



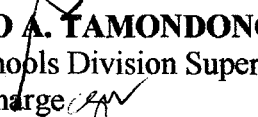
Republic of the Philippines
DEPARTMENT OF EDUCATION
REGION XI
City Schools Division of Digos City

Office of the City Schools Division Superintendent Tel. No. (082) 553-8375; 553-8376; 553-8396
Fax No. (082) 553-8396

MEMORANDUM No. 328 s. 2017

TO : PUBLIC SCHOOLS DISTRICT SUPERVISORS
ALL ELEMENTARY AND SECONDARY SCHOOL
ADMINISTRATORS
DIGOS CITY SENIOR HIGH SCHOOL ADMINISTRATOR


Attention: SCHOOL CLINIC TEACHER
SCHOOL HEALTH COOR. – DiCNHS

FROM : FELICIANO A. TAMONDONG, Ed.D, CESO VI
Assistant Schools Division Superintendent
Officer-In-Charge 

SUBJECT : Re - ORIENTATION ON HELMINTHIASIS AND
SCHISTOSOMIASIS CONTROL AND ELIMINATION
PROGRAM

DATE : May 18, 2017

1. Please be informed that there will be a Re-Orientation on Helminthiasis and Schistosomiasis Control and Elimination Program on May 24, 2017 at 8:00 AM at Crisbelle Crown Center, Digos City.
2. Meals and snacks shall be charged to DOH ROXI – Schisto Control Program while transportation expenses to local funds subject to the usual accounting and auditing rules and regulations.
3. Teacher-participants will be granted with service credits as per DepEd Order No. 84, s. 2003, Addendum to DepEd Order No. 53, s. 2003 “Updated Guidelines on Grant of Vacation Service Credits to Teachers”.
4. For information, guidance and compliance.

DepEd Schools Division of Digos
RELEASED
4927
Date: 22 MAY 2017 Time: 9:43
By: 



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Republic of the Philippines
Department of Education

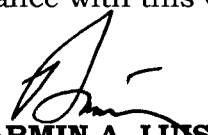
DepEd ORDER
No. **10**, s. 2016

19 FEB 2016

**POLICY AND GUIDELINES FOR THE COMPREHENSIVE WATER, SANITATION
AND HYGIENE IN SCHOOLS (WINS) PROGRAM**

To: Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary Schools Heads
All Others Concerned

1. For the information and guidance of all concerned, the Department of Education (DepEd) issues the enclosed **Policy and Guidelines for the Comprehensive Water, Sanitation, and Hygiene in Schools (WinS) Program** for the promotion of correct hygiene and sanitation practices among school children and a clean environment in and around schools to keep learners safe and healthy.
2. This Policy aims to:
 - a. ensure correct knowledge and understanding among learners of effective hygiene and sanitation projects;
 - b. improve equitable access to safe water, adequate toilets, and hand washing facilities;
 - c. improve hygiene and sanitation practices among the learners to enable them to develop life-long positive hygiene and sanitation behaviors;
 - d. ensure that schools are kept clean and safe through school-based solid waste management, proper drainage, the elimination of breeding grounds for mosquitoes to prevent vector-borne diseases, and food sanitation; and
 - e. engage public and private partners for program implementation and sustainability.
3. All Orders, Memoranda, and other issuances inconsistent with this policy are deemed repealed, rescinded, or amended accordingly upon its effectivity.
4. This Order shall take effect 15 days after its publication in the Official Gazette or a newspaper of general circulation.
5. Immediate dissemination of and strict compliance with this Order is directed.


BR. ARMIN A. LUISTRO FSC
Secretary

Encl.:

As stated

References:

DepEd Order: (Nos. 65 and 56, s. 2009; 8, s. 2007 and 60, s. 1994); and
No. 12, s. 2012

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

HEALTH EDUCATION
LEARNERS
POLICY
PROGRAMS
SCHOOLS

SMA, DO Policy Guidelines for the Comprehensive Water, Sanitation...Program
0610, September 17/November 5, 2015/January 21, 2016

(Enclosure to DepEd Order No. 10, s. 2016)

**POLICY AND GUIDELINES FOR THE COMPREHENSIVE WATER, SANITATION
AND HYGIENE IN SCHOOLS (WINS) PROGRAM**

I. Rationale

Hygiene and sanitation are essential to good health. Adequate water supply and adequate toilet and proper handwashing facilities are required to achieve good hygiene and sanitation. The lack of access to these facilities poses risk to people's health. However, the mere presence of these facilities is not enough to achieve better hygiene and sanitation among the community members. Proper and correct practices in the use of these facilities must be practiced to maximize the benefits and achieve the impact to the well-being of the community.

Hygiene and sanitation challenges have caused many children in developing countries to fall ill and even die from infection with intestinal parasites, abdominal pain, and diarrhea. This situation also leads to anemia, stunted growth, and higher incidence of absenteeism which consequently impede a child's learning and ability to stay in school.

In the Philippines, some 24 million Filipinos lack improved sanitation even as the Department of Health (DOH) has made significant strides in this regard over the last two decades. Poor sanitation practices among the almost 20 million poorest Filipinos have been linked directly to poverty, thus bringing to the fore the vital role of government in breaking the cycle of poverty and ensuring access to improved drinking water and sanitation. The lack of access to safe and clean water and poor sanitation and hygiene practices among the nation's poorest families have led to an estimated 43.7 percent and 44.7 percent of pre-school age and school-age Filipino children, respectively, having soil-transmitted helminth infections.

To help address this challenge, the Department of Education (DepEd) has been conducting semi-annual deworming of kindergarten and elementary school children in all public schools nationwide under its Integrated Helminth Control Program (IHCP). In the last six years, it has combined deworming with daily tooth-brushing and proper handwashing under one program. Department Order (D.O.) No. 56, s. 2009 titled "Immediate Construction of Water and Hand Washing Facilities in All Schools for the Prevention of Influenza A (H1NI)" and D.O. No. 65, s. 2009 titled "Implementation of the Essential Health Care Program (EHCP) for the School Children" were issued in an effort to institutionalize good health and hygiene practices among students.

Under the EHCP, pupils have been taught simple, basic, and doable health interventions to promote cleanliness and prevent sickness. As of 2014, the program was able to cover 16 of the country's 17 regions in partnership with a number of government organizations (GOs) and non-government organizations (NGOs) that have continuously sponsored health kits/packages for more than three (3) million pupils nationwide. This meant coverage of 68 out of 220 Schools Divisions, with 9,366 EHCP-implementing schools out of a total of 38,689 public schools. In consonance with the EHCP, the Department has endeavored to bridge the gap in the pupil-to-bowl ratio in the country's public elementary and secondary schools which, as of 2015, was 1:36 in the elementary level and 1:53 in high school. The Department also partnered with stakeholders to vigorously promote correct handwashing practices among schoolchildren.

Best practices around the world have shown that improving access to and use of water and sanitation facilities within schools and enhancing hygiene and sanitation practices can effectively halt water and sanitation-related diseases. This will also help bring the Philippines closer to realizing its 2015 MDG commitment on the reduction of infectious diseases and improving sanitation coverage.

To expand the EHCP's reach and transform it into a more comprehensive program, the Department has crafted this holistic program for personal health care and environmental sanitation through a set of standards for proper and correct health practices in schools. It goes beyond handwashing, tooth brushing, and deworming – which are the key programs of the EHCP – to cover water, sanitation including food handling and preparation, hygiene including menstrual hygiene management, deworming, health education, and capacity building. In crafting this set of guidelines, thus, the Department, in partnership with agencies and stakeholders, hopes to address the gaps in the areas of hygiene and sanitation and keep more children healthy and in school.

II. Scope

This Policy and Guidelines shall apply to all private and public elementary and secondary schools nationwide including Learning Centers.

III. Statement of Policy and Objectives

This Policy is designed to achieve learning and health outcomes and improve school attendance of students through a comprehensive, sustainable, and scalable school-based water, hygiene, sanitation, and deworming program pursuant to the State's mandate, under the 1987 Constitution, to defend the right of children to assistance including proper care and nutrition and special protection from conditions prejudicial to their development as well as to protect and promote the people's right to health and instill health consciousness among them. This policy intends to achieve the following targets:

1. **Water:** All schools shall have an organized system to make adequate and safe drinking water as well as clean water for handwashing, toilet use, menstrual hygiene management, and cleaning purposes available to all students during school hours;
2. **Sanitation:** All schools shall have adequate, clean, functional, safe, and accessible toilet facilities that meet the pupil-to-bowl ratio as stipulated in the Philippine Sanitation Code; maintain cleanliness and safety in and the immediate vicinity of school premises through school-based solid waste management, proper drainage, and the elimination of all possible breeding grounds for mosquitoes to prevent vector-borne diseases; and ensure safety in food handling and preparation;
3. **Hygiene:** All students in school shall perform supervised daily group handwashing with soap and toothbrushing with fluoride, while a system and support mechanisms for effective menstrual hygiene management shall be ensured in all schools;
4. **Health Education:** All teachers, heads of schools, facilities coordinators, and health personnel shall be oriented on the DepED WinS program. Trained teachers can conduct Health Education in coordination with community leaders during Parent-Teacher Association (PTA) meetings. All pupils/students shall have a higher awareness of correct hygiene and sanitation practices and develop positive health behaviors;
5. **Deworming:** At least 85 percent of all students shall be dewormed semi-annually; and

6. Capacity Building: All DepED WinS program implementers shall undergo orientation on the program as needed.

IV. Procedures

A. Basic Requirements and Standards

To achieve the foregoing objectives, the following basic requirements must be in place and followed in all schools. School Heads and all school personnel in collaboration with partners must endeavor to meet and realize these basic requirements, indicated below.

