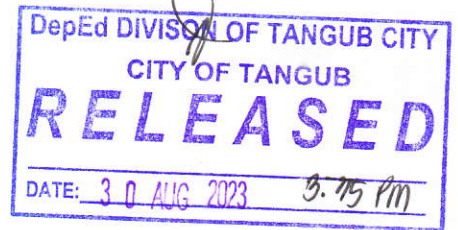




Republic of the Philippines
Department of Education
Region X
SCHOOLS DIVISION OF TANGUB CITY



August 30, 2023

DIVISION MEMORANDUM

No. 282, s. 2023

REITERATION OF DEPED ORDER NO. 13, S. 2017: "POLICY AND GUIDELINES ON HEALTHY FOODS AND BEVERAGES CHOICES IN SCHOOLS AND IN DEPED OFFICES SY: 2023-2024"

To : Assistant Schools Division Superintendent
Chief Education Supervisors (CID & SGOD)
Education Program Supervisors
Public Schools District In-Charge
Public Elementary & Secondary School Heads
All Others Concerned
This Division

1. DepEd Order No. 13, s. 2017, entitled "Policy and Guidelines on Healthy Foods and Beverages 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 policy and guidelines stipulated in the said order.

2. The following Orders were also issued to ensure the implementation of the policy and guidelines in food safety and consumption of nutritious foods and beverages:

- a. DepEd Order No.14, s. 2005 – Instructions to Ensure Consumption of Nutritious and Safe Food in Schools
- b. DepEd Order No. 08, s. 2007 – Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools
- c. DepEd Order No.13, s. 2017 – Policy and Guidelines on Healthy Foods and Beverages Choices in Schools and in DepEd Offices

3. Regarding this, all School Heads are enjoined to ensure the strict implementation of this DepEd Order No. 13, s. 2017, for any violation of this policy shall be dealt with administratively pursuant to DepEd Order No. 49, s. 2006 (Revised Rules of Procedure of DepEd on Administrative).

4. Attached is the guide of foods and beverages allowed to be served/sell in the canteens/ food stalls.

5. Further, School heads, PSDICs, EPSs, led by School Health and Nutrition and School Governance Operation Division shall conduct strict monitoring to all canteens / food stalls on the implementation of the said program.

6. For the information, wide dissemination, and compliance of all concerned.

SHAMBAEH A. ABANTAS-USMAN, PhD, CESE
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HEALTHY SCHOOL CANTEENS

for Students and DepEd Personnel

(per DepEd Order no. 13, s. 2017)

GREEN CATEGORY: Serve everyday

These foods and drinks should always be available in the menu to promote healthy diets in school since:

- these contain wide range of nutrients
- these are generally low in saturated fat (<3 g), added sugar (<10 g), sodium (salt) (<120 mg) and no transfat per serving portion



YELLOW CATEGORY: Serve once or twice a week

Foods and drinks that contain:

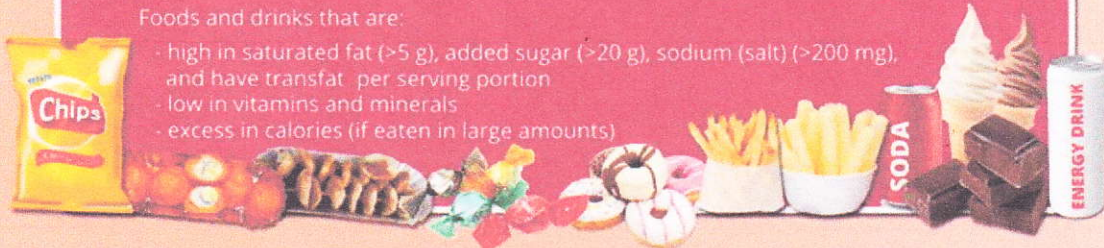
- high amounts of saturated fat (3 g to 5 g), sugar (10 g to 20 g), sodium (salt) (120 mg to 200 mg), and no transfat per serving portion
- few valuable nutrients
- excess calories (if eaten in large amounts)



RED CATEGORY: Not to be sold in a healthy canteen

Foods and drinks that are:

- high in saturated fat (>5 g), added sugar (>20 g), sodium (salt) (>200 mg), and have transfat per serving portion
- low in vitamins and minerals
- excess in calories (if eaten in large amounts)



REMINDER: Selling and marketing of unhealthy foods are not allowed.



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National Nutrition Council
Nutrition Building, 2332 Chino Roces
Avenue Ext., Taguig City
<http://www.nnc.gov.ph>

GREEN CATEGORY

**Foods high in nutrients,
low in fat, sugar and salt**



**must be available daily in
school canteens**

YELLOW CATEGORY

**Foods that contain a little of
fat, sugar and salt**



**allowed to be sold in school
canteens on
Tuesday & Thursday only
(per DepEd Order No. 13)**

RED CATEGORY

**Foods that have very
little nutrients but
high on fat, sugar and salt**



**not allowed to be
sold in school
canteens
(per DepEd Order
No. 13)**