



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

07 Jul 2026

DIVISION MEMORANDUM
No. 609 s. 2026

PARTICIPATION TO THE NUTRITION MONTH DIGITAL POSTER-MAKING CONTEST
FOR JUNIOR HIGH SCHOOL LEARNERS

TO: Assistant Schools Division Superintendent
Chiefs, SGOD & CID
Public Schools District Supervisors
District Schools In-Charge
Public and Private Junior High School Heads
All Others Concerned
This Division

1. In support of the celebration of the 52nd National Nutrition Month with the theme, **"Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!"**, attached is a letter from Dr. Rachel D. Dilla, City Health Officer III inviting all public and private secondary schools to participate in the Digital Poster-Making Contest for Junior High School (Grades 7–10) learners.
2. In this regard, all School Heads are encouraged to disseminate this information to concerned teachers and eligible learners and support their participation in the said contest.
3. The contest mechanics, eligibility requirements, criteria for judging, submission guidelines, and other pertinent details are contained in the attached letter for guidance and appropriate action.
4. For information, guidance and compliance.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl.: N o n e

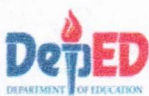
Reference: N o n e

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

HEALTH EDUCATION

SCHOOL-BASED FEEDING PROGRAM

DM-168-SGOD-SHN-JAA / participation to the nutrition month digital poster making contest for junior high school learners
July 07, 2026



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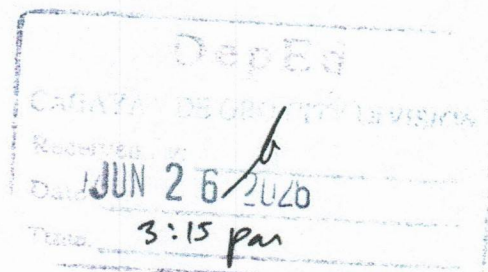


Republic of the Philippines
City of Cagayan de Oro
OFFICE OF THE CITY HEALTH OFFICER



June 23, 2026

Dr. Roy Angelo E. Gazo, CESO V
DEPED Region X School Division
Cagayan de Oro City



Dear Dr. Gazo,

Greetings!

July is Nutrition Month! As declared by Presidential Decree 491 or the Nutrition Act of the Philippines, Nutrition Month is the annual campaign held every July to create greater awareness on Nutrition among Filipinos.

This year, we will be celebrating the 52nd July Nutrition Month with the theme, **"Nutrisyon at Kalikasan, ating Pangalagaan"**.

The theme serves as a call to action for government agencies, local government units, civil society organizations, the private sector, and communities to work together in protecting both human health and the environment. Safeguarding forests, oceans, agricultural lands, and water resources helps secure our food sources and ensures that future generations will continue to have access to nutritious and sustainable diets.

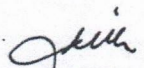
Relative to this, we would like to invite schools in Cagayan de Oro to join the July Nutrition Month Contests, specifically the Digital Poster Making Contest for Junior High School.

Attached are the guidelines for each respective contest for your reference.

For further inquiries, your office may reach us via email at cnc.cdocity@gmail.com, or you may directly contact Ms. Aprel Fe Susaya at 0917-7722-361.

We appreciate your continued support to the City's Nutrition Programs.

Respectfully yours,


Rachel D. Dilla, MD, CFP
City Health Officer III



Nutri-Kalikasan: Digital Poster Making Contest with the theme, "Nutrisyon at Kalikasan, Ating Pangalagaan!"

WHO CAN JOIN?

- The contest is open to the first ten (10) registrants who are currently enrolled Junior High School students (Grades 7–10) in any public or private school within the city
- Representation: Each school may submit only one (1) official entry.
- Pre-registration must be submitted through the official link <https://forms.gle/J3SXvjRE2QTzjRn59> by July 03, 2026 or scan the QR below.



- Once the ten (10)-slots has been reached, registration will automatically close. The City Nutrition Office (CNO) will personally contact the first 10 registrants to officially confirm their slots as final contestant.

MECHANICS:

- Theme Relevance: All entries must creatively interpret and depict the official 2026 Nutrition Month theme: "Nutrisyon at Kalikasan, Ating Pangalagaan!"
- Tools & Software: Partipants may use any digital illustration software or application of their choice (e.g., Canva, Adobe Photoshop, Illustrator, Ibis Paint, Procreate, etc.). Stock photos, pre-made templates, and AI-generated artwork are strictly prohibited. Entries must be original creations.
- Originality: All artworks must be created from scratch on-site during the official contest period. The use of pre-downloaded templates, stock photos, AI-generated content, or pre-made elements is strictly prohibited and will result in automatic disqualification.
- Canvas Specifications: Digital artwork must be designed in portrait orientation using a standard canvas size of A4 or 1080 x 1350 pixels (with a resolution of at least 300 DPI). Final outputs must be saved and submitted in high-quality JPEG or PNG format.
- Content Safeguard: The design must be wholesome, ethical, and appropriate for a general audience. In strict compliance with nutrition advocacy protocols, the display, inclusion, or promotion of commercial food brands—especially fast food, junk food, sugar-sweetened beverages, or infant formula milk—is strictly prohibited.
- Submission Deadline: Final outputs must be submitted online to the official City Nutrition Gmail account on or before **July 13, 2026, at exactly 5:00 PM**. Late submissions will not be accepted. All confirmed entries will be previewed at the Nutrition Forum in Limketkai Mall on July 15, 2026, prior to the launch of public voting.
- Exhibition & Public Voting: On July 15, 2026, all confirmed entries will be uploaded simultaneously to the official City Nutrition Facebook Page. Public voting will be based on engagement (reactions, comments, and shares) from official Facebook page followers. The official voting period will run from July 15 to July 29, 2026, closing at exactly 5:00 PM.

CRITERIA FOR JUDGING

Criteria	Description	Percentage
Relevance to the Theme	How effectively the poster depicts the 2026 theme ("Nutrisyon at Kalikasan, Ating Pangalagaan!"), showing the clear connection between nutrition and environmental care.	30%



Criteria	Description	Percentage
Originality & Creativity	Uniqueness of the concept, innovation in visual storytelling, and distinct individual style.	25%
Visual Impact & Composition	Overall aesthetic appeal, effective balance of elements, color harmony, and readability of any textual elements used.	20%
Technical Proficiency	Skillful use of digital tools, clean linework, proper shading/lighting, and mastery of the chosen software.	20%
Social Media Engagement	Public engagement and popularity based on official Facebook page followers' reactions, comments, and shares on the uploaded entry. The voting period runs from July 16 to July 25, 2026, at 5:00 PM. <i>Note: To qualify as valid engagement, reacting users must be official followers/likers of our official Facebook page.</i>	5%
TOTAL		100%

Judges:

1. Pria Tacandong
2. Jenefir Porpio
3. Joshua Vincent Documbal

Prepared by:

APREL F. C. SUSAYA
City Nutrition Program Coordinator

Noted by:

CAROLINE A. CABUNOC, RND
City Nutrition Action Officer