



Republic of the Philippines

Department of Education

REGION IV- A CALABARZON
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

30 June 2026

DIVISION MEMORANDUM

No. **449** s. 2026

2026 NUTRITION MONTH CELEBRATION

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Heads, Public Elementary and Secondary Schools
Heads, Unit/Section
All Others Concerned

1. Pursuant to **Presidential Decree No. 491, s. 1974**, July declared as Nutrition Month and shall be celebrated every year to raise public awareness about the value of good nutrition. This year marks the 52nd Nutrition Month (NM) Celebration, themed "**Sa PPAN: Sama-Sama sa Nutrisyong Sapat Para sa Lahat! Nutrisyon at Kalikasan, Ating Pangalagaan.**" This celebration aims to create greater awareness on nutrition among the public, particularly on the importance of adopting sustainable and climate resilient food systems and dietary practices that promote both human nutrition and environmental sustainability.

2. All schools are enjoined to celebrate Nutrition Month throughout July by undertaking meaningful activities to create an opportunity to promote learner's health, food and nutrition security, and sustainable school environments while upholding the Department of Education's policy on safeguarding instructional time and ensuring the uninterrupted delivery of quality basic education.

In this regard, the following guidelines shall be observed:

- a. Nutrition Month activities shall be conducted without disrupting regular classroom instruction.
- b. Classroom-based activities shall be integrated into relevant learning competencies.
- c. School-wide activities shall be scheduled during flag ceremonies, homeroom guidance periods, breaks or other appropriate non-instructional periods.
- d. Pull-out activities involving learners shall be minimized and, when necessary, shall be conducted in a manner that preserves instructional time.
- e. Teachers shall ensure that learning continuity is maintained while promoting learner participation.

3. The 2026 Nutrition Month collaterals campaign strategy and advocacy materials can be accessed through this link <https://nnc.gov.ph/2026-national-nutrition-month-celebration/>.



Address: Brgy. Potol, Tayabas City

Telephone No.: (042) 785-9615

Email Address: tayabas.city@deped.gov.ph

Website: <https://www.sdotayabascity.ph>

4. All schools shall submit their Accomplishment Report on or before August 7, 2026 through this link: <https://tinyurl.com/2026NMCTavabas>.
5. Immediate and wide dissemination of this Memorandum is desired.

For:

CELEDONIO B. BALDERAS JR.
Schools Division Superintendent

By:

HERBERT D. PEREZ
Assistant Schools Division Superintendent
Officer-in-Charge

Encl.: As stated

Reference: Regional Memorandum No. 406, s. 2026

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

NUTRITION MONTH CELEBRATION

SGOD- 2026 nutrition month plan celebration
PGJHF-000294/June 30, 2026



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON



19 June 2026

Regional Memorandum
No.406 s.2026

**2026 NUTRITION MONTH THEME AND SUBMISSION
OF NUTRITION MONTH PLANS FOR 2026**

To **Schools Division Superintendents**

1. Relative to the communication dated June 5, 2026 from the National Nutrition Council (NNC) - CALABARZON, this Office, through the Education Support Services Division (ESSD), hereby disseminates the theme for the 2026 Nutrition Month Celebration and requests the submission of Nutrition Month Plans.
2. The 52nd Nutrition Month shall be celebrated in July with the theme and sub-theme, ***“Sa PPAN: Sama-Sama sa Nutrisyong Sapat Para sa Lahat! Nutrisyon at Kalikasan, Ating Pangalagaan.”*** This celebration aims to create greater awareness on nutrition among the public, particularly on the importance of adopting sustainable and climate-resilient food systems and dietary practices that promote both human nutrition and environmental sustainability.
3. In this regard, all Schools Division Offices (SDOs) are requested to plan activities in celebration of Nutrition Month and submit their Nutrition Month Plans on or before June 26, 2026, using the prescribed template available through the following link: <https://tinyurl.com/2026NutritionMonthPlans>.
4. The 2026 Nutrition Month campaign strategy and advocacy materials can be accessed through this link: <https://nnc.gov.ph/2026-national-nutrition-month-celebration/>.
5. For inquiries, please contact the Education Support Services Division through essd.calabarzon@deped.gov.ph or call 02-8682-2114 loc 430.
6. For immediate dissemination and strict compliance by all concerned.


CARLITO D. ROCAFORT
Director IV

03/ROE8



Address: Gate 2, Karangalan Village, Cainta, Rizal
Telephone No.: 02-8682-2114
Email Address: region4a@deped.gov.ph
Website: depedcalabarzon.ph

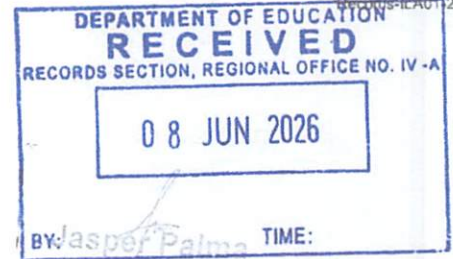


Certificate No. PHP QMS
22 93 0085



5 June 2026

DIRECTOR CARLITO D. ROCAFORT, CESO V
Regional Director and Member, Regional Nutrition Committee
Department of Education Calabarzon
Karangalan Village, Cainta, Rizal



Attention: **Ms. Johnalen Aira S. Soberano, RND**
Nutritionist Dietitian II

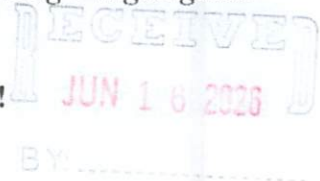
Dear **Director Rocafort:**

Greetings from the National Nutrition Council (NNC) - CALABARZON!

