



Republic of the Philippines
Department of Education

DepEd MEMORANDUM
 No. **131**, s. 2015

30 OCT 2015

NATIONAL RICE AWARENESS MONTH (NRAM)

To: Undersecretaries
 Assistant Secretaries
 Bureau Directors
 Directors of Services, Centers and Heads of Units
 Regional Directors
 Schools Division Superintendents
 Heads, Public and Private Elementary and Secondary Schools
 All Others Concerned

1. Pursuant to Presidential Proclamation No. 524, s. 2004, the Department of Education (DepEd) will join the Department of Agriculture (DA) in celebrating the **National Rice Awareness Month (NRAM)** with the theme *Be RICEponsible in your Own Way Now (BROWN) 4 Good*. The opening of the Celebration will be held on November 3, 2015 at the Quezon City Circle.
2. The Celebration aims to encourage every Filipino to do their small share of *RICEponsibility* by valuing every grain of rice and eating healthier rice to benefit themselves, other consumers, rice farmers, and the country as a whole.
3. In support of this Celebration, DepEd officials, employees, teachers, and learners from both public and private elementary and secondary schools nationwide are encouraged to undertake the following suggested activities:
 - a. Display of streamer following the enclosed format;
 - b. Recitation of the *Panatang Makapalay* (copy enclosed) every Flag Raising Ceremony during the month;
 - c. Conduct of slogan-making contest, photo contest, poster-making contest, and essay contest;
 - d. Serving of healthier rice such as brown rice and rice mixed with corn or other staples in cafeterias; and
 - e. Promotion of campaign advocacies through quad media and other ways within one's capacity.
4. The elementary and secondary school learners and teachers from nearby schools divisions are also encouraged to attend the Opening Program.
5. For more information, all concerned may contact **Mr. Garland Rellegue, Be RICEponsible Secretariat Office**, Department of Agriculture-Philippine Rice Research Institute, Maligaya Science Institute of Muñoz, Nueva Ecija at telephone no. (044) 456-5390 or at mobile phone no. 0947-996-2556. They can also visit the website address: www.bericeponsible.com or facebook page: <https://www.facebook.com/RICEponsableAKO> through email addresses: gmrrellegue@philrice.gov.ph; bericeponsible@gmail.com; or send a message through email address: gmrrellegue@philrice.gov.ph.
6. Immediate dissemination of this Memorandum is desired.


BR. ARMIN A. JUISTRO FSC
 Secretary

National Rice Awareness Month (NRAM)

ACKNOWLEDGMENT RECEIPT

RECEIVED BY:


DIOSDADO M. SAN ANTONIO
Director IV

Schools Division Superintendent
Division of: _____

District Supervisor
District of: _____

RECEIVED AND DISSEMINATED BY:

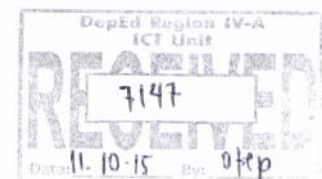
School Principal

Name of School

District: _____

Division of: _____

ICT Unit



Encls.:

As stated

Reference:

DepEd Memorandum No.: 119, s. 2014

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

BUREAUS AND OFFICES
CAMPAIGN
CELEBRATIONS AND FESTIVALS
HEALTH EDUCATION
SCHOOLS

Rhea/CAR/D-DM 2015 National Rice Awareness Month (NRAM)
0691/October 20, 2015/10-30

(Enclosure to DepEd Memorandum No. 131, s. 2015)

Be RICEponsible in your Own Way Now
#BROWN GOOD

November is National Rice Awareness Month

KONTI-KONTING KANINMUNA

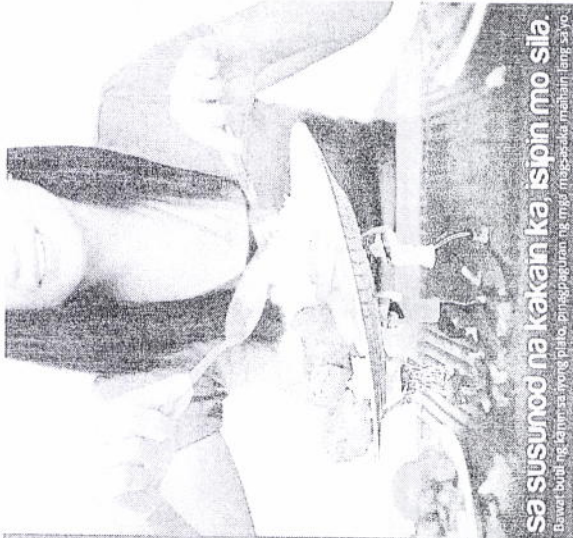
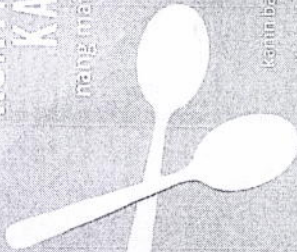
mañg matwasan ang tizing
kanin saipunggab.

ALAM NYO BA?

Bawat tining ay
nagsayang ng 9 grams
o halo 2 tulong ang
kanin bawat araw (WHO, 2003).

Katambas nyo ang pagkain ng
halos 2.5M Pilipino sa kanin ma-
nawa mañng 12% ng pangkalahat ng mga
mañng 2005 at nagkakatagay ng malabang.

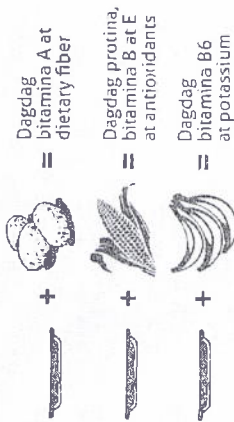
Huwag mag-alala
kumaha lang ng kalatag ubusin.



sa susunod na kakan ka ispin mo sila
Bawat buhat ng karami ayon pilako, pinagpaparaan ng mga madalas na mahini lang sa yo.

KAKAIBANG "NAMAN"

Ihalo ang mais, saba, kamote, o cassava
sa iyong kanin upang makakuha ng mas
marami pang sustansya na hindi
nakukuha sa purong kanin.



KUMAIN NG BROWN RICE (PINAWA)

Ang brown rice o *unpolished rice* ay mas
masustansya kaysa puting kanin dahil
mayroon pa itong *rice bran* na nagtataglay
ng dagdag vitamin B1, B3, B6, B9,
dietary fiber, antioxidants, protein,
manganese, phosphorus, at iron.

Nakatatulong ito upang bumaba ang posibilidad
ng pagkakaroon ng cancer, type 2 diabetes,
cardio-vascular diseases, at high blood pressure.

Busog ka na, mas lutusog ka pa.



KILALAMIN AT PASALAMATAN ANG MGA MAGSASAKA

"Kailangan mo ng abogado, doctor, o puñis
mahaba sa iyong buhay. Subalit kailangan mo ng
magsasaka itatlong beses sa isang araw."

Pasalamatan natin sila! Pahalagahan
ang bawat butil ng bigas o kaminita
pinagpaparaan mla.



thank a
FARMER
today!

BeRiCEP*ONSIBLE*

🖱️ www.bericepossible.com    riceponsableako