Elements of WINS	Basic Requirements and Standards
Water	<ul style="list-style-type: none"> • Regular supply of safe drinking water in school; • Regular supply of clean water for handwashing, menstrual hygiene management, toilet flushing, and other cleaning purposes within the school setting. • Rainwater catchment systems shall be installed in schools to ensure water supply for proper hygiene and sanitation during emergencies, pursuant to Sections 902-904 of the National Building Code, and in areas that have no access to regular water supply; • Daily cleaning and regular maintenance activities as well as repair of water supply facilities in their respective schools, pursuant to the school-based management principle mandated in Republic Act No. 9155, the Governance of Basic Education Act of 2001; and • Regular monitoring of water quality in accordance with the latest National Standards for Drinking Water, to protect the water supply from all types of contamination within the school premises.
Sanitation	<ul style="list-style-type: none"> • Access to functional toilets with individual handwashing facilities for boys and girls in schools; • Adequate and proper septage and waste water disposal and/or treatment systems in school; • Daily cleaning and proper and regular operation and maintenance of toilet and individual handwashing facilities for sustainable use; • Proper segregation and disposal of biodegradable and non-biodegradable waste material is practiced by providing separate garbage bins for dry waste, wet waste, and hazardous/toxic waste, as well as proper solid waste disposal through the existing municipal or city solid waste management and disposal system or, in the absence of the same, through a compost pit within school premises. • Elimination of breeding grounds for mosquitos in and around the vicinity of schools to prevent vector-borne diseases; • Regular supply of soap and water in individual handwashing stations near toilets; • Correct and concise information on proper handwashing and use of toilet facilities, as well as pertinent posters for said purpose, posted prominently on strategic locations in toilet and handwashing areas; • Proper septage and waste water disposal are strictly followed; • The prohibition on the burning of garbage shall be strictly implemented in compliance with Republic Act No. 9003, the Ecological Solid Waste Management Act of 2000; • Food preparation and handling in all schools meet the standards of the Food Safety Manual; • School personnel in charge of food handling and preparations are properly trained and certified based on the standards of the Code on Sanitation of the Philippines;

	<ul style="list-style-type: none"> • All school canteens must secure a Sanitary Permit from the Local Health Office; • Handwashing facilities shall be made available within the premises of school canteens; • Safe water shall be supplied in school canteens; • School personnel tasked with food handling and preparation shall strictly observe the seven (7) key concepts of cleanliness with regard to food handling and preparation, namely: (a) Be clean; (b) Observe personnel health and personal hygiene; (c) Buy good quality foods; (d) Store foods properly; (e) Cook food thoroughly at safe temperatures; (f) Use safe water; and (g) Observe proper servicing of food. • School personnel tasked with food preparation shall practice proper handwashing at all times to avoid contaminating food with bacteria, viruses, parasites, or any contaminants that can cause illness among high-risk or vulnerable children; • Proper solid waste management shall be practiced in school kitchens and canteens; and • Food handlers shall have an updated health certificate issued by the local health authority as required by the Sanitation Code of the Philippines.
Hygiene	<ul style="list-style-type: none"> • Program on supervised group daily handwashing with soap and daily tooth brushing with fluoride toothpaste; • Student practicing individual handwashing during critical times; • Provision of adequate group handwashing and tooth brushing facilities including regular maintenance in coordination with partners; • Adequate supply of toothpaste, toothbrushes, and soap available to all students – specifically in strategic areas like toilets, hand washing facilities, and eating areas; • Constant reminders that students know and practice handwashing especially at critical times such as after using the toilet and before eating or handling food; • Access to water for group activities shall be ensured; • Mechanisms for effective menstrual hygiene management in school are in place and functional; • Availability of sanitary pads in school facilities such as school canteens, clinics, or guidance counsellor’s office as well as covered garbage bins for proper disposal is ensured in coordination with partners; • Information on the proper disposal of sanitary pads and the cleaning of reusable pads is available to girl students; • Toilets are secured and private with proper door locks and partitions for optimal privacy and located within safe distance and view of school buildings and people traffic; • Toilets have adequate space for girls to manage menstruation, including space to rest and recover from menstrual pain; • School rules and regulations to maintain and monitor the privacy and security of facilities used for menstrual hygiene management are formulated and strictly followed; and • Information advocacy materials on reproductive health and hygiene education for boys and girls that integrate essential menstruation-related components shall be provided to teachers.
Health Education	<ul style="list-style-type: none"> • Build the capacity of school personnel and other stakeholders for effective management of WinS; • Access of students to correct knowledge and understanding of the importance of proper hygiene and sanitation practices is ensured; • Key concepts of the WinS program are integrated into the K to 12 curriculum; and

	<ul style="list-style-type: none"> • Information/education materials on the WinS program are provided to program implementers, teachers, and students.
Deworming	<ul style="list-style-type: none"> • Deworm all students semi-annually subject to DOH recommendations based on the results of the current prevalence index survey; • Parental or guardian's consent for semi-annual deworming is obtained during enrolment or the first few days of school prior to the first deworming sessions; • Mass deworming is done by health personnel or by teachers in the presence of a health personnel; • Deworming is done on a full stomach to help reduce adverse events; • Any adverse events shall be handled based on the Guidelines on Deworming, Drug Administration, and Management of Adverse Events Following Deworming in compliance with DOH directive; and • Coordination with other partners shall be encouraged in the implementation of the program.

The school head plays a crucial role in ensuring that the basic requirements and standards of this policy are met. Every requirement and standard in each WinS element must be satisfied either through policy and procedures or the provision of required items.

B. Roles and Responsibilities

The DepEd and its key stakeholders are pivotal to the effective implementation of this Policy. As such, the following shall be the roles and responsibilities of the different DepEd Offices as well as DepEd partners:

The Central Office, through the School Health Division of the Bureau of Learner Support Services (BLSS-SHD), shall:

1. Develop strategies and action plans including the setting up of a WinS Technical Working Group (TWG), issue related policies, and take charge of the overall execution of the WinS Program;
2. Allocate funds and prepare logistical plans for the WinS Program;
3. Undertake capacity development of and technical assistance to program implementers in all schools;
4. Undertake program oversight as well as monitoring and evaluation, analyze data from the field, and issue recommendations for improving program implementation;
5. Network and coordinate with partner agencies, organizations, and local government units (LGUs) for program advocacy, mobilization for public awareness campaigns, treatment referral, legislation, monitoring, and overall policy compliance;
6. Coordinate with the Physical Facilities and Schools Engineering Division (PFSED) in the determination of the following:
 - a. Standards and specifications for WinS facilities;
 - b. proper septage and waste water disposal ;
 - c. correct specifications for the handwashing facilities as well as build common handwashing facilities inside the classroom for individual use and/or outside the classroom for daily group activity; and

- d. adequacy of toilet and handwashing facilities for boys and girls to achieve pupil-to-toilet ratio of 50:1 for boys and girls;
7. Establish a set of standards for incentives and awards to recognize outstanding program implementers;
8. Coordinate with the Bureau of Curriculum Development (BCD) for the inclusion of the following into the K to 12 curriculum:
 - a. benefits of proper handwashing for food safety;
 - b. key concepts on menstrual hygiene management that are age-appropriate, culture- and gender-sensitive, and interactive; and
9. Close coordination with the Department of Health (DOH) to ensure regular supply of deworming medicines to DepEd regional offices or schools division offices;

Regional Offices shall:

1. Provide technical assistance to division offices on the conduct of training and orientation, funding sources, and link up with partners and the Central Office, among others;
2. Provide support for WinS logistical plans;
3. Conduct training and capacity development for implementers;
4. Undertake program advocacy with LGUs;
5. Implement incentives and awards for Best Division Implementor;
6. Conduct monitoring and evaluation (M&E) of the WinS Program using the national M&E tool;
7. Submit an annual report consolidating the yearly reports from Schools Division Offices within their respective jurisdictions no later than the first week of December each year to the Central Office-BLSS; and
8. Conduct an annual Performance Implementation Review of the WinS Program and submit findings and recommendations to the Central Office.

Schools Division Offices shall:

1. Provide technical assistance to districts and schools in coordination with partners;
2. Conduct training and capacity development for implementers;
3. Undertake program advocacy with LGUs;
4. Conduct monitoring and evaluation of the WinS Program;
5. Submit an annual report consolidating yearly reports from schools within its jurisdiction no later than the first week of December each year to the Regional Office.
6. Create a WinS TWG for better implementation of the program;
7. Implement incentives and awards for Best School Implementor; and
8. Conduct an annual Performance Implementation Review of the WinS Program.

Schools shall:

1. Ensure effective implementation of the WinS policy and its program activities in the school setting;
2. Secure the support and participation of the community, including the Parent-Teacher Associations (PTAs) and other stakeholders, for the program;
3. Collaborate with key partners for the following:
 - a. put in place systems and mechanisms that will allow all stakeholders to take part in the implementation of this policy,

- b. craft specific roles and responsibilities of each member of school personnel in making sure that all requirements and standards are met,
 - c. ensure the inclusion of the WinS Program in the School Improvement Plan (SIP) and Annual Implementation Plan (AIP);
4. Gather information necessary for effective monitoring and evaluation of the Program;
 5. Conduct an annual Performance Implementation Review of the WinS Program; and
 6. Submit an annual report no later than the first week of December each year to the Schools Division Office.

DepEd Partners for WinS shall:

1. Provide technical assistance to WinS implementing schools;
2. Extend support for WinS implementation in identified DepEd areas;
3. Strengthen monitoring and evaluation (M&E) systems for the WinS Program; and
4. Document and share best practices, approaches, strategies, funding and knowledge sources to support the WinS program.

C. Partnerships and Linkages

The involvement of partners and key stakeholders in the implementation of this program has significantly contributed to the strides the Department has made in this area.

Nevertheless, school authorities shall strictly observe the prohibition on accepting donations or sponsorships from or having any financial or material involvement with tobacco companies in advancing the WinS program. Violation of this prohibition is punishable under existing law and DepEd Order No. 6, s. 2012.

Likewise, school authorities shall strictly observe prohibitions stipulated in Executive Order No. 51 or the Milk Code of the Philippines, particularly those on the acceptance of funding, sponsorships, logistical, training, financial or material incentives, or gifts of any sort from companies that manufacture or market infant formula and other breastmilk substitutes.

V. Funding

Funding for the effective and sustainable implementation of the WinS Program shall be sourced from the budget for school maintenance and other operating expenses (MOOE), in accordance with the school-based management system mandated in Republic Act No. 9155. Specifically, the MOOE budget shall finance the proper maintenance and repair of school handwashing, toilet, water supply, waste disposal facilities, and the provision of a regular supply of drinking water as well as clean running water for hygiene and sanitation purposes.

VI. Monitoring and Evaluation

The Schools Division Office, through the School Management Monitoring and Evaluation Section (SMMES), shall periodically monitor overall implementation of this policy and guidelines to determine its efficiency and effectiveness as well as problem areas. Civil Society Organizations that are actively involved in the monitoring of school-level programs and projects may also provide assistance in this task and provide feedback to DepEd.