As you may know, Presidential Decree No. 491, otherwise known as the Nutrition Act of the Philippines, declares the month of July as Nutrition Month and mandates the National Nutrition Council to lead the nationwide campaign. Celebrated annually, it aims to raise public awareness on nutrition by highlighting a selected nutrition issue or focus, to influence positive behaviors, and mobilize multi-sectoral action.

From 2025 to 2028, NM campaigns will carry the overarching theme “Sa PPAAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!” for continuous advocacy in implementing the Philippine Plan of Action for Nutrition (PPAN) 2023-2028. To sustain advocacy efforts and highlight priority areas, a specific sub-theme shall be identified each year, aligned with one the pillars of PPAAN 2023-2028. For 2026, the NNC Technical Committee agreed to make nutrition and climate change the NM focus to emphasize their interconnection and with a sub-theme “*Nutrisyon at Kalikasan, Ating Pangalagaan.*” Hence, the complete 2026 Nutrition Month theme with sub-theme is:

**“Sa PPAAN: Sama-sama sa Nutrisyong Sapat para sa Lahat!
Nutrisyon at Kalikasan, Ating Pangalagaan.”**



The 2026 National Nutrition Month campaign aims to create greater awareness on nutrition among the public, particularly on the importance of adopting sustainable food systems and dietary practices that promote both human nutrition and environmental sustainability.

In line with this, the 2026 Nutrition Month celebration encourages stakeholders to integrate nutrition and environment sustainability into their programs and activities, and to strengthen multi-sectoral collaboration to advance climate-resilient and nutrition-sensitive initiatives at the community level.

In this regard and as a Member of the Regional Nutrition Committee (RNC) we invite you and your agency to actively participate in this nationwide celebration by disseminating the theme to your agency personnel and networks and, more importantly, by planning and undertaking activities along the NM Theme.

“Nutrisyong sapat para sa lahat!”

Telephone: (63-2) 8367-4665 | Facebook: www.facebook.com/NNCRegion4A

Website: www.nnc.gov.ph/regional-offices/luzon/region4a | Email: region4a@nnc.gov.ph

Telefax: OED: (63-2) 8843-5818 DED: 8818-7398 • 8892-4271 AD: 8816-4239 CASHIER: 8843-5834

FMD: (632) 8843-5856 NPPD: 8843-1337 NSD: 8843-5824 NIED: 8843-0142

www.nnc.gov.ph info@nnc.gov.ph

www.facebook.com/nncofficial

www.twitter.com/nncofficialph

www.facebook.com/First1000DaysPH

www.youtube.com/NationalNutritionCouncilOfficialPhilippines





Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
NATIONAL NUTRITION COUNCIL
CALABARZON

Fernando Generics Hall, Department of Health CALABARZON
Quirino Memorial Medical Center Compound
Project 4, Quezon City

We would like to request your good office to submit your agency's **2026 Nutrition Month Plan of Activities** on or before **15 June 2026 (Monday)** through our email address calabarzon@nnc.gov.ph.

The 2026 Nutrition Month Campaign Strategy and other advocacy materials can be accessed through this link: nnc.gov.ph/2026-national-nutrition-month-celebration/. Also attached is the 2026 NM Plan template for your reference.

Should you have any concerns, please do not hesitate to contact our Nutrition Officer II (NO II) Ms. Kyla C. Guarda at mobile number 0919-799-8964, landline (02) 8367-4465 or via email at calabarzon@nnc.gov.ph.

Thank you very much for your continued commitment and initiatives towards ensuring the Nutrisyong Sapat Para Sa lahat!

Sincerely,

LOURDES BULANTE-ORONGAN, RND, MDM
Regional Nutrition Program Coordinator
National Nutrition Council – Calabarzon

"Nutrisyong sapat para sa lahat!"

Telephone: (63-2) 8367-4665 | Facebook: www.facebook.com/NNCRegion4A

Website: www.nnc.gov.ph/regional-offices/luzon/region-iv-a-calabarzon | Email: region4a@nnc.gov.ph

Telefax: OED: (63-2) 8843-5818 DED: 8818-7398 • 8892-4271 AD: 8816-4239 CASHIER: 8843-5834

FMD: (632) 8843-5856 NPPD: 8843-1337 NSD: 8843-5824 NIED: 8843-0142

www.nnc.gov.ph info@nnc.gov.ph

www.facebook.com/nncofficial

www.twitter.com/nncofficialph

www.facebook.com/First1000DaysPH

www.youtube.com/NationalNutritionCouncilOfficialPhilippines

