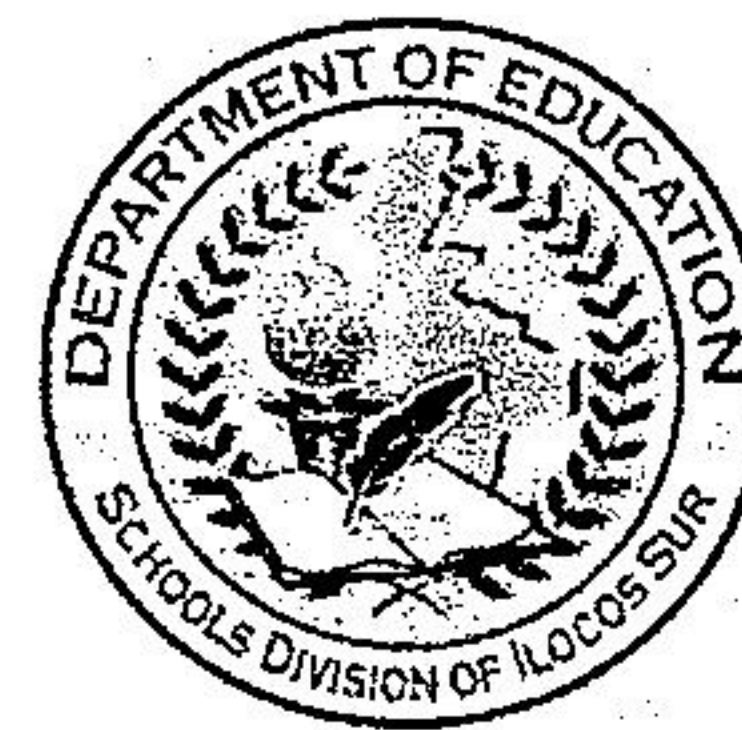




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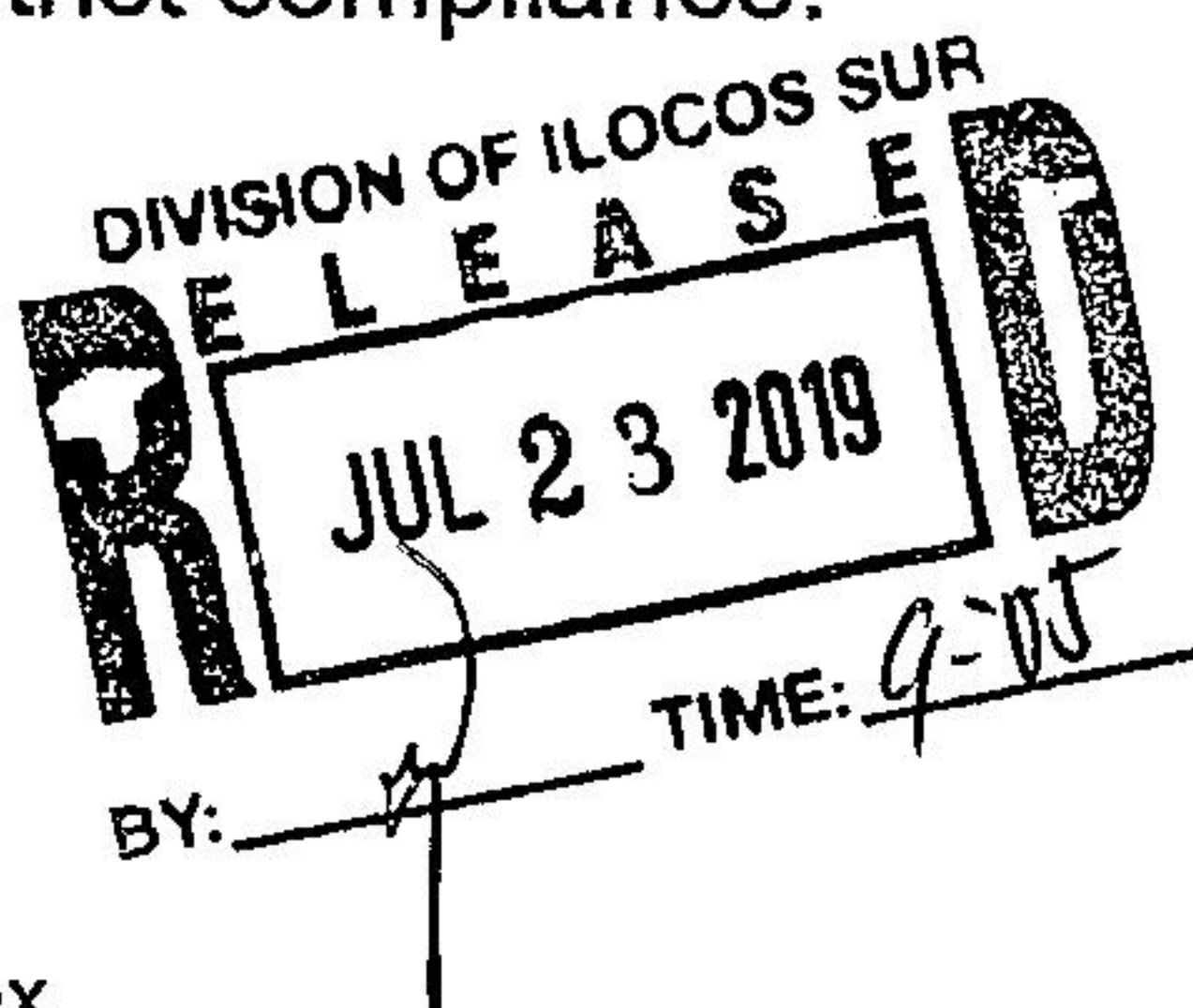
July 22, 2019

