



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON

23 July 2026

Regional Memorandum
No.498 s.2026

2026 NUTRITION MONTH CELEBRATION

To **Schools Division Superintendents**

1. In reference to DepEd Memorandum No. 45, s. 2026 dated July 9, 2026¹, this Office through the Education Support Services Division (ESSD) hereby disseminates the attached guidelines for the conduct of the 2026 Nutrition Month Celebration.
2. All DepEd Offices and schools are highly encouraged to actively participate in this nationwide celebration by implementing activities aligned with objectives and in accordance with the Department's existing policies and guidelines.
3. For inquiries, please contact the Education Support Services Division through essd.calabarzon@deped.gov.ph or call 02-8682-2114 loc 430.
4. Immediate dissemination of this Memorandum is desired.


CARLITO D. ROCAFORT
Director IV

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¹ 2026 Nutrition Month Celebration



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Republic of the Philippines
Department of Education

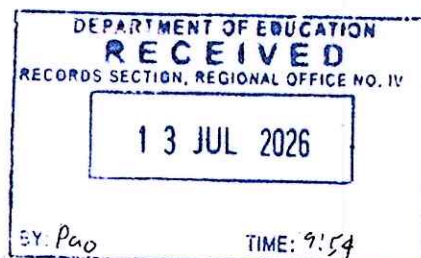
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DepEd MEMORANDUM

No. 045, s. 2026

2026 NUTRITION MONTH CELEBRATION

To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMN
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
Attached Agencies
All Others Concerned



1. In support of the government's commitment to advance hunger and malnutrition, the Department of Education (DepEd) calls on all learners, teaching and non-teaching personnel, school officials, parents, and stakeholders to actively participate in the **2026 Nutrition Month Celebration** this July. This is pursuant to Section 2 of Presidential Decree No. 491, otherwise known as the Nutrition Act of the Philippines, which mandates the observance of Nutrition Month every July to create greater awareness on the importance of good nutrition. Further, pursuant to DepEd Order (DO) No. 273, s. 2024, titled *Guidelines on the Implementation of the Three-Term School Calendar in Basic Education*, Nutrition Month is recognized as one of the leishane activities and celebrations to be observed in schools.

2. The annual celebration is led by the National Nutrition Council (NNC) at the Department of Health, the country's highest policymaking and coordinating body on nutrition. In coordination with national and local stakeholders, the celebration involves multisectoral efforts to address malnutrition, promote food and nutrition security, and build healthier communities. Since 2024, the Nutrition Month campaign has been guided by the overarching theme, **Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!** with selected subthemes under this broader call to highlight the key pillars of the Philippine Plan of Action for Nutrition (PPAN) 2023-2028.

3. The 2026 Nutrition Month subtheme, **Nutrisyon at Kalikasan, Ating Pangalagaan!** emphasizes the strong connection between nutrition and environmental protection, with a focus on climate action. It recognizes that the health of people and the health of the planet are inseparable. Protecting forests, oceans, agricultural lands, and water resources helps secure sustainable food systems and ensures that present and future generations have access to nutritious diets. Climate change adversely affects food production, food supply chains, and the availability of nutritious foods due to rising temperatures, changing rainfall patterns, droughts, floods, and typhoons. These disruptions can increase the risk of hunger and malnutrition, particularly among vulnerable populations such as children and low-income families. At the same time, food systems contribute significantly to greenhouse gas emissions, underscoring the need for sustainable and climate-resilient approaches to food production and consumption.



4. The campaign aims to

- a. raise awareness on the importance of nutrition in reducing all forms of malnutrition and hunger;
- b. promote understanding of the link between nutrition, food systems, and environmental conservation and sustainability;
- c. reinforce healthy diets and food security as pillars of the PPAN 2023-2028 and the Philippine Development Plan 2023-2028;
- d. encourage sustainable food practices, reduction of food waste, and support for local and seasonal foods;
- e. promote inclusive, sustainable, and climate-resilient food systems; and
- f. mobilize support among government agencies, local government units, nongovernmental organizations, civil society, the private sector, and communities.

5. The celebration shall align with the Department's ongoing efforts to promote learner health, food and nutrition security, climate awareness, and sustainable school environments. Activities to be undertaken are expected to reflect a whole-of-school and whole-of-community approach, advancing nutrition and well-being as essential components of learner development.

6. All DepEd offices and schools are highly encouraged to actively participate in this nationwide celebration by implementing localized, innovative classroom-based discussions and learning activities from July 1-31, 2026, aligned with the objectives and strategies outlined above. Schools are likewise encouraged to maximize online and media platforms, including but not limited to the following:

- a. Conducting classroom discussions during Homeroom, Science, Health, Technology and Livelihood Education, Araling Panlipunan, and related learning areas on the following topics:
 - i. importance of proper nutrition, healthy diets, and food security;
 - ii. relationship between nutrition, environmental conservation, climate change, and sustainable foods; and
 - iii. benefits of consuming local, seasonal, and climate-resilient foods.
- b. Organizing teacher-led discussions and learner presentations on the *Gulayan sa Paaralan* Program and the role of school and home gardening in promoting nutrition and sustainable living practices among learners and the community;
- c. Holding classroom-based poster interpretation, slogan analysis, essay discussions, and digital presentation activities focused on nutrition and environmental stewardship;
- d. Facilitating small-group discussions, debates, and case studies on climate-smart agriculture, food sustainability, and community nutrition initiatives;
- e. Conducting classroom quiz activities and learning games focusing on nutrition, food systems, environmental protection, and sustainable living practices;

- f. Encouraging learners to share personal and family practices that promote healthy eating habits and environmental responsibility through reflection and discussion sessions; and
 - g. Integrating Nutrition Month themes into project-based learning, research discussions, and collaborative classroom activities that promote learner participation and critical thinking.
7. The conduct of Nutrition Month activities shall not hamper instructional time and must comply with DO 009, s. 2026.
8. Materials related to the celebration may be accessed through the official website of the NNC at www.nnc.gov.ph. Additional resources are accessible at <https://tinyurl.com/2026NutritionMonthCollaterals>.
9. Regional offices are requested to submit relevant documents and highlights of their region wide Nutrition Month celebrations via <https://tinyurl.com/2026NutritionMonthReports> on or before **September 5, 2026**.
10. Private basic education institutions are encouraged to undertake, organize, and/or participate in the observance of the 2026 Nutrition Month Celebration.
11. For more information, please contact the **Bureau of Learner Support Services-School Health Division**, 3rd Floor, Mabini Building, Department of Education Central Office, DepEd Complex, Meralco Avenue, Pasig City, through email at blss-shd@deped.gov.ph or sblp@deped.gov.ph.
12. Immediate dissemination of this Memorandum is desired.

By Authority of the Secretary:

MALCOLM S. GARMA
Undersecretary



References:

- DepEd Order (No. 009, s. 2026)
- DepEd Memorandum No. 037, s. 2023

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

CELEBRATIONS AND FESTIVALS
CLIMATE CHANGE
FOOD SECURITY
LEARNERS

NUTRITION EDUCATION
PROGRAMS
SCHOOLS
TEACHERS