



Republic of the Philippines  
**Bangsamoro Autonomous Region in Muslim Mindanao**  
**Ministry of Basic, Higher and Technical Education**  
 Cotabato City



**Office of the Minister**

**REGIONAL MEMORANDUM**

No. 484  
 Series of 2023

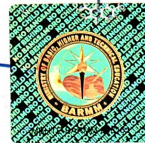
Bangsamoro Autonomous Region in Muslim Mindanao  
 Ministry of Basic, Higher and Technical Education  
 OFFICE OF THE MINISTER

**RELEASED**

TO : **ALL DIRECTOR GENERALS  
 ALL SCHOOLS DIVISION SUPERINTENDENTS  
 ELEMENTARY AND SECONDARY SCHOOL HEADS  
 NURSES-IN-CHARGES  
 ALL OTHER CONCERNED**

By: Hajir  
 DATE: 19 JUN 2023  
 TIME: 10:30 Am  
2023-06-20

FROM : MOHAGHER M. IQBAL  
 Minister



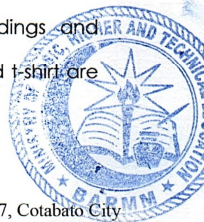
Republic of the Philippines  
 Bangsamoro Autonomous Region in Muslim Mindanao  
 Ministry of Basic, Higher and Technical Education  
 INFORMATION AND COMMUNICATIONS DIVISION

Office of the Minister  
**RELEASED**

By: Moham  
 Date: JUN 19 2023  
 Time: 10:35 AM  
 Control No: 2023-06-20

SUBJECT : **49TH NUTRITION MONTH CELEBRATION 2023**  
 DATE : June 15, 2023

1. The Ministry of Basic, Higher and Technical Education (MBHTE), through its Health and Nutrition Unit (HNU), joins the celebration of the **49th Nutrition Month** this July 2023 to create a greater awareness of the importance of health and nutrition among Filipino Bangsamoro.
2. This year's observance carries the theme "**HEALTHY DIET gawing affordable FOR ALL**" which raises awareness on supporting Filipinos to improve access to affordable healthy diets to reduce malnutrition and improve food security, health, and quality of life.
3. Consequently, for a meaningful and successful month-long celebration, the MBHTE Regional Office employees are hereby encouraged to participate in the following activities:
  - a. Hanging of tarpaulin on July 1, 2023
  - b. Fun Run and Launching Activity at Shariff Kabunsuan Cultural Complex on July 3, 2023 (RNC-lead agency)
  - c. Gulayan sa Paaralan (GPP) Contest 1 entry per schools division office (SDO)
  - d. Biggest Loser for MBHTE Regional employees (ONLY)
  - e. Regional Culminating Activity (date to be determined)
4. Moreover, as a gesture of support and participation in the celebration, all SDOs are hereby enjoined to:
  - a. hang a streamer/tarpaulin outside their respective office buildings and premises on or before July 1, 2023;
  - b. wear the 2023 Nutrition Month shirt. The layout of the tarpaulin and t-shirt are attached to this memorandum;





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- c. conduct activities, social media campaigns, and other fora to discuss the theme and highlight the importance of nutrition.
5. The 11 SDOs shall be downloaded with funds amounting to PhP 10,000.00 in support of their entry for the Regional Search for BEST GULAYAN SA PAARALAN (GPP) – SCHOOL GARDEN IMPLEMENTERS FOR FY 2023.
6. Attached are the criteria and guidelines of the contest for reference.
7. Should you have concerns or other inquiries, kindly contact the MBHTE Health and Nutrition Unit at mobile no. 0906-833-7333.
8. For information and dissemination.

**49<sup>th</sup> NUTRITION MONTH CELEBRATION 2023**  
Theme: "HEALTHY DIET gawing affordable FOR ALL"

**A. BIGGEST LOSER COMPETITION 2023**  
(MBHTE-REGIONAL EMPLOYEES ONLY)

• **RULES AND GUIDELINES FOR THE BIGGEST LOSER**

The contest will take place from July 3, 2023 to October 10, 2023 (a total of 100 days). The purpose of this contest is to "*promote an active and healthy lifestyle*".

• **QUALIFICATIONS AND ELIGIBILITY**

1. Potential participants must initially weigh **80 kilos** and above to qualify.
2. The contest is open to all MBHTE regional employees ONLY.