Periodic reports, once every six months, on the status of the program to be submitted by all school heads to the Schools Division Offices (SDOs) shall form part of the M&E effort. The SDO shall consolidate these reports and submit the same to the Regional Office which, in turn, shall consolidate all reports from the SDOs and submit a unified report to the Central Office through the Bureau of Learner Support Services, School Health Division (BLSS-SHD).

Targets and performance indicators shall be clearly defined based on the School Improvement Plan (SIP) and Annual Improvement Plan (AIP) in which the WinS program shall be included. Capacity building on how to run an effective monitoring and evaluation (M&E) of the WinS program shall also be undertaken.

VII. References

- A. DECS Order No. 60, s. 1994, "Cleanliness and Maintenance of Schools and DECS Offices Toilets;"
- B. DepEd Order No. 8, s. 2007, "Revised Operating Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools;"
- C. DepEd Order No. 56, s. 2009, "Immediate Construction of Water and Hand Washing Facilities in All Schools for the Prevention of Influenza A (H1N1);" and
- D. DepEd Order No. 65, s. 2009, "Implementation of the Essential Health Care Program (EHCP) for the School Children."

VIII. Separability Clause

If for any reason, any portion or provision of this Order is declared unconstitutional, other parts or provisions hereof which are not affected thereby shall continue to be in full force and effect.

IX. Effectivity

These guidelines shall take effect fifteen (15) days after its publication in the Official Gazette or a newspaper of general circulation. This shall be registered with the Office of the National Administrative Register (ONAR) at the University of the Philippines (UP) Law Center, UP Diliman, Quezon City.



Republic of the Philippines
Department of Education

14 MAR 2017

DepEd ORDER
No. **13**, s. 2017

**POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES
IN SCHOOLS AND IN DEPED OFFICES**

To: Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary Schools Heads
All Others Concerned

1. For the information and guidance of all concerned, the Department of Education (DepEd) issues the enclosed **Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices** for the promotion and development of healthy eating habits among the youth and DepEd employees by making available healthy, nutritious, and affordable menu choices, and for setting food standards.
2. The Policy and Guidelines aim to:
 - a. make available healthier food and beverage choices among the learners and DepEd personnel and their stakeholders;
 - b. introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;
 - c. provide guidance in evaluating and categorizing foods and drinks; and
 - d. provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding.
3. DepEd Order No. 8, s. 2007 entitled *Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools* Policy Statements Nos. 4.4, 4.5, and 4.6 are modified accordingly by this issuance.
4. This Order shall take effect immediately upon publication on DepEd Website.
5. Immediate dissemination of and strict compliance with this Order is directed.


LEONOR MAGTOLIS BRIONES
Secretary

Reference:

DepEd Order (No. 8, s. 2007)

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

CHANGE
EMPLOYEES
HEALTHY EDUCATION
LEARNERS
POLICY
RULES AND REGULATIONS
SCHOOLS

SMMA, DO Policy and Guidelines on Healthy Food and Beverage Choices
0015-January 6/February 28, 2017

(Enclosure to DepEd Order No. 13, s. 2017)

**POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES
IN SCHOOLS AND IN DEPED OFFICES**

I. RATIONALE

According to the World Health Organization, malnutrition in all its forms presents a significant threat to human health. WHO confirmed the Double Burden of Malnutrition (DBM) the world is facing today, especially in developing countries. DBM is defined by WHO as the existence of undernutrition side by side with overweight and obesity in the same population across the life course. Hunger and poor nutrition contribute to early deaths of mothers, infants, and young children, and impaired physical and brain development in children. At the same time, rising cases of overweight and obesity worldwide are linked to an upward trend of chronic and non-communicable diseases, also called lifestyle-related diseases, like cancer, cardiovascular diseases, and diabetes. These conditions may be life threatening especially in areas where there are limited resources and already overburdened health systems.

The 8th National Nutrition Survey (Department of Science and Technology-Food and Nutrition Research Institute, 2014) showed that for children aged five to ten years old, 29.1% were underweight (low weight for his/her age), 29.9% were stunted (low height for his/her age), 8.6% were wasted (low weight for his/her height), and 9.1% were overweight (high weight for his/her height).

The double burden of under and over nutrition experienced by the school children in the Philippines is due to the fact that total food intake for some children has remained inadequate, resulting in undernutrition. Unhealthy food eating patterns – more sugars, fats, and oils, and less leafy vegetables and whole grain cereals, and a sedentary lifestyle led to an upward surge in overweight and obesity.

For long-lasting benefits of prevention and health promotion efforts, it is important to affect change not only in the individual but also at the community level, and schools are recognized as good venues for health promotion strategies.

In June 2016, the World Health Organization spearheaded a Regional Workshop on Regulating the Marketing and Sale of Foods and Non-Alcoholic Beverages at Schools to call upon countries to prioritize restricting the sale and marketing of food products high in sugar, salt, and fat, setting school food standards, and increasing the availability and accessibility of healthy options.

It is in line with the above concerns that this policy is being issued.

II. SCOPE

This Policy and Guidelines shall apply to all public elementary and secondary schools, learning centers, including DepEd Offices in the Central, Regional, and Division Levels.

Private schools are likewise enjoined to adopt these guidelines.

III. DEFINITION OF TERMS

For purposes of this Order, the following terms are defined as follows:

- A. **Healthy diet** –balance in food intake which: (a) achieves energy balance and a healthy weight; (b) limits energy intake from total fats, and shifts fat consumption away from saturated fats to unsaturated fats and towards the elimination of trans-fatty acids; (c) increases consumption of fruits and vegetables, legumes, whole grains, and nuts; (d) limits the intake of free sugars; and (e) limits salt (sodium) consumption from all sources
- B. **Unhealthy diet** – food intake high in saturated or trans fat or sodium or sugar which is considered to be a major risk factor for chronic diseases such as cardiovascular diseases, cancer, diabetes, and other conditions linked to obesity
- C. **Energy balance** – a condition wherein the amount of energy ingested is equal to the amount of energy used resulting in a stable body weight
- D. **Calorie** – measure of energy in food
- E. **Free sugars** – all monosaccharides and disaccharides added to food and drinks by the manufacturer, cook or consumer, including sugars naturally present in honey, syrups, fruit juices and fruit concentrates
- F. **Fat** - the most concentrated form of energy. They facilitate the absorption of fat-soluble vitamins, sources of essential fatty acids, and are vital structural components of body tissues. WHO/FAO (2003 as cited in PDRI, 2015) recommended 15 to 30% of total energy as the daily fat intake, providing approximately 9kcal of energy per gram

- G. Unsaturated fat - often referred to as the better fats and are found mainly in many fishes, nuts, seeds, and oils from plants. Unsaturated fats may help lower your blood cholesterol level when used in place of saturated and trans fats
- H. Saturated fat - fat that contains only saturated fatty acids, is solid at room temperature, and comes chiefly from animal food products. Some examples of saturated fat are butter, lard, meat fat, solid shortening, palm oil, and coconut oil. Saturated fat tends to raise the level of cholesterol in the blood
- I. Trans fat - can be naturally occurring and artificial. Naturally-occurring trans fats are produced in the gut of some animals. Artificial trans fats are created in an industrial process that adds hydrogen to liquid vegetable oils to make more solid. These can be found in many foods such as donuts, baked goods including cakes, pie crusts, biscuits, etc.
- J. Low fat – food product containing not more than three (3) grams of fat per 100 grams of food (solids) or 1.5 grams of fat per 100 ml (liquids). This is approximately equivalent to more than half a teaspoon of fat (1 teaspoon of fat is equal to 4 grams)
- K. Low sodium – food product containing not more than 0.12 grams (or 120mg) of sodium per 100 grams of food. This is equivalent to approximately 300 mg of salt (salt is 40% sodium and 60% chloride) or 1/20 teaspoons of salt

IV. STATEMENT OF POLICY AND OBJECTIVES

This policy establishes the guidelines to promote healthy diets and positive eating behaviours and provide healthy eating environment to learners, teaching, and non-teaching personnel. Specifically, this policy intends to:

- A. make available healthier food and beverage choices among students and DepEd personnel and their stakeholders; and
- B. introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;
- C. provide guidance in evaluating and categorizing foods and drinks; and

- D. provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding.

V. PROCEDURES

A. Strategies to Implement

1. Food Standards

- a. Each School shall develop their own healthy menu ensuring that the foods and drinks offered are nutritious, affordable, and compliant with these guidelines for approval by the Schools Division Superintendent (SDS).
- b. Food and beverage choices available in canteens within the schools, learning centers, and DepEd offices shall adhere to the requirements of a healthy diet as defined in Section IIIA. It is important to achieve dietary energy balance coming from the intake of carbohydrates, fats, and protein to maintain a healthy weight. Attached as enclosure is the Recommended Energy Intakes per day (Philippine Dietary Reference Intakes, 2015).
- c. The canteens in schools and DepEd offices shall not sell foods and beverages high in fat and/or sugar and/or sodium including, but not limited to the foods enumerated in Table 6. There shall be a shift towards healthier fat consumption by providing more of foods with unsaturated fats and limiting foods laden with saturated and trans fats.
- d. The daily intake for carbohydrates should be within the recommended limits while the daily intake for foods with free sugars should be less than 10% of total energy. For additional health benefits, WHO recommends a further reduction in sugar consumption to less than 5% of total energy.
- e. The daily intake for sodium should be at least 500 milligrams (mg) but not more than 800 mg per day (PDRI, 2015). To reduce salt and sodium consumption, salt intake should be less than two (2) grams per day this is equivalent to 800 mg of sodium). This is approximately equivalent to less than half a teaspoon of salt. Foods naturally high in sodium (i.e., processed foods and canned goods) as well as foods with added sodium and salt should also be limited. School/DepEd Canteen personnel shall practice gradual reduction of salt in order for the school children and personnel to adapt to the reduced saltiness of foods through time.

