



Republic of the Philippines  
Department of Education

DepEd MEMORANDUM  
No. **82**, s. 2012

MAY 08 2012

**ENCOURAGING THE USE OF COCO SUGAR**

To: Bureau Directors  
Directors of Services, Centers and Heads of Units  
Regional Directors  
Schools Division/City Superintendents  
Heads, Public Elementary and Secondary Schools

1. The coconut tree also called the *Tree of Life*, provides food and livelihood to Filipinos, the many benefits of the raw materials are sources of various by-products, edible and non-edible, medicinal and nutraceutical. The coconut sap sugar, also known as the *coco sugar* is among the edible products with both medicinal and nutraceutical benefits to mankind. Using the *coco sugar* will help the farmers to increase their income, and eventually improve the country's economy.
2. The *coco sugar* is healthy sugar with low glycemic index of 35 or classified as **Low Glycemic Index Food** which is suitable for diabetics. It is a natural product with simple processing, without chemicals and additives. It can be used in different beverages concoctions like coffee, tea, herbal and fruit juices; as confectionary products in pastries, cakes and native delicacies.
3. All regional directors (RDs) and schools division/city superintendents (SDSs) and administrators are enjoined to give full support to the advocacy and the use of *coco sugar* in various affairs such as meetings/conferences/ conventions, and trainings/seminars and workshops.
4. The regional/division health and nutrition personnel are instructed to include information on the benefits of coconut sap sugar during their health talks and to encourage the schools to use the *coco sugar* in food preparation.
5. Immediate dissemination of this Memorandum is desired.

  
**BR. ARMIN A. LUISTRO FSC**  
Secretary

Reference: DepEd Memorandum: No. 293, s. 2003  
To be indicated in the Perpetual Index under the following subjects:

HEALTH EDUCATION  
NUTRITION EDUCATION  
SCHOOLS  
PROGRAMS

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1208-April 27, 2012