



Republic of the Philippines  
**Department of Education**

REGION I  
SCHOOLS DIVISION OF THE CITY OF BATAC

DIVISION MEMORANDUM

28 JUL 2025

No. 487, s. 2025

487

**BETTER PLATE, BETTER HEALTH: A GUIDE TO BALANCING  
YOUR KEY BIOMARKERS**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Unit and Section Heads  
Public Elementary School Heads  
All Others Concerned

1. In compliance to Presidential Decree No. 491 s. 1974, known as the Nutrition Act of the Philippines, and as mandated by the National Nutrition Council (NNC), the month of July is designated as Nutrition Month, to create greater awareness among Filipinos on the importance of Nutrition for a healthy and productive life.
2. In line with the theme, "Sa PPAN: Sama-sama sa Nutrisyong Sapat para sa Lahat" and sub-theme "Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!", the Schools Division of the City of Batac celebrates and supports the conduct of Better Plate, Better Health: A Guide to Balancing your Key Biomarkers on July 30, 2025, 8:00 AM at the SDO Conference Hall.
3. The activity aims to promote awareness and practices that support the improvement of lipid profiles through lifestyle modification. Specifically, it aims to:
  - a. raise awareness of the health risks associated with poor lipid profiles;
  - b. empower SDO personnel with practical strategies like meal planning and mindful eating; and
  - c. present ways on how to cook healthy meals using readily available food resources.
4. Expenses shall be charged against Division MOOE subject to existing accounting and auditing rules and regulations.
5. Attached is the Program of Activity for reference.
6. For information and guidance.

**ANSELMO R. ALUDINO**  
Schools Division Superintendent

Encl.: As stated

Reference:

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

NUTRITION PROGRAMS

SGOD/LRC/DM NutritionMonthCelebrationSY25-26  
250030/July 30, 2025



DepEd Batac City



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**Enclosure 1. Program of Activity**

**SDCB NUTRITION MONTH CELEBRATION**

SDO Conference Hall

July 30, 2025

8:00 AM

<b>Time</b>	<b>Activity</b>	<b>Speaker/Facilitator</b>
8:00 AM	Registration of Participants	SHU
8:30 – 8:45 AM	Opening Program -Philippine National Anthem (AVP) -Prayer (AVP) -Opening Remarks -Message	<b>JEDIDIAH B. JAGTO</b> Nurse II  <b>NEMALYN M. ULEP</b> Chief Education Supervisor – SGOD  <b>ANSELMO R. ALUDINO</b> Schools Division Superintendent
8:45 -10:15 AM	Practical Tips in Lowering Biomarkers	<b>Dr. MARITNESS D. DIEGO</b> Medical Officer III
10:15-11:45 AM	Healthy Salad Sauce Preparation	Family Medicine Lifestyle Medicine Advocate
11:50 AM-12:00 NN	Ways Forward	<b>ARNEL S. BANDIOLA</b> Assistant Schools Division Superintendent
12:00 NN – 1:00 PM	LUNCH BREAK	