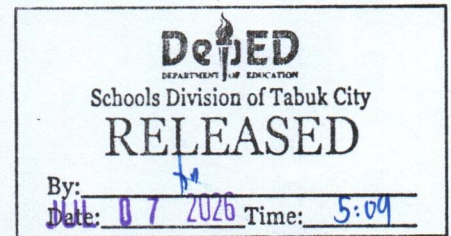




Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City



Office of the Schools Division Superintendent

7 July 2026


DIVISION MEMORANDUM

No. **301** s. 2026

NUTRITION MONTH CELEBRATION

TO: Assistant Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. Pursuant to Sec. 7 of Presidential Decree No. 491, designating the month of July as Nutrition Month for the purpose of creating greater awareness of the importance of nutrition, this Office calls on all elementary and secondary schools in Tabuk City to participate in the celebration this July.
2. The 2026 Nutrition Month sub-theme "Nutrisyon at Kalikasan, Ating Pangalagaan" highlights the vital connection between nutrition and environmental conservation. It emphasizes that protecting forests, oceans, agricultural lands, and water resources is essential for ensuring food security and providing safe, nutritious food for both present and future generations.
3. All schools are encouraged to observe the 2026 Nutrition Month celebration by undertaking related activities such as but not limited to:
 - a) Raise awareness during flag raising ceremonies
 - b) Integration of nutrition, food security, environmental conservation, sustainability, etc. in classroom instruction
 - c) Conduct Galaw Pilipinas or related activities as stipulated in DepEd Order No. 60 s. 2021.
4. In addition, schools are encouraged to participate in the following contested activities:
 - a) Nutri-Healthy Food Jingle or Poem Recitation (Elementary)
 - b) Nutri-Spoken Poetry (Junior High School)
 - c) Nutri-Poster Making (Junior High School)
5. Enclosed are the specific mechanics and criteria of the contested activities. Please take note of the deadline for submission on July 17, 2026, at noon. One set (one per contest) of entries shall be selected from the schools within each mother district by the Public Schools District Supervisors. A total of four (4) sets, representing the four mother districts, shall be submitted to the City Nutrition Committee.
6. For any related inquiries, please contact Rodolfo D. Niones Jr., Medical Officer III on mobile phone number 09988585448.
7. For your information and guidance.


CHRISTOPHER C. BENIGNO PhD, EdD, CESO VI
Assistant Schools Division Superintendent
OIC - Schools Division Superintendent





Republic of the Philippines
Cordillera Administrative Region
Province of Kalinga
CITY OF TABUK

CITY NUTRITION COMMITTEE

CITY NUTRITION MONTH 2026

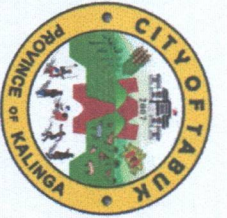
Activity and Target Age Group	Objective	Mechanics of the Contest	Criteria for Judging	Judges	Office In Charge & Responsible Person for Dissemination
Nutri-Healthy Food Jingle or Poem Recitation for Elementary Students	To encourage young learners to creatively express their understanding of the importance of proper nutrition, healthy food choices, and environmental responsibility through simple, fun, and meaningful jingles or poem recitations. This activity aims to develop confidence in public speaking, creativity, and appreciation of nutritious	1. Eligibility: <ul style="list-style-type: none"> ○ This will be contested by an Elementary Pupil (Grade 4-6); 4 members ○ One entry per mother district 2. Submission Requirements: <ul style="list-style-type: none"> ○ Length of Recitation: The jingle or poem should be 1 minute long. It can be an original piece or adapted from an existing rhyme, as long as it is age-appropriate and nutrition-themed. 3. Content Guidelines: <ul style="list-style-type: none"> ○ It should reflect the official Nutrition Month theme 2026 ○ Language: May be in English, Filipino, or a mix of both. Simpler words appropriate for Elementary learners are recommended. 4. Props and Costumes: Participants may wear simple costumes or bring props related to	Content and Relevance (30%) The jingle or poem should clearly promote healthy eating (e.g., mention of fruits, veggies, milk). Clarity and Delivery of Words (25%) are spoken clearly and can be understood by the audience; proper pronunciation is used. Memorization (20%) Child can recite the piece mostly or entirely from memory, with minimal prompting. Creativity (15%) Use of original words, rhyme, rhythm, or added		DepEd



Republic of the Philippines
 Cordillera Administrative Region
 Province of Kalinga
CITY OF TABUK

CITY NUTRITION COMMITTEE

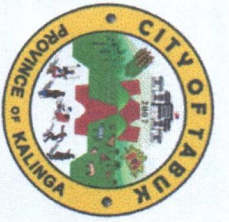
	sustainable practices among children.	food	their jingle (e.g., fruit hats, vegetable signs), but this is not required. Props should be child-safe and manageable by the child alone.		
	5. Submission Guidelines: <ul style="list-style-type: none"> ▪ July 17, 2026 until 12 noon at the CHO ▪ Full name, grade level, school ▪ Title of the piece ▪ Transcript (with translation if applicable) 		gestures/movement to enhance the performance.		
			Stage Presence (10%) Child is confident, smiling, and expressive while reciting (eye contact, gestures, posture).		