- f. *Pinggang Pinoy* is a plate-based food guide, a simple and familiar image associated with eating that provides immediate visual cues about portion size on a per-meal basis. The new food guide informs consumers how to build a healthy and balanced meal. Using a familiar food plate model, it shows the approximate relative proportions of each of the food groups for consumers to eat a high proportion of vegetables and fruits, eat moderate amounts of energy and protein-rich foods, and consume less fatty and sugary foods. *Pinggang Pinoy* also suggests drinking lots of water and less of sugary beverages. In addition to eating a healthy diet, it also encourages exercise or physical activity, an important component of a healthy lifestyle (See enclosure for Sample Meal Plans and Menus).
- g. **Reading Nutrition Facts**
Most food products have Nutrition Facts on their labels which provide information about the nutrition content of a food or drink as prescribed by the Department of Health Administrative Order No. 2014-0030. The nutrition facts are presented in a tabular form declaring the amounts of protein, carbohydrates (dietary fiber and sugar), fat (saturated fat, trans fat, and cholesterol), sodium, and energy or calories.
- h. Food products with Nutrition Facts shall be evaluated using the cut-off points for the three categories given in Tables 1, 2, and 3.
- i. The GREEN category includes foods and drinks that should ALWAYS be available in the canteen. These foods and drinks are the best choices for a healthy school canteen as they contain a wide range of nutrients and are generally low in saturated and trans fat, sugar, and salt.

Table 1. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the GREEN category

<p>General Description:</p> <ul style="list-style-type: none"> • Contains wide range of nutrients • Saturated fat is less than 3 grams (approximately equivalent to more than half a teaspoon of fat) per serving • No trans fat • Added sugar is less than 10 grams (or 2 teaspoons) per serving • Sodium is less than 120 mg (equivalent to 300 mg of salt or 1/20 teaspoons salt) per serving
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- ii. The YELLOW category includes foods and drinks that should be served carefully. These foods and drinks contain some nutrients but at the same time also contain large amounts of saturated or trans fats and/or sugar and/or salt. If eaten in large amounts, these foods and drinks may contribute to excess calories. These may be served once or twice a week only (Tuesdays and Thursdays), in smaller servings, and should be less prominent in the canteen menu.

Table 2. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the YELLOW category

General Description:

May contain some nutrients but at the same time contains

- Saturated fat is more than 3 to 5 grams (approximately equivalent to more than half a teaspoon to 1 teaspoon of fat) per serving; or
- No Trans fat;
- Added sugar is more than 10 grams but less than 20 grams (equivalent to 2 to 4 teaspoons) per serving; or
- Sodium is more than 120 mg to 200 mg (equivalent to 300 to 500 mg of salt or 1/20 to 1/10 teaspoon salt) per serving

- iii. The RED category includes foods and drinks not recommended in the canteen menu. These foods and drinks contain high amounts of saturated fat or sugar or salt and should not be served in healthy school canteens. They may also provide excess energy or calories. Consumption of these foods and drinks outside the school premises is at the discretion of their parents.

Table 3. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the RED category

General Description:

- Saturated fat is more than 5 grams (equivalent to more than 1 teaspoon) per serving; or
- Contains trans fat no matter how insignificant the amount is
- Added sugar or total carbohydrates (in the absence of dietary fiber) is more than 20 grams (equivalent to more than 4 teaspoons) per serving; or
- Sodium is more than 200 mg (equivalent to 500 mg or 1/10 teaspoon salt) per serving

- i. All manufactured food products with Nutrition Facts to be sold in school canteens must be evaluated using the Nutrition Facts Assessment Table shown below:

Product:				
Serving Size:				
Number of Servings:				
Nutrients (a)	Amount (b)	GREEN (c)	YELLOW (d)	RED (e)
1. Saturated Fat		Less than 3 grams	3 to 5 grams	More than 3 grams
2. Trans Fat		0	0	0
3. Sugar or Total Carbohydrate (if there is no dietary fiber)		Less than 10 grams	10 to 20 grams	More than 10 grams
4. Sodium		Less than 120 mg	120 to 200 mg	More than 120 mg

- i. In evaluating the nutrition content, indicate in column b the amounts of saturated fat, trans fat, sugar or total carbohydrate (if there is no dietary fiber), and sodium per serving as reflected in the label of the food product. Compare the nutrient contents against the criteria in columns c, d, and e. Check under which column the particular nutrient falls.
- ii. Only those items with saturated fat, trans fat, sugar or total carbohydrate (if there is no dietary fiber), and sodium evaluated under the GREEN or YELLOW categories may be served in the school canteens as prescribed under Section IIIA of these guidelines.
- iii. If the item has one nutrient under the RED category, the food product should not be sold in school canteens.
- j. Categories/Description of Non-packaged foods and drinks – A new system of categorization of foods and drinks is hereby introduced for

non-packaged items with no available Nutrition Facts that are sold in the canteens to guide the school heads and teachers in-charge of canteens in planning and creating their own healthy menu. Locally available natural foods are preferred over processed food products. Foods and drinks shall be categorized as GREEN, YELLOW, and RED.

Canteen-cooked foods, common Filipino snack foods or those without Nutrition Facts may be enumerated under a Food List classified as GREEN, YELLOW, and RED. Sample Food Lists are in Tables 4, 5, and 6.

- i. The GREEN category includes foods and drinks that should ALWAYS be available in the canteen. These foods and drinks are the best choices for a healthy school canteen as they contain a wide range of nutrients and are generally low in saturated and trans fat, sugar, and salt. This includes, but is not limited to the following foods and drinks:

Table 4. List of Foods and Drinks under the GREEN category

Food	Examples
Drinks	Milk (unsweetened) Safe and clean water (nothing added) Fresh Buko Water (unsweetened)
Energy-giving (Go)	Milled Rice Brown Rice or Iron-fortified Rice Corn Oatmeal Whole wheat bread Cassava (kamoteng kahoy) Boiled Sweet potato (kamote) Boiled Saging na saba Corn, Binatog Boiled peanuts Suman Puto
Body-building (Grow)	Fishes Shellfish Small shrimps Lean meats Chicken without skin Nuts Egg
Body-regulating	Fresh fruits, preferably those in season

(Glow)	Green, leafy, and yellow vegetables
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- i. The YELLOW category includes foods and drinks that should be served carefully. These foods and drinks contain some nutrients but at the same time also contain large amounts of saturated or trans fats and/or sugar and/or salt. If eaten in large amounts, these foods and drinks may contribute to excess calories. These may be served once or twice a week only (Tuesdays and Thursdays), in smaller servings, and should be less prominent in the canteen menu. Every opportunity shall be taken to make these foods healthier by following the instructions enumerated under Section V.A.1.k.iii. This includes, but is not limited to the following foods and drinks:

Table 5. List of Foods and Drinks under the YELLOW category

Food	Examples
Drinks	100% Fresh fruit juices
Energy-giving (Go)	Fried rice Bread (using white refined flour) Biscuits Banana cue, Camote Cue, Turon, Maruya Pancakes Waffles Champorado Pancit Arroz caldo Sandwiches (cheese, egg, chicken filling, etc.) Butter, Margarine, Mayonnaise (use sparingly)
Body-building (Grow)	Processed foods such as meats/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc. (still subject to evaluation of saturated or trans fat and sodium as reflected in their Nutrition Facts)
Body-regulating (Glow)	Stir-fried Vegetables

- ii. The RED category includes foods and drinks not recommended in the canteen menu. These foods and drinks contain high amounts of saturated fat or sugar or salt and should not be served in healthy school canteens. They may also provide excess energy or calories.

Consumption of these foods and drinks outside the school premises is at the discretion of their parents. This includes, but is not limited to the following foods and drinks:

Table 6. List of Food and Drinks under the RED category

Food	Examples
Drinks	<p>Soft drinks, alcoholic drinks, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters, powdered juice drinks</p> <p>Any product containing caffeine (for school canteens)</p> <p>Any processed fruit/vegetable juice with added sugar of more than 20 grams or 4 teaspoons per serving</p>
Energy-giving (Go)	<p>Any jelly, ice crushes, and slushies</p> <p>Any Ice cream/ Ice drops/ Ice candies</p> <p>Cakes and slices, donuts, sweet biscuits and pastries, and other sweet bakery products</p> <p>All types including chocolates, hard/chewy candies, chewing gums, marshmallows, lollipops, yema, etc.</p> <p>French fries, <i>bicho-bicho</i>, etc.</p> <p>Instant noodles</p> <p>All types of heavily salted snacks such as chips or <i>chichiria</i></p>
Body-building (Grow)	<p><i>Chicharon</i></p> <p>Chicken skin</p> <p>Bacon</p> <p>Deep-fried foods including fish balls, kikiams, etc.</p>
Body-regulating (Glow)	<p>Fruits canned in heavy syrup</p> <p>Sweetened fruits or vegetables or deep-fried</p>

- k. In planning a healthy menu, it is important to assess the nutritional value of foods and drinks as follows:

- i. Compare items against GREEN, YELLOW, and RED categories. If it fits easily into the GREEN category, the item may be included in the healthy menu and be sold in the canteen. If it fits easily into the RED category, the item must not be in the healthy menu and should not be sold in the canteen.
 - ii. If the item does not fall under GREEN or RED, it is likely to fall under the YELLOW category, it may be served once or twice a week only, in smaller servings, and should be less prominent in the canteen menu. The canteen may follow suggestions in greening the menu.
 - iii. Canteen-cooked foods such as pancit, champorado, arroz caldo, mami, etc. may fall between GREEN and YELLOW categories depending on the ingredients used. The following steps may also be undertaken to lower saturated or trans fat, sugar, and sodium:
 - use cooking methods that require little or no fat or oil such as steaming, boiling, sautéing, pan frying, and baking;
 - before cooking, remove visible fat from meat, and skin from poultry;
 - use oils sparingly;
 - reduce the added salt when cooking food;
 - use low fat products such as skimmed milk, low fat spread, low fat cheese, and light mayonnaise;
 - use iodized salt instead of plain salt because of its iodine content which is associated with the mental development of children, and in compliance with RA 8172 or the ASIN Law;
 - reduce the amount of added condiments such as monosodium glutamate, soy sauce, fish sauce, ketchup, and other locally available condiments in cooking;
 - avoid the use of artificial flavours; instead, use natural herbs and spices such as garlic, onion, turmeric, ginger, black pepper, chilli pepper, and others; and
 - remove excess fat/oil from soup and soup stocks.
2. Increasing the Availability and Accessibility of Healthy and Safe Foods
- a. Safe drinking water should be made readily available.
 - b. Soy sauce, fish sauce, and other locally available condiments/sauces should not be readily available on dining tables and in the dining area. These should only be served upon request.

