



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF PAMPANGA

July 8, 2020

DIVISION MEMORANDUM

No. 197 s. 2020

2020 NUTRITION MONTH

To: CID and SGOD Chiefs
Public Elementary and Secondary School Heads
All Others Concerned

1. The Department of Education, Division of Pampanga joins the National Nutrition Council in the celebration of 2020 Nutrition Month this July. The objective of this celebration is to disseminate nutrition related messages through the focal theme **“Batang Pinoy, SANA TALL... Iwas Stunting, SAMA ALL! Iwas ALL din sa COVID-19!”**

2. All schools are enjoined to celebrate the Nutrition Month on July 27, 2020 by undertaking meaningful activities to create greater awareness on the importance of nutrition among Filipinos as mandated by Presidential Decree 491. Activities may include sharing and posting of the official theme and poster on Social Media platforms, conduct webinars, online fora and other activities to increase awareness on stunting prevention.

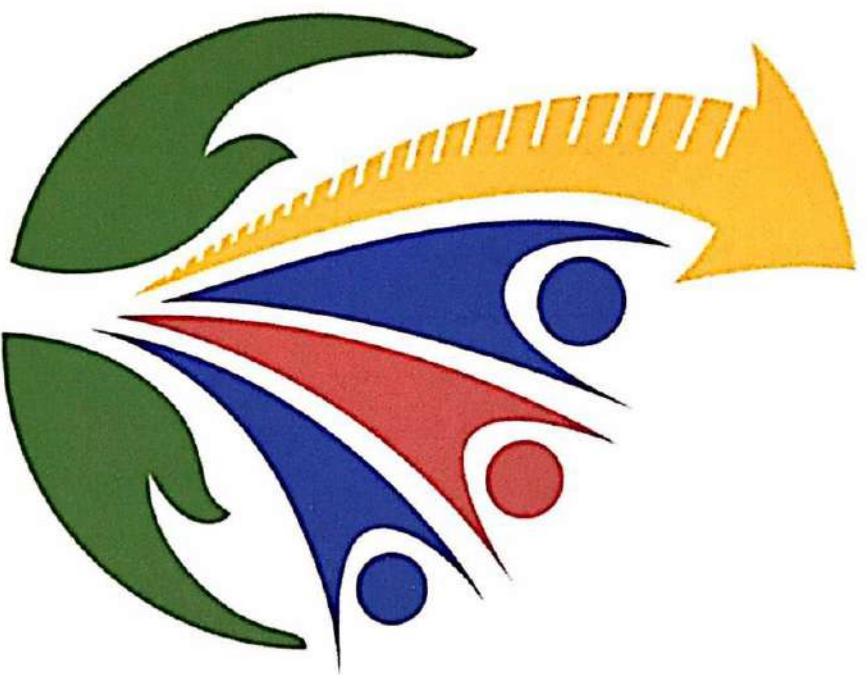
3. Immediate dissemination of the memorandum is desired.

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ZENIA G. MOSTOLES, EdD, CESO V
Schools Division Superintendent





**Batang Pinoy, SANA TALL...
Iwas Stunting, SAMMA ALL!**

Iwas ALL din sa COVID-19!



**46th Nutrition Month
July 2020**



46TH NUTRITION MONTH PLEDGE

We, representing the (Name of company/organization) and citizens of the Republic of the Philippines hereby declare our love of the country and uphold the right of every Filipino to good health and optimum nutrition.

Together, we do solemnly swear to:

Be aware that stunting is an impaired growth and development that the children experience from poor nutrition, repeated infection, and inadequate psychosocial stimulation and not hereditary.

Educate mothers and frontline health and nutrition workers that stunting especially in the first 1000 days (conception until the age of two) is a problem and has harmful consequences to the individual and the society including low educational performance, low adult wages, low productivity, increased risk of non-communicable diseases, and even deaths,

Scale up level of investment and extent of implementation of programs and projects to reduce and control stunting,

Assist communities in strengthening food and livelihood systems to ensure continuous and adequate supply of provisions for food and nutrition security,

Focus the interventions in the first 1000 days of life to help build the child's foundation of optimum health, growth, and development potential such as exclusive breastfeeding for infants 0-6 months and providing timely, adequate, safe and age-appropriate complementary foods for 6 months and older while continuing breastfeeding until 2 years and beyond, growth monitoring, among others,

Ensure compliance of public health measures such as proper personal and respiratory hygiene and social distancing and boosting immune system to reduce risk of viral transmission and mortality brought about by COVID-19 pandemic.

Batang Pinoy, SANA TALL... Iwas Stunting, SAMA ALL!
Iwas ALL din sa COVID-19!



46TH NUTRITION MONTH PRAYER

Almighty Father,

We give praise for the life You have bestowed
For giving us strength to carry heavy load
In times of famine and COVID-19 disease
Your guiding protection never cease

When we face troubles that are unseen
Your light guides us to pastures ever green
And when hunger strikes our body, soul and mind
The Earth provides with nourishment of every kind

We ask that You plant hope in our hearts
Please let us know and do our parts
As we fight stunting, forms of malnutrition and disease
"Til our children are taller, brighter and can play with ease

Grant that the future our children would see
Be healthy, full of laughter and glee
Where everyone is given a chance
To live to their full potential and advance

May the opportunity that You bring
Give us a future where we could sing
Odes about accomplishing great heights
Where no one is poor and the outlook bright

May You bring us all together
To get back up and be a lot stronger
For all of us to heal as one and recover
And find ways to be healthier and better

Amen.

Batang Pinoy, SANA TALL... Iwas Stunting, SAMA ALL!

Iwas ALL din sa COVID-19!