Republic of the Philippines
Cordillera Administrative Region
Province of Kalinga
CITY OF TABUK

CITY NUTRITION COMMITTEE

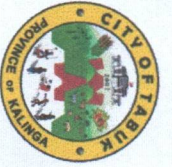
Activity and Target Age Group	Objective	Mechanics of the Contest	Criteria for Judging	Judges	Office In Charge & Responsible Person for Dissemination
Nutri-Spoken Poetry to High School Students (Junior HS)	The Nutri-Spoken Poetry Contest aims to provide Junior High School students with a creative avenue to express their awareness and advocacy on the relationship between nutrition and environmental sustainability. Through spoken word poetry, participants are encouraged to highlight the importance of protecting nature, promoting sustainable food practices, and valuing local and nutritious food sources in	<p>1. Eligibility:</p> <ul style="list-style-type: none"> o Open to all Junior High School students (Grades 7 –10) from public and private schools within the City. o Only one (1) entry per mother district. <p>2. Entry Requirements:</p> <ul style="list-style-type: none"> o Each participant must submit a video recording of themselves performing their original spoken word poetry. o Length: 1.0 minutes o The piece must highlight themes related to unity, local foods, or nutrition security. o Language may be English, Filipino, or a local dialect. If performed in a local dialect, a subtitled or translated transcript (English/Filipino) must be submitted alongside the video. <p>3. Format & Technical Guidelines:</p> <ul style="list-style-type: none"> o The spoken word piece must be an original work of the student. Plagiarism will result in disqualification. 	<p>Message clarity and relevance (40%). The poem clearly conveys the theme of unity, local foods, or nutrition security. Message is impactful and informative</p> <p>Creativity and originality (30%). Originality of the composition and creativity in expressing the theme.</p> <p>Delivery and impact (for poetry) (20%). Performance skills (voice modulation, expression, emotional impact, engagement).</p> <p>Language and structure (10%). Proper grammar, rhythm, structure, and coherence of the poem.</p>		DepEd



Republic of the Philippines
Cordillera Administrative Region
Province of Kalinga
CITY OF TABUK

CITY NUTRITION COMMITTEE

achieving a healthier future for all.	<ul style="list-style-type: none">○ Background music or effects are allowed, provided they do not overpower the voice of the performer.4. Submission Guidelines:<ul style="list-style-type: none">▪ July 17, 2026 until 12 noon at the CHO▪ Full name, grade level, school▪ Title of the piece Transcript			
---------------------------------------	---	--	--	--



Republic of the Philippines
Cordillera Administrative Region
Province of Kalinga
CITY OF TABUK

CITY NUTRITION COMMITTEE

CITY NUTRITION MONTH 2026

Activity and Target Age Group	Objective	Mechanics of the Contest	Criteria for Judging	Judges	Office In Charge
<p>Nutri-Poster Painting Contest for Amateur Painters July 20</p>	<p>To encourage amateur painters to use their creativity and artistic skills in promoting the importance of nutrition, environmental stewardship, local food appreciation, and sustainable practices in support of the theme "Nutrisyon at Kalikasan Ating Pangalagaan."</p>	<p>1. Eligibility:</p> <ul style="list-style-type: none"> o Open to all amateur painters and individuals with a passion for visual arts who are interested in promoting the importance of good nutrition through creativity and artistic expression. o A maximum of 4 participants shall be accepted <p>2. Acceptance of participants shall be on a first-come, first-served basis upon submission of complete registration requirements.</p> <p>3. Registration:</p> <ul style="list-style-type: none"> o Participants must register through the official [registration link/form/email], which will be posted on the CNC page. o Confirmation of the top 4 entries will be sent via email or SMS. <p>4. On-Site Contest Guidelines:</p> <ul style="list-style-type: none"> o The poster-making contest will be held on-site on July 20 at Tabuk People's Gymnasium 	<p>Relevance to theme (40%). Poster clearly expresses the theme: unity, teamwork, local foods, and nutrition security. Message is meaningful and aligned with advocacy.</p> <p>Creativity and originality (30%). Freshness and uniqueness of concepts, imaginative expressions of ideas, and artistic innovation. Avoid clichés and overused designs.</p> <p>Visual impact (20%). Overall impression of the poster at first glance. Strong use of color, layout, and composition to captivate attention.</p> <p>Neatness (10%). Clean execution, clear lines, organized layout, and careful handling of materials. Reflects effort and discipline.</p>		



Republic of the Philippines
Cordillera Administrative Region
Province of Kalinga
CITY OF TABUK

