



MC No. 05, s. 2015

MEMORANDUM CIRCULAR

TO : ALL HEADS OF CONSTITUTIONAL BODIES, DEPARTMENTS, BUREAUS AND NATIONAL GOVERNMENT AGENCIES (NGAs); GOVERNMENT-OWNED AND CONTROLLED CORPORATIONS WITH ORIGINAL CHARTERS (GOCCs); AND STATE UNIVERSITIES AND COLLEGES (SUCs)

SUBJECT : Dissemination and Adoption of the "10 KUMAINMENTS"

The National Nutrition Council has developed the "10 Kumainments," the popular version of the revised National Guidelines for Filipinos to promote positive nutrition practices to prevent malnutrition and promote healthy lifestyle. The "10 Kumainments" contain shorter and simpler messages for better recall and understanding.

To promote public awareness on the program and encourage Filipinos to eat healthy diets and adopt a healthy lifestyle, all government agencies are encouraged to undertake activities, such as but not limited to the following:

1. Issue a department circular enjoining all units to ensure widest dissemination of the "10 Kumainments";
2. Include relevant information in all agencies' website, publications and social media; disseminate collaterals to partners and clients; and post the "10 Kumainments" tablet in a conspicuous place;
3. Use the "10 Kumainments" as guide for the formulation of menus for meetings, seminars, conferences or other events; and
4. Conduct seminars using the audio-visual presentation which can be accessed via <http://tinyuri.com/10KumainmentsAVP>.

For more information, please contact the Nutrition Information and Education Division of the National Nutrition Council at telephone number (02) 843-0142 or email info@nnc.gov.ph or visit www.nnc.gov.ph.


ROBERT S. MARTINEZ
Acting Chairman

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