



REPUBLIKA NG PILIPINAS  
REPUBLIC OF THE PHILIPPINES  
**KAGAWARAN NG EDUKASYON**  
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DepEd MEMORANDUM  
No. **175**, s. 2003

**JUN 04 2003**

2003 NUTRITION MONTH CELEBRATION

To: Bureau Directors  
Regional Directors  
Schools Division/City Superintendents  
Heads, Public and Private Elementary and Secondary Schools

1. Nutrition Month (NM) will be observed this July with the theme *Kabataan Palusugin, Isulong ang Breastfeeding!*
2. This year's celebration continues to promote the Nutritional Guidelines for Filipinos (NGF) and calls on everyone to support and promote breastfeeding as a major step to help mothers ensure that their children grow up healthy, able to learn better in school and actively contribute to socio-economic development in adulthood. The celebration also hopes to encourage the creation of support groups for breastfeeding mothers especially in the workplace.
3. To ensure a successful celebration of Nutrition Month, regional directors, schools division superintendents, and school heads are encouraged to participate in this year's celebration. Some of the activities that may be undertaken during the celebration are the following:
  - a. Hanging of streamers in gates and other strategic areas near offices;
  - b. Inclusion of NM message during the flag ceremony on June 30 and every Monday thereafter for the whole month;
  - c. Putting up of a nutrition corner in the agency's bulletin board to feature breastfeeding and related messages and other nutrition information;
  - d. Organization of seminars, lectures, and other similar fora for employees and dependents and clients; and
  - e. Inclusion of information on breastfeeding and related messages or articles in existing publication and the like.
4. Immediate and wide dissemination of this Memorandum to all concerned is desired.

  
EDILBERTO C. DE JESUS  
Secretary

Reference: DECS Memorandum: No. 262, s. 2000

Allotment: 1—(D.O. 50-97)

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

CELEBRATIONS & FESTIVALS  
NUTRITION EDUCATION