CITY NUTRITION COMMITTEE

	<ul style="list-style-type: none">○ The contest will be conducted within a set time limit (e.g., 2–3 hours; actual duration to be finalized and announced in advance).○ Canvass boards and colored paints will be provided by the participant.○ Participants must bring their own paintbrushes, mixing palettes, pencils, erasers, water containers, aprons, and other personal art tools.○ Use of pre-drawn sketches, stencils, or references during the contest is strictly prohibited.○ Only the artwork created on-site during the event will be considered valid. <p>5. Poster Content Guidelines:</p> <ul style="list-style-type: none">○ The poster must highlight teamwork and unity in promoting good nutrition.○ Content must be appropriate, original, and aligned with the Nutrition Month theme: <i>"Food and Nutrition Security Maging Priority! Nutrisyon at Kalikasan Ating Pangalagaan!"</i>○ All entries must be signed at the back only, to maintain anonymity during judging.○ The final output will be collected immediately after the time ends and displayed for viewing.			
--	--	--	--	--



Republic of the Philippines
Cordillera Administrative Region
Province of Kalinga
CITY OF TABUK


CITY NUTRITION COMMITTEE

General Mechanics and Submission Guidelines:

1. Format and Technical Requirements

- All videos must be in landscape orientation with clear audio and video quality. Minimum 720p (HD); 1080p (Full HD) preferred
- Submit video entries in any of the following formats:
 - CD (MP4 format) or USB drive – to be submitted to the City Health services Office (CHSO)
 - Private video link (Google Drive or YouTube) – send via email to: _____

2. Submission Deadline July 17, 2026 at 12 noon

- Deadline for submission of all ONLINE entries
 July 17, 2026 – 12:00 PM

3. Required Information per Entry

✈ *For the following categories:*

- Nutri-Healthy Food Jingle
- Nutri-Spoken Poetry

Please include:

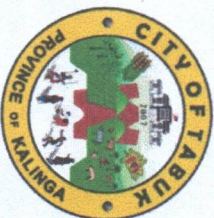
- Title of the piece, Full name of participant, Grade level, Name of School / Barangay
- Transcript of the piece (with English or Filipino translation if applicable)

✈ *For the following categories:*

- Nutri-Video Challenge
- Nutri-Zumba Dance

Please include:

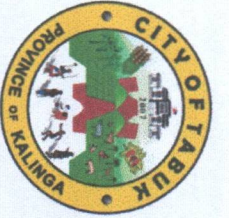
- Name(s) of participant(s), Age group: Kid / Teen / Adult / Family / Senior Citizen



Republic of the Philippines
Cordillera Administrative Region
Province of Kalinga
CITY OF TABUK

CITY NUTRITION COMMITTEE

<p>Online Nutrition Contest – submission is July 17, 2026 at 12 noon</p>	<ul style="list-style-type: none"> ○ Nutri-Healthy Food Jingle or Poem Recitation for Elementary Pupils:- SDO Tabuk City ○ Nutri- Spoken Poetry to Junior High School Students: SDO Tabuk City ○ Nutri- Video Challenge for Kid+Teens + Young Adults + Families: CSWDO & CSCCO ○ Nutri-Zumba Dance for Senior Citizens-CCEDO & CSCCO ○ Nutri- School or Barangay Garden Contest for Schools and communities-OfCAS & CENRO ○ Nutri-Poster Making Contest for Amateurs -PopDev
<p>On site Nutrition Contest on July 21, 2026 at the Tabuk People's Gymnasium</p>	<ul style="list-style-type: none"> ○ Nutri-Search for most Nutritious Snack product from MSMEs -PESO ○ Nutri-Search for most Nutritious Beverage product from MSMEs -PESO ○ Nutri-Healthy teeth for toddlers (3-4 years old) -CHSO/Health Centers
<p>July 21, 2026-Nutrition Month Culminating Activity – Tabuk People's Gymnasium</p>	
<p>July 22-26, 2026- City Information Office to assist in enhancing or upgrading the video entries of the City for the Provincial Nutrition Month</p>	
<p>July 27, 2026-12 noon . Submission of all online entries to kalingaprovincialnutritioncomm@gmail.com</p>	
<p>July 27, 2026 from 1:00 PM until July 29, 2026 - 12:00 PM -ONLINE VOTING PERIOD</p>	
<p>July 30, 2026-Provincial Nutrition Month Culminating Activity -Kalinga Sports Complex</p>	



Republic of the Philippines
Cordillera Administrative Region
Province of Kalinga
CITY OF TABUK

CITY NUTRITION COMMITTEE

5. Consent and Use of Entries

- By entering, all qualified participants acknowledge and agree that their respective entries may be posted on the official Facebook page of the City
- Participants grant permission for their video entries to be published and used for online voting purposes.

NOTE: For any concerns you can call CP numbers: 09568669248 Joy Alunday
09358874068 Jecibel Laureta
09058092119 Stephany Gupa-al