
	<p>Republic of the Philippines Department of Education Cordillera Administrative Region SCHOOLS DIVISION OF ABRA Bangued, Abra</p>		<p>Document Code: SDOABRA-QF-OSDS-SDS-001 Revision: 00 Effectivity date: 01-14-2019</p>
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July 18, 2019

DIVISION MEMORANDUM

No. 209 s. 2019

REITERATION OF DEPED ORDER NO.13, s 2017: "POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES IN SCHOOLS AND IN DEPED OFFICES"

TO: CID and SGOD Chiefs

**Public Schools District Supervisors
All School Heads of Elementary and Secondary Schools
All School Health Coordinators
All Others Concerned**

1. DepEd Order No.13 s. 2017, entitled "*Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices*" aims to ensure promotion and development of healthy eating habits among youth and DepEd employees. This memorandum is hence a reiteration for all concerned to strictly follow and implement the policies and guidelines stipulated in the said order.
2. Foods and drinks that contain wide range of nutrients and generally have low saturated, trans fat, sugar and salt content fall under GREEN category and are ALLOWED to be served daily in the canteens, while careful attention should be given in serving those in the YELLOW category – foods and drinks that contain some nutrients but at the same time contain large amounts of saturated or trans fats and/or sugar and/or salt. If eaten in large amount, these may contribute to excess calories; hence, these may only be served once or twice a week and should be less prominent in the canteen menu. Foods and drinks that contain high amount of saturated fat or sugar or salt and that may provide excess calories are labeled in RED category and are not recommended to be sold at the canteen.
3. The Division Monitoring and Evaluation Team per Division Memorandum No. 148 s. 2019 are enjoined to conduct strict monitoring to all canteens and provide technical assistance if needed to ensure compliance to the said policy. A random division evaluation shall also be conducted.
4. The Division Monitoring and Evaluation Team is also required to submit a semestral report to SGOD-School Health Section and utilize the information collected to provide appropriate technical assistance to schools in making their canteens functional. Attached is the school canteen monitoring tool that shall be used.
5. All school heads are enjoined to have a copy of DepEd order no. 13, s. 2017 for the specific details.
6. Any violation of this policy shall be dealt with administratively pursuant to DepEd Order No. 49 s. 2006, the Revised Rules of Procedure of DepEd on Administrative Cases.
7. Widest dissemination of and compliance to this Memorandum is desired.

AMADOR D. GARCIA SR, Ph.D.
OIC-Schools Division Superintendent

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SAMPLE LIST OF FOODS AND DRINKS

GREEN CATEGORY (SERVED DAILY)

Milk (unsweetened)

Safe & clean water (nothing added)

Fresh buko water (unsweetened)

Milled rice, brown rice or iron-fortified rice, corn, oatmeal, whole-wheat bread, cassava (kamoteng kahoy), boiled sweet potato (kamote), boiled saging na saba, binatog, boiled peanuts, suman, puto

Fishes, shellfish, small shrimps, lean meats, chicken w/o skin, nuts, egg

Fresh fruits, preferably those in season

Green leafy and yellow vegetables

YELLOW CATEGORY (SERVED EVERY TUESDAY AND THURSDAY ONLY)

100% Fresh fruit juices

Fried rice, bread(using white refined flour) biscuits, banana cue, camote cue, turon, maruya, pancakes, waffles, champorado, pansit, arrozcaldo, sandwiches (cheese, egg, chicken filling) butter, margarine, mayonnaise (use sparingly)

Processed foods such as meats, fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa (still subject to evaluation of saturated or trans-fat & sodium as reflected in their Nutrition facts)

Stir – fried vegetables

RED CATEGORY (PROHIBITED)

Softdrinks, alcoholic drinks, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters and powder juice drinks. Any products containing caffeine (for school canteens), any processed fruit/vegetable juice with added sugar of more than 20 grams or 4 teaspoons per serving

Any jelly, ice crushes,/slushies, any ice cream / ice drops / ice candies, cakes & slices, donuts, sweet biscuits & pastries, sweet bakery products, all types including chocolates, hard/ chewy candies, chewing gums marshmallows, lollipops, yema, french fries, bischo- bischo, instant noodles, all types of heavily salted snacks such as chips chichiría

Chicharon, chicken skin, Bacon, deep – fried foods including fishballs, kikiams etc.

Fruits canned in heavy syrup, sweetened fruits or vegetables or deep - fried