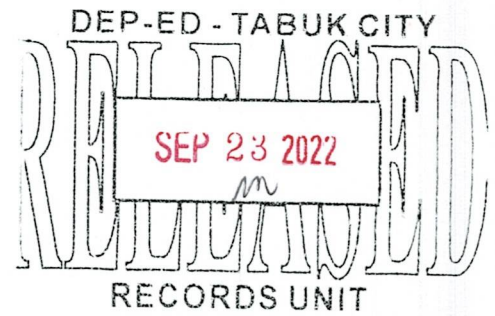




Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City



Office of the Schools Division Superintendent

September 20, 2022

Division Memorandum

No. 290 S. 2022

**REITERATION OF THE D.O. 13 S. 2017- POLICY AND GUIDELINES ON HEALTHY
FOOD AND BEVERAGE CHOICES IN SCHOOLS AND IN DEPED OFFICES AND
ADHERENCE TO FOOD SAFETY STANDARDS**

To: Public Schools District Supervisors
Public Secondary/ Elementary School Heads
Health and Nutrition Section Personnel
All Others Concerned

1. This is to remind and reiterate **D.O. 13 s. 2017**, otherwise known as **Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices** for the promotion and development of healthy eating habits among learners and DepEd by making available healthy, nutritious, and affordable menu choices, and for setting food standards.
2. The Policy and Guidelines aim to:
 - a. make available healthier food and beverage choices among the learners and DepEd personnel and their stakeholders;
 - b. introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;
 - c. provide guidance in evaluating and categorizing foods and drinks; and
 - d. provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding.
3. **DepEd Order No. 8, s. 2007** entitled **Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools** are modified accordingly by this issuance.



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4. All schools are directed to apply the Guidelines and Policy with close supervision by their respective School Heads over the canteen in-charge in providing healthier food and beverage choices for the learners, teaching and non-teaching personnel, parents and other stakeholders.
5. Further, Health and Nutrition Section Unit will conduct a random inspection and monitoring to ensure that school canteens serve healthy and nutritious food for everyone.
6. Attached are the checklists for healthy food and beverage choices in schools and in DepEd Office and the criteria/ indicators for operation and management of school canteen.
7. Immediate dissemination of this memorandum is desired.


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List of Foods and Drinks under the GREEN category

(Foods and drinks that should **ALWAYS** be available in the canteen. These foods and drinks are the best choices for a healthy school canteen as they contain a wide range of nutrients and are generally low in saturated and trans-fat, sugar, and salt. This includes, but is not limited to the following foods and drinks)

Food	Examples
Drinks	Milk (unsweetened) Safe and clean water (nothing added) Fresh Buko Water (unsweetened)
Energy-giving (Go)	Milled Rice Brown Rice or Iron-fortified Rice Corn Oatmeal Whole wheat bread Cassava (kamoteng kahoy) Boiled Sweet potato (kamote) Boiled Saging na saba Corn Binatog Boiled peanuts Suman Puto
Body-building (Grow)	Fishes Shellfish Small Shrimps Lean meats Chicken without skin Nuts Egg
Body-regulating (Glow)	Fresh fruits, preferably those in season Green, leafy, and yellow vegetables



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List of Foods and Drinks under the YELLOW category

(These may be served **Once or Twice a week** only, in smaller servings, and should be less prominent in the canteen menu as these foods and drinks contain some nutrients but at the same time also contain large amounts of saturated or trans fats and or sugar and or salt. This includes, but is not limited to the following foods and drinks.)

Food	Examples
Drinks	100% Fresh fruit juices
Energy-giving (Go)	Fried rice Bread (using white refined flour) Biscuits Banana cue Camote cue Turon Maruya Pancakes Waffles Champorado Pancit Arroz caldo Sandwiches (cheese, egg, chicken filling, etc.) Butter, Margarine, Mayonnaise (use sparingly)
Body-building (Grow)	Processed foods such as meats/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc. (still subject to evaluation of saturated or trans-fat and sodium as reflected in their Nutrition Facts)
Body-regulating (Glow)	Stir-fried Vegetables



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List of Food and Drinks under the RED category

(Includes foods and drinks **Not Recommended** in the canteen menu. These foods and drinks contain high amounts of saturated fat or sugar or salt that may provide excess energy or calories and should not be served. Consumption of these foods and drinks outside the school premises is at the discretion of their parents. This includes, but is not limited to the following foods and drinks)

Food	Examples
Drinks	Soft drinks, alcoholic drinks, sports waters, sports drinks, flavored mineral water, energy drinks, sweetened waters, powdered juice drinks Any product containing caffeine (for school canteens) Any processed fruit/vegetable juice with added sugar of more than 20 grams or 4 teaspoons per serving
Energy-giving (Go)	Any jelly, ice crushes, and slushies , Any Ice cream/ Ice drops/ Ice candies Cakes and slices, donuts, sweet biscuits and pastries, and other sweet bakery products All types including chocolates, hard/chewy candies, chewing gums, marshmallows, lollipops, yema, etc. French fries, bicho-bicho, etc. Instant noodles All types of heavily salted snacks such as chips or chichiria
Body-building (Grow)	Chicharon Chicken skin Bacon Deep-fried foods including fish balls, kikiams, etc.
Body-regulating (Glow)	Fruits canned in heavy syrup Sweetened fruits or vegetables or deep-fried



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CHECKLIST FOR PERMITS/CLEARANCES AND ADHERENCE TO FOOD SAFETY STANDARDS

Item No.	
1	The school has Sanitation Clearance/Permit from the local Health Department.
2	The school has Health Permit of Canteen Personnel/Staff from the City/Municipality Health Office.
3	The school Canteen displays permanently the updated permits in a conspicuous place in the canteen.
4	The Canteen Staff/Personnel observes proper dress code. (<i>White polo/blouse/shirt, colored pants/skirt, hairnet, apron, appropriate footwear</i>)
5	The school Canteen has availability of potable drinking water and handwashing facilities.
6	The school Canteen has a well-maintained, clean, well-ventilated and pest-free environment.
7	The school Canteen has available food covers and containers for safekeeping.
8	The school observes hygienic practices on food preparation, cooling display, serving and storage.
9	All Canteen Personnel, including practicum students, undergo training on proper and safe handling of foods before they are allowed to work in the canteen.
10	Presence of book of accounts and statement of sales and disbursements.



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