



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF PAMPANGA

July 29, 2025

DIVISION MEMORANDUM
No. 452 s. 2025

**2025 NUTRITION MONTH CELEBRATION THRU DIVISION OF PAMPANGA
GULAYAN SA OPISINA PROJECT**

To: CID and SGOD Chiefs
Public Schools District Supervisors
All Division Personnel concerned

1. In accordance to Regional Memorandum No. 223, s 2025 entitled 2025 Nutrition Month Celebration, Schools Division of Pampanga will participate and conduct activities related to the 2025 Nutrition Month, with the theme: "Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat," with the subtheme "Food at Nutrisyon Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!" on August 4, 2025 at the Division Office ground, through Division of Pampanga Gulayan sa Opisina Project launching.
2. The objectives of this project are as follows:
 - a. To motivate each worker to plant, produce and consume vegetables for good health.
 - b. To promote Gulayan sa Paaralan advocacy to offices.
 - c. To inculcate the values of healthy living through planting and consuming vegetables.
 - d. To replicate vegetable planting at home.
 - e. To attain healthy workplace.
3. All Division Personnel are encouraged to join the prepared activities:
 - Zumba Tayo, as a way to robust mental health, reduce stress and improve cognitive function.
 - Lugaw For All , eating healthy food is essential to ones health and well being for better performance and protection against diseases.
 - Distribution of seeds, garden pots , garden soil and garden tool to promote good health thru vegetable planting and consumption in the workplace.



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4. Attire: Peach Brigada Eskwela Shirt and Vegetable headdress
5. Schedule of Activities

| ACTIVITY | TIME | LEADER |
|-------------------------------|---------------|--------------------|
| Zumba Tayo | 8:30 – 9:30 | Mental Health Team |
| Lugaw For All | 9:30 - 11:00 | SBFP Team |
| Distribution of Garden Inputs | 11:00 – 12:00 | GPP Team |

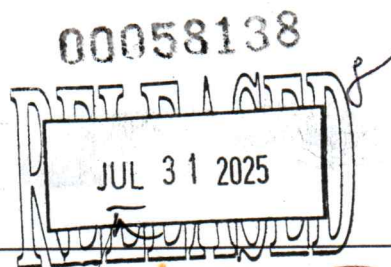
6. Mechanics for Gulayan sa Opisina Project:

1. All SDO personnel are encouraged to actively participate in the project implementation.
2. Starter garden inputs will be distributed to three operational division CID, SGOD and OSDS.
3. Each functional division will ensure continuous implementation of the project by assigning a team leader and creating a GOP (Gulayan sa Opisina Project) Team.
4. The location of the Gulayan sa Opisina Project is located in front of accounting office with specified site per functional division.
5. Garden produce will be recorded, monitored and consumed.
6. Create healthy menu from the harvested vegetables in the garden.
7. GPP Division focals will monitor the implementation of the project.
8. Evaluation of the project will be announced on December 2025

Accomplishment Form

| DATE | OFFICE | VEGETABLE HARVESTED | KILOS OF VEGETABLE HARVESTED | MENU |
|------|--------|---------------------|------------------------------|------|
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7. This memorandum is issued for dissemination and compliance.



ROMEO M. ALIP PhD, CESO V
Schools Division Superintendent



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