mayor Chair, City Nutrition
Committee

10

KUMAINMENTS

Sigla of lokos ng buhay

- I. Kumain ng iba't-ibang pagkain.
- II. Sa unang 6 months ni baby, breastfeeding lamang; mula 6 months, bigyan din siya ng ibang angkop na pagkain.
- III. Kumain ng gulay at prutas araw-araw.
- IV. Kumain ng isda, karne, at ibang pagkaing may protina.
- V. Uminom ng gatas; kumain ng pagkaing mayaman sa calcium.
- VI. Tiyaking malinis at ligtas ang ating pagkain at tubig.
- VII. Gumamit ng iodized salt.
- VIII. Hinay-hinay sa maalat, mamantika at matatamis.
- IX. Panatilihin ang tamang timbang.
- X. Maging aktibo. Iwasan ang alak; huwag manigarilyo.





EXECUTIVE ORDER NO. 030-15

**ENJOINING ALL GOVERNMENT AGENCIES AND PUBLIC AND PRIVATE
SCHOOLS (ELEMENTARY TO TERTIARY LEVELS) IN OZAMIZ CITY TO RECITE
THE 10 KUMAINMENTS DURING THEIR FLAG-RAISING CEREMONIES FOR THE
WHOLE MONTH OF JULY, 2015 IN SUPPORT TO THE NUTRITION MONTH
CELEBRATION**

Whereas, Nutrition Month is the annual campaign held every July to create greater awareness on nutrition among Filipinos (Presidential Decree 491 or the Nutrition Act of the Philippines).

Whereas, the 41st Nutrition Month theme is "Timbang iwasto sa tamang nutrisyon at ehersisyo!" (Achieve normal weight through proper nutrition and physical activity.)

Whereas, the theme of the celebration aims to increase awareness on the role and importance of proper nutrition and physical activity in the prevention of overweight and obesity among the general project.

Whereas, the 2015 Nutrition Month celebration seeks 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.

Whereas, the National Nutrition Council leads the promotion of the Nutritional Guidelines for Filipinos (NGF) to encourage Filipinos to adopt a healthy lifestyle through good nutrition and active lifestyle.



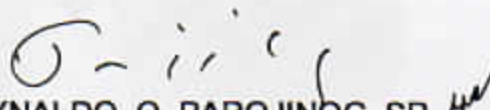
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Whereas, the National Nutrition Council further developed the popular version of the NGF called "10 Kumainments" which consists of shorter and simpler messages for better recall and understanding.

Now, therefore, I, REYNALDO O. PAROJINOG, SR., by virtue of the power vested in me as the City Mayor and Chairperson of the City Nutrition Committee, do hereby order all government agencies and public and private schools (elementary to tertiary levels) in Ozamiz City to recite the 10 Kumainments during their Flag-raising Ceremonies for the whole month of July, 2015.

DONE in the City of Ozamiz, this 30th day of June, 2015.


REYNALDO O. PAROJINOG, SR.
City Mayor