- c. Schools shall advise parents and guardians to provide healthy foods and beverages to be consumed in schools (*baon*) by their children. School children (elementary, secondary, and senior high) shall not bring unhealthy foods and beverages to school.
 - d. Offices and Schools may conduct local initiatives to support and promote the consumption of healthy foods such as “Meatless Monday” to promote sources of protein other than meat, “Veggie-Tuesday” to promote vegetable consumption, “Native Wednesday” to promote consumption of native foods, “Fibrous Thursday” to promote consumption of foods rich in dietary fibers, and “Fishy Friday” to promote consumption of fish.
 - e. Canteens and other areas where food is served shall adhere to the provisions of DepEd Order No. 10, s. 2016 Policy and Guidelines for the Comprehensive Water, Sanitation and Hygiene in Schools (WinS) Program and shall:
 - i. ensure availability of clean, safe, and free drinking water;
 - ii. provide facilities for hand washing;
 - iii. ensure proper and safe handling of foods;
 - iv. provide clean plates, glasses, and eating utensils;
 - v. practice proper waste segregation and disposal; and
 - vi. provide a conducive, well-ventilated, well-lighted, safe, and clean environment for eating.
 - f. Canteens and other areas where food is served shall post signages that only healthy food and drinks are served in the premises, as well as important nutrition messages such as the Nutritional Guidelines for Filipinos (NGF), Ten (10) Kumainments, Pinggang Pinoy, and others.
3. Regulating the Sale and Marketing of Unhealthy Foods
- a. Schools and school activities where children gather shall not be used in the marketing of unhealthy foods and beverages to children. There shall be no form of marketing in schools and in DepEd offices. Three common types of marketing:
 - i. Advertising – typical advertisement of sugary drinks in schools is done through branded vending machines, branded refrigerators and ice boxes, signage in school canteens, corridors and sports facilities, and on sun umbrellas and tents.
 - ii. Sponsorship – advertisement, promotion and sponsorships are often seen as an alternative way to gather resources to fund activities. The

industry often sponsors sports events, school programs, equipment (including catering equipment such as aprons and caps or sun visors) as well as educational materials, e.g. notebooks and pens.

- iii. Promotion – promotion of sugary drinks and other empty-calorie snack foods is done through the use of popular cartoon characters, branding, free samples or other “tie-ins” and celebrity endorsements. Price discounts or vouchers may be given as educational rewards.
- b. DepEd may allow support of food and beverage manufacturers that meet the criteria of this policy as part of their corporate social responsibility program provided that it shall not include any form of marketing activities or bear any brand name or logo.
- c. School officials are encouraged to advocate, and work with their local government units in issuing local legislation to limit the marketing of unhealthy foods and beverages within at least 100 meter radius of the school.
- d. Marketing of RED CATEGORY foods and beverages shall not be allowed in DepEd Offices/schools and school/education events which shall include but is not limited to the following methods and forms:
 - i. Print such as posters, leaflets, brochures, comics, etc.
 - ii. Outdoor ads such as billboards, tarpaulin, etc.
 - iii. Point of sale
 - iv. Vending machines/refrigerators
 - v. Branding
 - vi. New media (internet-based)
 - vii. Characters
 - viii. Giving of free samples
 - ix. Conduct of special events such as sports activities and feeding programs.
- e. Schools are given three (3) months to replace/remove refrigerators and other equipment/facilities with logo or brand name of unhealthy foods and beverages.

B. Capacity Building

1. The DepEd concerned offices at all levels shall be responsible in capacitating the Regional and Division personnel, who shall in turn be responsible in capacitating HE and TLE teachers in all schools.
2. Schools shall conduct activities to orient students and their parents and guardians on these healthy food and beverage choices so that healthy eating habits will not only be practiced in schools, but in their home, as well and create a lifelong healthy eating behaviour for all Filipinos.

C. Collaboration, Partnership, and Linkages

Partners and key stakeholders in advancing the School Health and Nutrition Program are recognized as vital in program implementation.

However, DepEd and school authorities and personnel shall strictly observe the prohibition on accepting donations or sponsorships from or having financial or material involvement with tobacco companies. Likewise, prohibitions stipulated in Executive Order No. 51 or the Milk Code of the Philippines, particularly those on the acceptance of funding, sponsorship, logistical, training, financial or material incentives, or gifts of any sort from companies that manufacture or market infant formula and other milk substitutes shall be strictly observed. In general, sponsorships and partnerships shall not be allowed if conflict of interest is likely to arise with the objectives of this policy.

D. Other Strategies to Promote Healthy Weight

1. The Regional Offices (ROs) and Schools Division Offices (SDOs) are encouraged to launch programs that will support healthy diets and physical activity for its employees and school children.
2. The schools are encouraged to promote and provide opportunities for school children to be active in a safe environment. WHO recommends that children aged 5-17 should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.
3. Incorporation of healthy diets, wellness, and physical activity in the K to 12 Curriculum and in other school events and activities.
4. Management of overweight and obesity cases in schools through health talks to be conducted by the school nurses and engaging these students in more physical activities.

E. Duties and Responsibilities

1. DepEd Central Office (CO)

- a. The Bureau of Learner Support Service-School Health Division (BLSS-SHD) shall be the focal unit for the policy concerns on healthy foods and drinks choices supervised by the Office of the Secretary and the Undersecretary in-charge of BLSS;
- b. BLSS-SHD shall organize a Technical Working Group (TWG) that shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Develop policies and issue memoranda/orders on the concern;
- d. Encourage the DepEd Canteen CO and other offices to serve healthy foods and drinks daily and during meetings and other activities;
- e. Conduct capacity building activities for DepEd Regional/Division personnel; and
- f. Monitor and provide technical assistance to DepEd offices in the implementation of this policy.

2. DepEd Regional Offices (ROs)

- a. The Education Support Services Division (ESSD) shall form a TWG (Office of the Regional Director (ORD), ESSD, Quality Assurance Division (QAD), Field Technical Assistance Division (FTAD), Human Resource Development Division (HRDD), and Curriculum and Learning Management Division (CLMD) to oversee the implementation of the policy;
- b. The Technical Working Group (TWG) shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Conduct capacity building activities to DepEd Division/School personnel;
- d. Encourage the Canteen and other offices to serve healthy foods and drinks daily and during meetings and other activities; and

- e. Monitor and provide technical assistance to Schools Division Offices (SDO)/School on the implementation of this policy.

3. DepED SDOs

- a. The School Governance and Operations Division shall form a TWG (Office of the Schools Divisions Superintendent (OSDS), SGOD, and Curriculum and Instruction Division (CID)) to oversee the implementation of the policy;
- b. The Technical Working Group (TWG) shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Conduct capacity building activities to School personnel;
- d. Encourage the Canteen and other offices to serve healthy foods and drinks daily and during meetings and other activities;
- e. Advocate to local government units to regulate the marketing of unhealthy foods outside the school premises; and
- f. Monitor the compliance of the schools to this policy and ensure that only healthy food and drinks are available in the schools.

4. Schools

- a. Form a TWG (School Heads, Teacher in-charge of canteen, Chairperson of canteen cooperative, and Parent-Teacher Association) to discuss the implementation of the policy;
- b. Plan and develop the school's healthy menu in accordance with these guidelines;
- c. Ensure that only healthy food and drinks are available in the schools;
- d. Regulate the selling and marketing in schools of unhealthy foods and drinks in compliance with these guidelines; and
- e. Advocate to local government units to regulate the marketing of unhealthy foods outside the school premises.

F. Monitoring and Evaluation

- 1. The DepEd Central, Regional, and Division Offices shall continue to gather feedback on the implementation of this policy and guidelines from all concerned internal and external stakeholders. A periodical review of this policy shall be conducted to be responsive to the changing health and nutrition needs of the office and school populace.**
- 2. The regional and division monitors are expected to monitor compliance with these guidelines quarterly and monthly, respectively.**

VI. REFERENCES

- Australian Government Department of Health. 2010 National School Healthy Canteen Guidelines. Retrieved from <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-canteens>.**
- Department of Health-National Nutrition Council. (2016), Department Order on Healthy Food Options (draft).**
- Department of Science and Technology-Food and Nutrition Research Institute. (2002). Recommended Energy and Nutrient Intakes.**
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- U.S. Department of Health and Human Service. How to Understand Nutrition Facts Label. Retrieved from <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>.**
- World Health Organization. Retrieved from <http://www.who.int/topics/nutrition/en/>**

VII. PENALTY CLAUSE

Any personnel who violate any provision of these guidelines shall be dealt with administratively pursuant to DepEd Order No. 49, s. 2006 The Revised Rules of Procedure of the Department of Education on Administrative Cases.

VIII. REPEALING CLAUSE

DepEd Order No. 8, series 2007 Policy Statements numbers 4.4, 4.5, and 4.6 are hereby modified accordingly by this issuance.

IX. EFFECTIVITY

This policy shall take effect immediately.

Enclosure 1

Table 7. Recommended Energy Intakes and Acceptable Macronutrient Distribution Ranges

Age	Energy (in kcal)		Range (% Energy)		
	Male	Female	Protein	Total Fat	Carbohydrate
6-9	1600	1470	6-15	15-30	55-79
10-12	2060	1980			
13-15	2700	2170			
16-18	3010	2280			
19-29	2530	1930	10-15	15-30	55-75
30-49	2420	1870			
50-59	2420	1870			
60-69	2140	1610			

(Source: Philippine Dietary Reference Intakes 2015)

Enclosure 2

How to Understand Nutrition Facts Label:

The Nutrition Facts label are usually found at the back of food labels which provides nutrition information to the consumers. The top section usually provides product-specific information such as the serving size, calories, and nutrient information. The bottom part contains footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets.