• **WEIGH-INS**

1. There shall only be one (1) official weighing scale to be used during the competition. Access to this weighing scale shall be done only during the initial and final weigh-ins.
2. The first weigh-in shall establish the participant's initial weight and will be recorded in the weight-loss log.
3. The initial weigh-in shall be done on July 3, 2023 (Monday) and the final weigh-in will be on October 10, 2023, at the Health and Nutrition Unit (HNU) Office.
4. For the initial and final weigh-in, participants should wear normal workout clothes such as a t-shirt, shorts, or workout pants. Shoes will be removed and there shall be no items in the pockets. Jeans and sweatshirts are strictly not allowed.

• **WINNER AND PRIZES**

1. The participant with the largest percentage of body weight loss shall be declared the winner.
2. The percentage weight loss will be calculated using the formula below:

$$\text{Percentage weight loss} = \frac{(\text{Initial weight} - \text{final weight})}{\text{Initial weight}} \times 100\%$$

3. Announcement of the winners and awarding of prizes shall be done after the final weigh-in on September 29, 2023, at the HNU office.
4. Winners are entitled to receive these cash prizes:

<b>Champion</b>	-----	<b>PhP 10,000.00</b>
<b>1<sup>st</sup> prize</b>	-----	<b>PhP 8,000.00</b>
<b>2<sup>nd</sup> prize</b>	-----	<b>PhP 5,000.00</b>
<b>3<sup>rd</sup> prize</b>	-----	<b>PhP 3,000.00</b>
<b>6 Consolation Prizes</b>	-----	<b>PhP 1,000.00</b>

In case of a tie, the prize shall be divided equally among the winning participants.

- **PROHIBITIONS AND REMINDERS**

1. Participants will be strictly refrained from using diet pills, supplements, laxatives, and other weight-loss aids.
2. Participants are advised to lose weight safely by following healthy eating and proper exercise habits.
3. Participants are strongly discouraged from skipping meals or engaging in excessive exercise which is unsafe.
4. All rules are enforced on all participants with no exceptions.



**GUIDELINES ON THE CONDUCT OF REGIONAL SEARCH FOR BEST GULAYAN SA PAARALAN (GPP) – SCHOOL GARDEN IMPLEMENTERS FOR FY 2023**

This is in line with the celebration of Nutrition Month with the theme "Healthy Diet gawing affordable for all". One of the suggested activities is to highlight the importance and development of food gardens in schools to provide a fostering environment for sustainable food gardens.

Relative to this, the Ministry of Basic, Higher and Technical Education's (MBHTE) Health and Nutrition Unit (HNU) announces the **Regional Search for Gulayan sa Paaralan-School Garden Implementers for FY 2023**.

The schools division offices (SDOs) shall prepare a 5-minute video presentation of their Gulayan sa Paaralan- school garden implementers. **Submission of division entries will be on or before July 25, 2023**, at email [armm.hnu@deped.gov.ph](mailto:armm.hnu@deped.gov.ph).

**TIME FRAME**

Division selection from district to represent the division – **July 3 to July 24, 2023**

The Region selection from the 11 division will be on July 26, 2023, and there will be an actual validation on site for the top 3 qualifiers for major awards on July 27, 2023

**AWARDS AND PRIZES**

1 <sup>ST</sup> PLACER	-----	PHP 15,000.00 + TROPHY & CERTIFICATE
2 <sup>ND</sup> PLACER	-----	PHP 10,000.00 + TROPHY & CERTIFICATE
3 <sup>RD</sup> PLACER	-----	PHP 5,000.00 + TROPHY & CERTIFICATE
8 CONSOLATION PRIZES	-----	PHP 2,000.00 + CERTIFICATES

**SELECTION CRITERIA**

OVERALL GARDEN DESIGN	-----	30%
VARIETY OF CROPS	-----	30%
INNOVATIONS AND CREATIVITY	-----	20%
ORGANIC AND SUSTAINABLE PRACTICES	-----	20%
<b>TOTAL</b>	-----	<b>100%</b>



# HEALTHY DIET gawing affordable FOR ALL!

#NutrisyongSapatParaSaLahat  
#HealthyDietForAll



**49<sup>th</sup> Nutrition Month  
JULY 2023**