



MC No. 04, s. 2003

**MEMORANDUM CIRCULAR**

**TO :** ALL HEADS OF DEPARTMENTS, BUREAUS AND AGENCIES OF THE NATIONAL AND LOCAL GOVERNMENTS INCLUDING GOVERNMENT-OWNED AND CONTROLLED CORPORATIONS AND STATE UNIVERSITIES AND COLLEGES

**SUBJECT :** Promotion of Good Nutrition in the Bureaucracy

The Civil Service Commission (CSC) supports the National Nutrition Council's (NCC's) promotion of good nutrition of workers as an effective strategy to achieve and sustain increased organizational productivity.

In this connection and in line with the physical and mental fitness for government personnel, you are hereby enjoined to actively participate and support the goals of the nutrition movement for a well-nourished Philippines:

1. Sponsor a nutrition education program to increase employee awareness and consciousness on nutrition, its importance to their health, productivity and earning capacity, the negative consequences of malnutrition and what they can do to prevent its onset. This can be a quarterly activity, with each session touching on relevant nutrition messages;
2. Ensure that the office canteen prepares and serves low-cost and nutritious recipes for employees to improve the quantity and nutritional quality of their diet. Ensure that only iodized salt is used for cooking and on the table to prevent iodine deficiency disorders and its consequences;
3. Ensure that fruits and vegetables, eggs, milk and fruit juices are served during office meetings;
4. Provide iron supplements to your employees, particularly among women, to increase their productivity, reduce absenteeism and improve their overall nutritional well-being and you may also include other vitamins and minerals; and
5. Coordinate with the National Food Authority and the National Agricultural and Fishery Council for the fielding of a rolling store or a cooperative marketing unit selling basic food commodities at low prices in the agency premises.

Please coordinate with NCC for any assistance you need on the matter at telephone nos. 818-7398; 892-4271; 816-4211; 816-4184.

  
KARINA CONSTANTINO-DAVID  
Chairperson

May 30, 2003

HRDO