- 1. Start Here →
- 2. Check calories →
- 3. Limit these nutrients →
- 4. Get enough of these Nutrients →
- 5. Footnote →

Nutrition Facts		
Serving Size 1 pouch (55g)		
Servings Per Container 1		
<hr/>		
Amount Per Serving		
Calories 230	Calories from Fat 80	
<hr/>		
		%Daily Value
Total Fat 9g		14%
Saturated Fat 4.5g		23%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1690mg		70%
Total Carbohydrates 34g		11%
<hr/>		
Dietary Fiber 3g		12%
Sugars 5g		
Protein 5g		
<hr/>		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 7%	
<hr/>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrates		300g 375g
Dietary Fiber		25g 30g
<hr/>		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Parts of Nutrition Facts

1. **The Serving Size** – The first place to start in looking at Nutrition Facts is the serving size and the number of servings per package. Serving sizes are standardized to make it easier to compare similar foods. The serving size influences the number of calories and the amounts of nutrients.
2. **Calories** – Calories provide a measure of how much energy comes from the serving of the food. In the example, the food contains 230 calories and 80 calories come from fat.
General Guide to Calories (based on a 2,000 calorie diet):
 - 40 Calories is low
 - 100 calories is moderate
 - 400 Calories or more is high
3. **The Nutrients** – The nutrients are categorized into two – the first part are usually eaten in adequate amount, or even too much, hence, these nutrients need to be limited. Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase the risk for chronic diseases such as heart disease, some cancers, or high blood pressure. Health experts recommend keeping food intake of these nutrients as low as possible as part of a nutritionally balanced diet.
The second part of nutrients can improve health and can help reduce risks for some diseases and conditions.
4. **Footnote** – The Footnote usually states that the Percent Daily Values (DVs) are based on a 2,000 calorie diet. The DVs are recommended levels of intakes based on the Philippine Dietary Reference Intakes 2015 (PDRI).
5. **% Daily Value** – The % DV are based on the DV recommendations for some key nutrients for a 2,000 calorie intake for a day. For each nutrient presented, the %DV tells how much the food will contribute in terms of the recommended intake for the day. The %DV helps determine if a serving of food is high or low in a nutrient.

(Source: U.S. Department of Health and Human Service)

Enclosure 3

Sample Meal Plans Lifted from *Pingang Pinoy*

Sample Meal Plan for Children, 3-5 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Egg Carrot Top Salad, with Tomatoes Rice	Chicken Tinola - Chicken Breast - Vegetables Rice Mango	Fried Galunggong Pinakbet Rice Watermelon	AM: Summan sa bos PM: Boiled Carrot
Day 2	Pineapple Chicken Adobo Steamed Carrot Savoye and Baguio Beans Rice	Sinigang na Turrito - Turcillo - Vegetables Rice Papaya	Chopsuey Rice Dalanghita	AM: Boiled Com PM: Pansit Guisado
Day 3	Dalandan Tuna Sandwich with cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes - Toast Bread	Brief Steak - Adobong Sitaw - Pineapple	Fried Chicken - Fried Egg - Atsara and Saluyot Rambutan	AM: kabayban PM: kutsinta
Day 4	Papaya Homemade Pork Tocno - Kalo Salad Rice	Ginataang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Rice Red Guava	Beef Bulalo - Lean Beef - Vegetables Rice Latundan	AM: Pan de Coco PM: Surman Cassava
Day 5	Mango Chicken Arroz Caldo with Carrots and Maulunggay - Chicken Breast - Vegetables Rice	Pork Nilaga - Lean Pork - Vegetables Rice Boiled Saba	Fried Tilapia Bulanglang Rice Apple	AM: Ensaymada PM: Puto, white
Day 6	Weton Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal	Chicken Barbecue - Chicken Breast - Sautéed Carrot, Sweet Corn, And Savoye Rice Indian Mango	Portchon - Chicken Breast - Dagingong Rice Pear	AM: Spanish Bread PM: Turon
Day 7	Latundan Fried Tanigue Adobong Kangkong Rice	Stir-fried beef with Chinese Cabbage and Cauliflower - Lean beef - Vegetables Rice Lansones	Marok - Chicken Breast - Vegetables Rice Pomelo	AM: Peanut Butter Sandwich PM: Banana Cue

Based on the Food Exchange List (FEL) in Meal Planning:
 1 cup of rice = 160 g
 1 cup of cooked vegetables = 90 g
 1 matchbox size of beef and pork = 30 g
 1 small chicken leg = 30 g
 1 medium chicken leg = 45 g
 1 matchbox size of chicken breast = 30 g
 1 small size fish = 35 g
 1 slice of fish = 35 g
 1 medium size fish = 55 g

Sample Meal Plan for Children, 6 - 9 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Egg, Cornmeal Topp Salad, with Tomatoes Rice 3/4 cup 3/4 cup	Chicken Tinola - Chicken Breast - Vegetables - Rice - Mango 1/2 matchbox size of 10x6x2 cm 3/4 cup 1 slice, 12x7 cm	Fried Galunggong Pinakbet Rice Watermelon 3/4 cup 3/4 cup 1 slice, 12x6x3 cm	AM: Suman sa Ibos 1 piece, 8x4x2 cm PM: Boiled Cornmeal 1/2 piece of 11 cm long x 4 L/2 cm diameter
Day 2	Pineapple Chicken Adobo Steamed Breast, Carrots, Sayote and Baguio Beans Rice 3/4 cup	Sinangang na Turcillo Turcillo Vegetables Rice Papaya 1/2 slice 3/4 cup 3/4 cup 1 slice of 10x6x2 cm	Tutu Steak Chop suey Rice Dalanghita 3/4 cup 3/4 cup 2 pieces, 6 cm diameter each	AM: Boiled Corn 1 piece of 12x4 cm PM: Pansit Guisado 1 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread 2 pieces, 6 cm diameter each 1/2 matchbox size 3/4 cup 3/4 cup	Begt Steak Adobong Sitaw Pineapple 1/2 matchbox size of 10x6x2 cm 3/4 cup 1 slice of 10x6x2 cm	Fried Chicken Breast Steamed Alugbati and Saluyot Rambutan 1/2 matchbox size 3/4 cup 3/4 cup 3/4 cup 8 pieces, 3 cm diameter each	AM: Pan de Coco Kababayan 2 pieces, 4 L/2 cm diameter x 1 L/2 cm thickness each PM: Kutsinta 1 piece, 6 cm diameter x 2 L/2 cm
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice 1 slice of 10x6x2 cm 1/2 matchbox size 3/4 cup 3/4 cup	Sinangang Dalangang Bukid with Pechay Dalangang Bukid Pechay Rice Red Guava 1/2 piece small size 3/4 cup 3/4 cup 2 pieces, 4 cm diameter each	Begt Buñalo Lean Beef Vegetables Rice Latundan 1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 9x3 cm	AM: Pan de Coco 1 piece, 7x6 cm PM: Suman Cassava L/2 piece 15x3x2 cm
Day 5	Mango Chicken Arroz Calido with Carrots and Munggay Chicken Breast Vegetables Rice 1 slice of 12x7 cm 1/2 matchbox size 3/4 cup 3/4 cup	Pork Nilaga Lean Pork Vegetables Boiled Saba 1/2 matchbox size 3/4 cup 3/4 cup 1 piece, 10x4 cm	Fried Tilapia Bulanglang Rice Apple 1/2 piece small size 3/4 cup 3/4 cup 1 piece, 6 cm diameter	AM: Ensaymada 1 piece of 8 L/2 cm diameter x 2 cm thick PM: Frito, white 1 slice of 9 L/2x3x1 L/2 cm
Day 6	Melon Beef & Veggie Party Lean Ground Beef Vegetables Pan de Sai 1/2 slice of 12x10x3 cm 3/4 cup 1 Tbsp. 3/4 cup 3 small pieces	Chicken Barbecue Chicken Breast Sauteed Carrots Sweet Corn, And Sayote Rice Inidan Mango 1/2 matchbox size 3/4 cup 3/4 cup 1 piece, 6 cm diameter	Pork Chop Dine ng Deng Rice Pear 1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 6 cm diameter	AM: Spanish Bread 1 piece of 10x4 cm PM: Turon 1 piece, 9 L/2x3 L/2x1 cm
Day 7	Latundan Fried Tanigue Adobong Kangkong Rice 1 piece of 9x3 cm 1/2 slice 3/4 cup 3/4 cup	Stir Fried beef with Chinese Cabbage and Cauliflower Lean Beef Vegetables Lansones 1/2 matchbox size 3/4 cup 3/4 cup 8 pieces, 4x2 cm each	Sinapaalukang Manok Chicken Breast Vegetables Rice Pomeio 1/2 matchbox size 3/4 cup 3/4 cup 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich 1 piece loaf bread and 2 tbps. peanut butter PM: Banana Cue 1 piece, 9 L/2 x 4 cm

Based on the Food Exchange List (FEL) in Meal Planning:

- 1 cup of rice - 160 g
- 1 cup of cooked vegetables - 90 g
- 1 matchbox size of beef and pork - 30 g
- 1 small chicken leg - 30 g
- 1 medium chicken leg - 45 g
- 1 matchbox size of chicken breast - 30 g
- 1 small size fish - 35 g
- 1 slice of fish - 35 g
- 1 medium size fish - 55 g

Sample Meal Plan for Children, 10 - 12 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Egg Carnote Tops Salad, with Tomatoes Rice	Chicken Tinola Chicken leg, small Vegetables Rice Mango	Fried Galunggong Pineapple Rice Watermelon 1 slice, 12x7 cm	AM: Suman sa ibos 2 pieces, 8x4x2 cm each PM: Boiled Carnote 1 piece of 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken leg, small Steamed Carrots Soyce and Barbuco Beans Rice	Sinangang na Turcillo Turcillo Vegetables Rice Papaia	Tofu Steak Chopsuey Rice Dalanghita	AM: Boiled Corn 2 pieces, 12x4 cm each PM: Parsite Guisado 1 cup
Day 3	Tuna Sandwich with Cabbage and Tomatoes. Flaked Tuna Cabbage and Tomatoes Loaf Bread	Beef Steak Adobong Sitaw Rice Pineapple	Fried Chicken, leg small Steamed Alugbati and Saluyot Rice Rambuan	AM: Kababayan 4 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each PM: Kutsinta 2 pieces, 6 cm diameter x 2 1/2 cm each
Day 4	Papaia Homemade Pork Tocino Pako Salad Rice	Ginataang Dalangang Bukid with Pechay Dalangang Bukid Pechay Rice Red Guava	Beef Bulalo Lean Beef Vegetables Rice Latundan	AM: Pan de Coco 2 pieces, 7x6 cm each PM: Suman 1 piece, 15x3x2 cm
Day 5	Mango Arroz Caldo with Carrots and Maliunggay Chicken Breast Vegetables Rice	Pork Nilaga Lean Pork Vegetables Rice Boiled Saba	Fried Tilapia Bulanglang Rice Apple	AM: Ensaymada 2 pieces, 8 1/2 cm diameter x 2 cm thick each PM: Puto, white 2 slices, 9 1/2x3x3 1/2 cm each
Day 6	Meiton Beef & Veggie Patty Lean Ground Beef Vegetables Pan de Sal	Chicken Barbecue Chicken leg, small Sauteed Carrots Sweet Corn, and Soyce Rice Indian Mango	Pork Chop Dinnerdeng Rice Pearl	AM: Spanish Bread 2 pieces, 10x4 cm each PM: Turon 1 piece, 9 1/2x3 1/2x1 cm
Day 7	Latundan Fried Tangue Adobong Kangkong Rice	Stir Fried beef with Chinese Cabbage and Cauliflower Lean Beef Vegetables Rice Lansones	SiramaLukang Manok Chicken leg, small Vegetables Rice Pomelo	AM: Peanut Butter Sandwich 2 piece loaf bread and 1 Tbsp. Peanut butter PM: Banana Que 1 cup 9 1/2x4cm each

