



REPUBLIC OF THE PHILIPPINES  
**DEPARTMENT OF THE INTERIOR AND LOCAL GOVERNMENT**  
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July 12, 2019

**MEMORANDUM CIRCULAR**  
NO. 2019-106

**TO : ALL PROVINCIAL GOVERNORS, CITY AND MUNICIPAL  
MAYORS, PUNONG BARANGAYS, DILG REGIONAL DIRECTORS  
AND OTHERS CONCERNED**

**SUBJECT : 2019 NUTRITION MONTH CELEBRATION**

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Pursuant to Presidential Decree 491 series of 1974, the month of **July** of each year shall be designated as Nutrition Month for the purpose of greater awareness among people on the importance of nutrition and shall be the priority of the government.

This year's campaign adopted the theme "**Kumain nang wasto at maging aktibo... push natin 'to!**" which aims to 1) promote the consumption of healthy diets, increased physical activity and reduced sedentary behavior through activities of daily living among individuals and families; 2) encourage the food industry including farmers, manufacturers, distributors and food establishment to produce and make available healthier food options; and 3) advocate for the enactment of national and local legislation/policies at the workplace, school and other venues that are supportive of an enabling environment for healthy diets and physical activity.

In view thereof, all concerned are hereby encouraged to participate in the campaign and undertake support activities, such as but not limited to the following:

1. Disseminate the Nutrition Month's theme through conduct of seminars and fora, hanging of streamers, posting in department or agency websites and bulletin boards. The prototype streamer design can be downloaded through this link: <http://www.nnc.gov.ph/index.php/downloads/category/139-2019-nutrition-month.html>
2. Have an enabling environment to promote healthy diets and physical activity by ensuring that office canteens and meals during meetings and gatherings serve food that are low in fat, salt and sugar and more of whole grains, fruits and vegetables; allow physical activity breaks and opportunities for exercise, among others. You may refer to the Nutrition Month Talking Points for guidance which can be accessed from the NNC website.

All DILG Regional Directors are hereby directed to cause the widest dissemination of this Circular in their respective areas of jurisdiction.

For further inquiries, contact the National Information and Education Division, National Nutrition Council at telephone number 843-0142 or email address: [nied@nnc.gov.ph](mailto:nied@nnc.gov.ph).

For information and guidance.



EDUARDO M AÑO  
Secretary 