DIVISION MEMORANDUM
No. 235, 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: **OIC - Asst. Schools Division Superintendent**
Chief Education Supervisors
Education Programs Supervisors
Public Schools District Supervisors
Public Elementary School Heads
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 the youth and DepEd employees by making available healthy, nutritious and affordable menu choices, and for setting food standards. This memorandum is hence a reiteration for all concerned to strictly follow and implement the policies and guidelines as stipulated in the said order.
2. DepEd Order No.8,s2007,entitled **Revised Implementing Guidelines on the Operation and Management of School Canteens in the Public and Elementary and Secondary Schools** Policy Statements Nos. 4.4,4.5 and 4.6 are hereby modified accordingly by this issuance. To implement the order, foods are categorized by color. Foods in the **GREEN** category should always be available. Yellow are foods that should be served sparingly particularly **TUESDAY** and **THURSDAY** only, and **RED** is for foods that is prohibited to serve in the canteen.
3. Attached is a Sample List of categorized foods. (Enclosure DepEd Order No.13, s2017 pages 8-10)
4. This is also to remind the field that there should be only two types of school canteens operating in the school (School - Managed Canteen and Teacher's -Cooperative Canteen). Rented Canteens and ambulant vendors are prohibited inside the school premises.
5. This office shall conduct strict monitoring to all canteens and provide technical assistance if needed
6. Any personnel who violate any provision of the 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**.
7. For guidance and strict compliance.