Based on the Food Exchange List (FEL) in Meal Planning:

- 1 cup of rice = 160 g
- 1 cup of cooked vegetables = 90 g
- 1 matchbox size of beef and pork = 30 g
- 1 small chicken leg = 30 g
- 1 medium chicken leg = 45 g
- 1 matchbox size of chicken breast = 30 g
- 1 small size fish = 35 g
- 1 slice of fish = 35 g
- 1 medium size fish = 55 g

Sample Meal Plan for Male Adolescents, 13 - 18 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Bangus Carrot, Tops Salad, with Tomatoes Rice	Chicken Tinola Chicken leg, small Vegetables Rice Mango	Fried Galunggong Pnabher Rice Watermelon	AM: Sumatra sa lbox PM: Boiled Carnote
Day 2	Pineapple Chicken Adobo Chicken leg, small Steamed Carrot Savote and Baguio Beans Rice	Sinigang na Turcillo Turcillo Vegetables Rice Papaya	Tutu Steak Chopsuey Rice Dalanphita	AM: Boiled Gam PM: pansic Guisado
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread	Beef Steak Adobong Straw Rice Pineapple	Fried Chicken, leg small Steamed Alugbati and Saluyot Rice Rambutan	AM: Kabbayan PM: Kusinta
Day 4	Papaya Homemade Pork Tocno Palo Salad Rice	Ginataang Dalagang Bukid with Pechay Dalagang Bukid Pechay Rice Red Guava	Beef Bulililo Lean Beef Vegetables Rice Larundan	AM: Pan de Coco PM: Suman Cassava
Day 5	Mango Chicken Arroz Caldo with Carrots and Malinggayay Chicken Breast Vegetables Rice	Pork Nilaga Lean Pork Vegetables Rice Boiled Saba	Fried Tilapia Bulangiang Rice Apple	AM: Ensaymada PM: Puto, white diameter
Day 6	Melon Beef & Veggie Pastry Lean Ground Beef Vegetables Pan de Sal	Chicken Barbecue Chicken leg, small Sauteed Carrots Sweet Corn, and Savote Rice Indian Mango	Porkchop Dinegdeng Rice Pear	AM: Spanish Bread PM: Turon
Day 7	Larundan Fried Tangue Fried Egg Adobong Kanikong Rice	Stir Fried beef with Chinese Cabbage and Cauliflower Lean Beef Vegetables Rice Lansones	Sinampalukanang Manok Chicken leg, small Vegetables Rice Pomelo	AM: Peanut Butter Sandwich PM: Banana Cue

Based on the Food Exchange List (FEL) in Meal Planning:
 1 cup of rice = 160 g
 1 cup of cooked vegetables = 90 g
 1 matchbox size of beef and pork = 30 g
 1 small chicken leg = 30 g
 1 medium chicken leg = 45 g
 1 matchbox size of chicken breast = 30 g
 1 small size fish = 35 g
 1 slice of fish = 35 g
 1 medium size fish = 55 g

Sample Meal Plan for Female Adolescents, 13 - 18 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Bangus Carnote Tops Salad, with Tomatoes Rice	Chicken Tinola - Chicken leg, small - Vegetables	1 piece 1-1/2 cups 1-1/2 cups	1 piece, 8x4x2 cm 1/2 piece of 11 cm long x 1/2 cm diameter
Day 2	Pineapple Chicken Adobo - Chicken leg, small Steamed Carrots Savote and Baguio Beans Rice	Mango Sinigang na Turcillo - Turcillo - Vegetables Rice Papaya	1 slice, 10x6x2cm 1 slice 1-1/2 cups 1-1/2 cups 1 slice, 10x6x2 cm	AM: Boiled Corn 1 piece, 12x4 cm PM: Pansit Culisado 1/2 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes - Loaf Bread	Beef Steak Adobong Sitaw Rice Pineapple	1 matchbox size 1-1/2 cups 1-1/2 cups 1 slice, 10x6x2 cm	AM: Kebabayan 2 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each PM: Kuisinla 1 piece, 6 cm diameter x 2 1/2 cm
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	Grinataang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Red Guava	1 slice of 10x6x2 cm 1 matchbox size 1-1/2 cups 1-1/2 cups 2 pieces, 4 cm diameter each	AM: Pan de Coco 1 piece, 7x6 cm PM: Suman Cassava 1/2 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Maunungay - Chicken Breast - Vegetables - Rice	Pork Nilaga - Lean Pork - Vegetables Rice Boiled Saba	1 slice of 12x7 cm 1 matchbox size 1-1/2 cups 1-1/2 cups 1 piece, 10x4 cm diameter each	AM: Ensaymada 1 piece, 8 1/2 cm diameter x 2 cm thick PM: Puto, white 1 slice, 9 1/2x 3 x3 1/2 cm
Day 6	Melon Beef & Veggie Party - Lean Ground Beef - Vegetables Pan de Sal	Chicken Barbecue - Chicken leg, small Sautéed Carrots Sweet Corn, and Savote Rice Indian Mango	1 slice, 12x10x3 cm 1 1/2 cups 2 Tbsp. 1-1/2 cups 6 pieces, small size	AM: Spanish Bread 1 piece, 10x4 cm PM: Turon 1 piece, 9 1/2x 3 1/2 x 1 cm
Day 7	Lalandan Fried Tinigugue Adobong Kangkong Rice	Siri-fried beef with Chinese Cabbage and Cauliflower - Lean Beef - Vegetables Rice Lansones	1 piece of 9x3 cm 1 slice 1-1/2 cups 1 1/2 cups 1 matchbox size 1-1/2 cups 1-1/2 cups 8 pieces, 4x2 cm each	AM: Peanut Butter Sandwich 1 piece loaf bread and 2 tsp peanut butter PM: Banana Cue 1 piece 9 1/2 x 4 cm

Based on the Food Exchange List (FEL) in Meal Planning:

- 1 cup of rice = 160 g
- 1 cup of cooked vegetables = 90 g
- 1 matchbox size of beef and pork = 30 g
- 1 small chicken leg = 30 g
- 1 medium chicken leg = 45 g
- 1 matchbox size of chicken breast = 30 g
- 1 small size fish = 35 g
- 1 slice of fish = 35 g
- 1 medium size fish = 55 g

Sample Meal Plan for Male Adults, 19 - 59 years old

	Breakfast	Lunch	Supper	Snacks			
Day 1	Lakatan Fried Baniqus Carnote-Tops Salad, with Tomatoes Rice	Chicken Tinola - Chicken leg - small - Vegetables Rice Mango	2 pieces 1-1 1/2 cups 1-1 1/2 cups 1 1/2 cups 1 slice, 12x7 cm	Fried Galunggung Pinabet Rice Watermelon	2 pieces, 8x8x2 cm each 1-1 1/2 cups 1 1/2 cups 1 slice, 12x6x3 cm	AM: Sumana sa lilos PM: Boiled Carnote	2 pieces, 8x8x2 cm each 1 piece, 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo - Chicken leg, small Steamed Carrots Savoye and Baguio Beans Rice	Sinigang na Turrillo - Turchilo - Vegetables Rice Papaya	2 slices 1-1 1/2 cups 1-1 1/2 cups 1 slice, 10x6x2 cm	Tofu Steak Chopsuey Rice Dalanghita	2 pieces, 6x6x2 cm each 1-1 1/2 cups 1 1/2 cups 2 pieces, 6 cm diameter each	AM: Boiled Corn PM: Pansit Cuisado	2 pieces, 12x4 cm each 1 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes, - Leaf Bread	Beef Steak Adobong Siaw Rice Pineapple	2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 slice, 10x6x2 cm	Fried Chicken leg, medium Steamed Aluberti and Saluyot Rice Rambutan	2 pieces 1-1 1/2 cups 1 1/2 cups 8 pieces, 3 cm diameter each	AM: Kaba bayan PM: Kutsinta	4 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 2 pieces, 6 cm diameter x 2 1/2 cm each
Day 4	Papaya Homemade Pork Tocno Pako Salad Rice	Ginataang Dalangang Bukid with Pechay - Dalangang Bukid - Pechay Rice Red Guava	2 pieces, 6 cm diameter each 2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 slice, 10x6x2 cm	Beef Bulalo - Lean Beef - Vegetables Rice Latundan	2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 slice, 9x3 cm diameter each	AM: Pan de Coco PM: Sumang Cassava	2 pieces, 7x6 cm each 1 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Matsunogay - Chicken Breast - Vegetables - Rice	Pork Nianga - Lean Pork - Vegetables Rice Boiled Saba	2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 slice, 10x4 cm diameter each	Fried Tilapia Buaranglang Rice Apple	2 pieces, medium size 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter	AM: Ensamada PM: Puto, white	2 pieces, 8 1/2 cm diameter x 2 cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each
Day 6	Neiron Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal	Chicken Barbecue - Chicken leg, medium Sautéed Carrots Sweet Corn, and Savoye Rice Indian Mango	2 pieces 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter each	Pork Chop Dinegdeng Rice Pear	2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter	AM: Spanish Bread PM: Turon	2 pieces, 10x4 cm each 1 piece, 9 1/2 x 3 1/2 x 1 cm
Day 7	Latundan Fried Taniigue Fried Egg Adobong Kangkong Rice	Stir-fried beef with Chinese Cabbage and Cauliflower - Lean Beef - Vegetables Rice Lansones	1 piece of 9x3 cm 1 slice of fish 1 piece 1-1 1/2 cups 1 1/2 cups	Mango Manok - Chicken leg, medium - Vegetables Rice Homelo	2 pieces, 4x2 cm each 1 1/2 cups 1 1/2 cups 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich PM: Banana Cue	2 piece loaf bread and 1 Tbsp. Peanut butter 2 pieces, 9 1/2 x 4 cm each

Based on the Food Exchange List (FEL) in Meal Planning:

- 1 cup of rice – 160 g
- 1 cup of cooked vegetables – 90 g
- 1 matchbox size of beef and pork – 30 g
- 1 small chicken leg – 30 g
- 1 medium chicken leg – 45 g
- 1 matchbox size of chicken breast – 30 g
- 1 small size fish – 35 g
- 1 slice of fish – 35 g
- 1 medium size fish – 55 g

Sample Meal Plan for Female Adults, 19 - 59 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lukatan Fried Bananus Carnore Tops Salad, with Tomatoes Rice	Chicken Tinola Chicken leg small Vegetables Rice Mango	2 pieces 1 cup 1 slice, 12x7 cm 1 slice, 12x7 cm	AM: Suman sa ibos 1 piece, 8x4x2 cm each PM: Boiled Carnore 1/2 piece, 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo Chicken leg, small Steamed Carrots Sayote and Baguio Beans Rice	Sinangana Turcillo Turcillo Vegetables Rice Papaya	2 slices 1 cup 1 cup 1 slice, 10x6x2 cm	AM: Boiled Corn 1 piece, 12x4 cm each PM: Panisit Guisado 1 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread	beef Steak Adobong Straw Rice Pineapple	2 matchbox sizes 1 cup 1 cup 1 slice, 10x6x2 cm	AM: Kaba-bayan 2 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each PM: Kuisinta 2 piece, 6 cm diameter x 2 1/2 cm each
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	Ginataang Dala-gang Bukid with Pechay Dala-gang Bukid Rice Red Guava	4 slices 1 slice of 10x6x2 cm 2 matchbox sizes 1 cup 1 cup 1 cup 2 pieces, 4 cm diameter each	AM: Pan de Coco 1 piece, 7x6 cm each PM: Suman Cassava 1/2 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Maitun Bay Chicken Breast Vegetables Rice	Pork Nilaga Lean Pork Vegetables Rice Boiled Saba	1 slice of 12x7 cm 2 matchbox sizes 1 cup 1 cup 1 cup 1 piece, 10x4 cm	AM: Ensaymada 1 piece, 8 1/2 cm diameter x 2 cm thick each PM: Puro, white 2 slices, 9 1/2 x 3 x 3 1/2 cm each
Day 6	Melon Beef & Veggie Party Lean Ground beef Vegetables Pan de Sal	Chicken Barbecue Chicken leg, medium Sauteed Carrots Sweet Corn, and Sayote Rice Indian Mango	1 slice, 12x10x3 cm 1 cup 4 Tbsp. 1 cup 1 cup 1 piece, 6 cm diameter	AM: Spanish Bread 1 piece, 10x4 cm each PM: Turon 1 piece, 9 1/2 x 3 1/2 x 1 cm
Day 7	Latundan Fried Tanigue Fried Egg Adobong kangkong Rice	Syr Fried beef with Chinese Cabbage and Cauliflower Lean beef Vegetables Rice Lansones	1 piece of 9x3 cm 1 slice, small fish 1 piece 1 cup 1 cup 1 cup 2 matchbox sizes 1 cup 1 cup 8 pieces, 4x2 cm each	AM: Peanut Butter Sandwich 1 piece loaf bread and 1 Tbsp peanut butter PM: Banana Cue 1 piece, 9 1/2 x 4 cm each

Based on the Food Exchange List (FEL) in Meal Planning:

- 1 cup of rice = 160 g
- 1 cup of cooked vegetables = 90 g
- 1 matchbox size of beef and pork = 30 g
- 1 small chicken leg = 30 g
- 1 medium chicken leg = 45 g
- 1 matchbox size of chicken breast = 30 g
- 1 small size fish = 35 g
- 1 slice of fish = 35 g
- 1 medium size fish = 55 g

Sample Meal Plan for Male Elderly 60, years old and above

	Breakfast	Lunch	Supper	Snacks
Day 1	Lukatan Fried Bangus Carnote Tops Salad, with Tomatoes Rice	Chicken Tinola - Chicken leg small - Vegetables Rice Mango	2 pieces 1 cup 1 cup 1 slice, 12x7 cm	AM: Sumat sa ibos 2 pieces, 8x4x2 cm each PM: Boiled Carnote 1 piece, 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo - Chicken leg, small Steamed Carrots Sayote and Baguio Beans Rice	Smiling na Turcillo - Turcillo - Vegetables Rice Papaya	2 slices 1 cup 1 cup 1 slice, 10x6x2 cm	AM: Boiled Corn 2 pieces, 12x4 cm each PM: Pansit Guisado 1 cup
Day 3	Gallandari Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes - Loaf Bread	Beef Steak Adobong Staw Rice Pineapple	2 matchbox sizes 1 cup 1 cup 1 slice, 10x6x2 cm	AM: Kabayon 4 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each PM: Kutsinta 2 pieces, 6 cm diameter x 2 1/2 cm each
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	Ginataang Dalangang Bukid with Pecany - Dalangang Bukid - Pecany Rice Red Guava	2 pieces of 10x6x2 cm 2 matchbox sizes 1 cup 1 cup 2 pieces, 4 cm diameter each	AM: Pan de Coco 2 pieces, 7x6 cm each PM: Suman Cassava 1 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Maunggay - Chicken Breast - Vegetables - Rice	Pork Nilaga - Lean pork - Vegetables Rice Boiled Saba	1 slice of 12x7 cm 2 matchbox sizes 1 cup 1 cup 1 piece, 10x4 cm	AM: Ensaymada 2 pieces, 8 1/2 x 2 cm diameter x 2 cm thick each PM: Puto, white 2 slices, 9 1/2 x 3 1/2 cm each
Day 6	Melon Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal	Chicken Barbecue - Chicken leg, medium Sautéed Carrots Sweet Corn, and Sayote Rice Indian Mango	1 cup 1 slice, 12x 10x3 cm 1 cup 4 Tbsp. 1 cup 4 small pieces, 17 g each	AM: Spanish Bread 2 pieces, 10x4 cm each PM: Turon 1 piece, 9 1/2 x 3 1/2 x 1 cm
Day 7	Latundan Fried Tanigue Fried Egg Adobong Kangkong Rice	Stir-fried beef with Chinese Cabbage and Cauliflower - lean beef - Vegetables Rice Lansones	1 piece of 9x3 cm 1 slice small size 1 piece 1 cup 1 cup 8 pieces, 4x2 cm each	AM: Peanut Butter Sandwich 2 pieces loaf bread and 1 Tbsp. Peanut butter PM: Banana Cue 2 pieces 9 1/2 x 4 cm each

Based on the Food Exchange List (FEL) in Meal Planning:

- 1 cup of rice = 160 g
- 1 cup of cooked vegetables = 90 g
- 1 matchbox size of beef and pork = 30 g
- 1 small chicken leg = 30 g
- 1 medium chicken leg = 45 g
- 1 matchbox size of chicken breast = 30 g
- 1 small size fish = 35 g
- 1 slice of fish = 35 g
- 1 medium size fish = 55 g

Sample Meal Plan for Female Elderly 60, years old and above

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Bangus Carrot Topo Salad, with Tomatoes Rice	Chicken Tinola - Chicken leg small - Vegetables Rice Mango	2 pieces 3/4 cup 3/4 cup 3/4 cup 1 slice, 12x7 cm	Fried Galunggung Pinakbet Watermelon
Day 2	Pineapple Chicken Adobo - Chicken leg, small Steamed Carrots Sayote and Bayugo Beans Rice	Simbang na Turcillo - Turcillo - Vegetables Rice Papaya	2 slices 3/4 cup 3/4 cup 1 slice, 10x6x2 cm	Tofu Steak Chopsuey Rice Dalainghita
Day 3	Garutandan Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes, Leaf Bread	Beef Steak Adobong Straw Rice Pineapple	2 matchbox sizes 3/4 cup 3/4 cup 1 slice, 10x6x2 cm	Fried Chicken leg, medium Steamed Alugbati and Saluyot Rice Rambutan
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	Ginataang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Rice Red Quava	2 pieces small size 3/4 cup 3/4 cup 2 pieces, 4 cm diameter each	Beef Bulalo - lean Beef - Vegetables Rice Latundan
Day 5	Mango Chicken Arroz Caldo with Carrots and Malunggay - Chicken Breast - Vegetables - Rice	Pork Nilaga - lean Pork - Vegetables Boiled Saba	2 matchbox sizes 3/4 cup 3/4 cup 1 piece, 10x4 cm	Fried Tilapia Bulanglang Rice Apple
Day 6	Melon Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal	Chicken Barbecue - Chicken leg, medium Sautéed Carrots Sweet Corn, and Sayote Rice Indian Mango	2 pieces 3/4 cup 3/4 cup 1 piece, 6 cm diameter	Porkchop Dinengdeng Rice Pear
Day 7	Latundan Fried Taniigue Fried Egg Adobong Kangkong Rice	Sir-fried beef with Chinese Cabbage and Cauliflower - leanBeef - Vegetables Rice Lansones	2 matchbox sizes 3/4 cup 3/4 cup 8 pieces, 4x2 cm each	Sinampalukang Manok - Chicken leg, medium - Vegetables Rice Ponero

Based on the Food Exchange List (FEL) in Meal Planning:

- 1 cup of rice = 160 g
- 1 cup of cooked vegetables = 90 g
- 1 matchbox size of beef and pork = 30 g
- 1 small chicken leg = 30 g
- 1 medium chicken leg = 45 g
- 1 matchbox size of chicken breast = 30 g
- 1 small size fish = 35 g
- 1 slice of fish = 35 g
- 1 medium size fish = 55 g