GEMMA Q. TACHUY, CESOV
Schools Division Superintendent

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

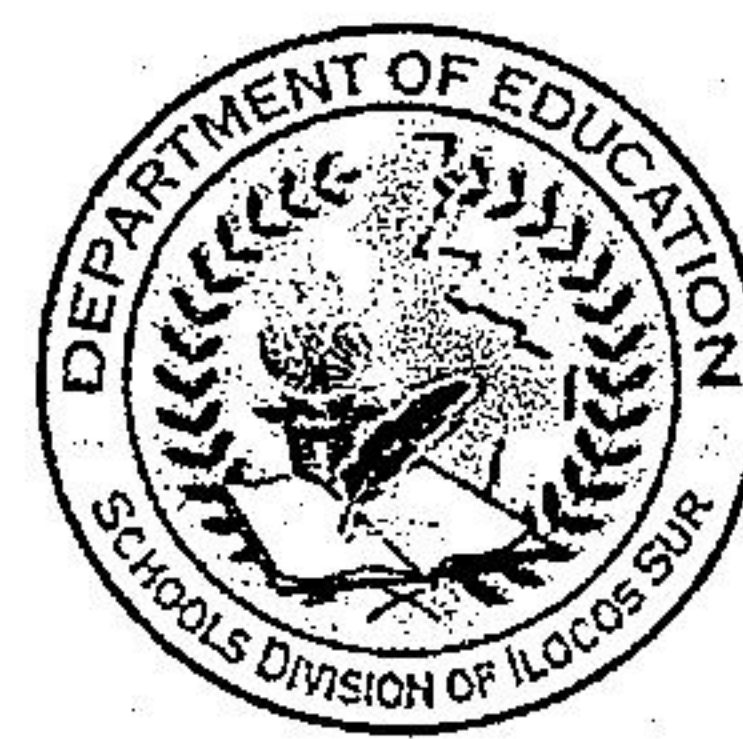
SCHOOL CANTEEN

POLICY AND GUIDELINES





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ENCLOSURE DM _____, S2019

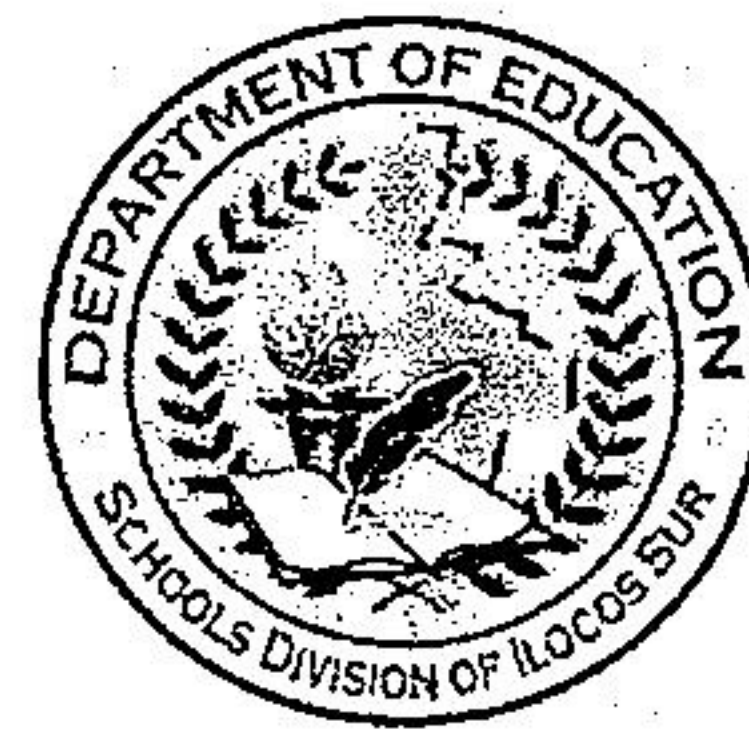
SAMPLE LIST OF CATEGORIZED FOODS
(Enclosure DO No13, s2017 pages 8-10)

CATEGORY	DRINKS	GO FOODS	GROW FOODS	GLOW FOODS
GREEN (Always available)	Milk (unsweetened) Safe and 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 Corn, Binatog Boiled peanuts Suman Puto	Fishes Shellfish Small shrimps Lean meats Chicken without skin Nuts Egg	Fresh fruits, preferably those in season Green, leafy, and yellow vegetables
YELLOW (Served only once or 2x a week)	100% Fresh fruit juices	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)	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)	Stir-fried Vegetables
RED (Not recommended) Consumption of these foods and	Soft drinks, alcoholic drinks, sports waters, sports drinks,	Any jelly, ice crushes, and slushies	Chicharon Chicken skin Bacon	Fruits canned in heavy syrup Sweetened fruits





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drinks outside the school premises is at the discretion of their parents.	flavoured mineral water, energy drinks, sweetened waters, powdered juice drinks Any product containing caffeine (for school canteens) Any processed fruit/vegetable juice with added sugar of more than 20 grams or 4 teaspoons per serving	Any Ice cream/ Ice drops/ Ice candies Cakes and slices, donuts, sweet biscuits and pastries, and other sweet bakery products All types including chocolates, hard/chewy candies, chewing gums, marshmallows, lollipops, yema, etc. French fries, bicho-bicho, etc. Instant noodles All types of heavily salted snacks such as chips or chichiria	Deep-fried foods including fish balls, kikiams, etc.	or vegetables or deep-fried
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