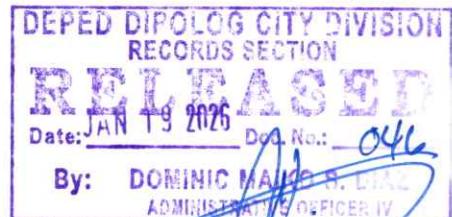




Republic of the Philippines  
**Department of Education**  
REGION IX – ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DIPOLOG CITY



January 15, 2026

**DIVISION MEMORANDUM**

No. 046, 2026

**REITERATION OF THE IMPLEMENTATION OF DEPED ORDER NO. 13, S. 2017  
(POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES IN  
SCHOOLS AND DEPED OFFICES)**

To: All Public Schools District Supervisors  
All Public Elementary and Secondary School Heads  
This Division

1. In reference to the Regional Memorandum No. 09, s. 2026, this Office hereby reiterates the implementation of the Policy and Guidelines on Healthy Food and Beverage Choices in Schools and DepEd Offices.
2. School Heads are reminded of the following:
  - Ensure that only nutritious, safe, and affordable food choices are available to learners and personnel;
  - Prohibit sale of food high in fat, sugar and sodium.
  - Prohibit acceptance of sponsorship or marketing from companies selling unhealthy products, infant formula and tobacco.
  - Ensure the availability of safe drinking water, proper sanitation and display of nutrition-promoting materials within the school.
  - Encourage to work with Barangay officials in issuing local legislation to limit marketing of unhealthy food and beverages within at least a 100-meter radius of the school.
3. Teaching and non-teaching personnel are prohibited from endorsing or selling food items for resale unless these meet sanitation and food safety standards.
4. Attached is the Food Category for School Canteens for reference and guidance.
5. For inquiries, you may contact Jan Rina N. Bitancor, Nurse II at 09090992372.
6. Immediate dissemination of this memorandum is highly desired.

  
**MA. LIZA R. TABILON, EdD, CESO V**  
Schools Division Superintendent

# HEALTHY SCHOOL CANTEENS

## for Students and DepEd Personnel

(per DepEd Order no. 13, s. 2017)

### GREEN CATEGORY: Serve everyday

These foods and drinks should always be available in the menu to promote healthy diets in school since:

- these contain wide range of nutrients
- these are generally low in saturated fat (<3 g), added sugar (<10 g), sodium (salt) (<120 mg) and no transfat per serving portion



### YELLOW CATEGORY: Serve once or twice a week

Foods and drinks that contain:

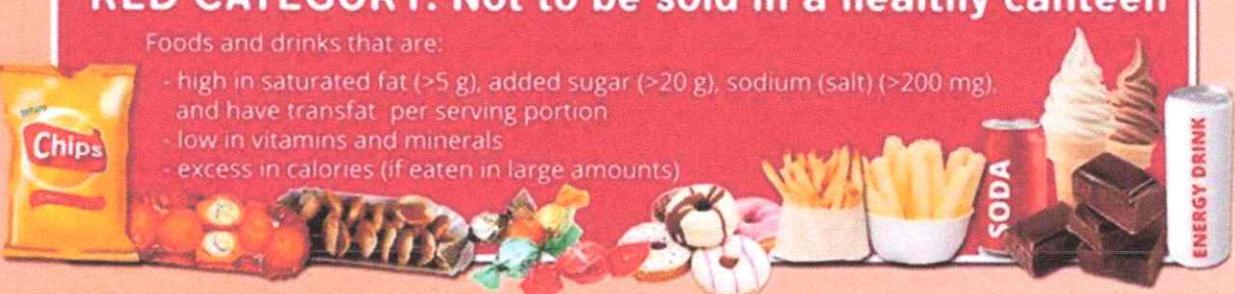
- high amounts of saturated fat (3 g to 5 g), sugar (10 g to 20 g), sodium (salt) (120 mg to 200 mg), and no transfat per serving portion
- few valuable nutrients
- excess calories (if eaten in large amounts)



### RED CATEGORY: Not to be sold in a healthy canteen

Foods and drinks that are:

- high in saturated fat (>5 g), added sugar (>20 g), sodium (salt) (>200 mg), and have transfat per serving portion
- low in vitamins and minerals
- excess in calories (if eaten in large amounts)



**REMINDER:** Selling and marketing of unhealthy foods are not allowed.



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(02) 6361663 | 6331942 | (+63)9194560027  
<http://www.deped.gov.ph>



National Nutrition Council  
Nutrition Building, 2332 Chino Roces Avenue Ext., Taguig City  
<http://www.nnc.gov.ph>

Green Category (Every day)	Yellow Category (Tuesday and Thursday)	Red Category Never to be sold
<ul style="list-style-type: none"> <li>• Milk (unsweetened)</li> <li>• Safe and clean water (nothing added)</li> <li>• Fresh Buko Water (unsweetened)</li> <li>• Milled Rice</li> <li>• Brown Rice or Iron-fortified Rice</li> <li>• Corn</li> <li>• Oatmeal</li> <li>• Whole wheat bread</li> <li>• Cassava (kamoteng kahoy)</li> <li>• Boiled Sweet potato (kamote)</li> <li>• Boiled Saging na Saba</li> <li>• Corn, Binatog</li> <li>• Boiled peanuts</li> <li>• Suman</li> <li>• Puto</li> <li>• Fishes</li> <li>• Shellfish</li> <li>• Small shrimps</li> <li>• Lean meats</li> <li>• Chicken without skin</li> <li>• Nuts</li> <li>• Egg</li> <li>• Fresh fruits, preferable those in season</li> <li>• Green, Leafy and yellow vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• 100% Fresh fruit juices</li> <li>• Fried rice</li> <li>• Bread (using white refined flour)</li> <li>• Biscuit</li> <li>• Banana cue</li> <li>• Camote cue</li> <li>• Turon</li> <li>• Maruya</li> <li>• Pancakes</li> <li>• Waffles</li> <li>• Champorado</li> <li>• Pancit</li> <li>• Arroz Caldo</li> <li>• Sandwiches (cheese, egg, chicken filling,etc)</li> <li>• Butter, Margarine, Mayonnaise (use sparingly)</li> <li>• Processed foods such as meat/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc. (still subjects to evaluation of saturated or trans-fat and sodium as reflected in their Nutrition Facts)</li> <li>• Stir-fried Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Softdrinks</li> <li>• alcoholic drinks</li> <li>• sports waters/drinks</li> <li>• flavoured mineral water</li> <li>• energy drinks</li> <li>• sweetened waters</li> <li>• powdered juice drinks</li> <li>• Any product containing caffeine (for school canteens)</li> <li>• Any processed fruit/ vegetables juice with added sugar of more than 20 grams or 4 teaspoons per serving</li> <li>• Any jelly</li> <li>• ice crushes</li> <li>• slushies</li> <li>• Any Ice cream</li> <li>• Ice drops</li> <li>• Ice candies</li> <li>• Cakes and slices</li> <li>• Donuts</li> <li>• sweet biscuits and pastries and other sweet bakery products</li> <li>• All types including chocolates, hard/ chewy candies, chewing gums, marshmallows, lollipops, yema, etc.</li> <li>• French fries</li> <li>• bicho-bicho</li> <li>• Instant noodles</li> <li>• Heavily salted snacks such as chips or chicharia</li> <li>• Chicharon</li> <li>• Chicken skin</li> <li>• Bacon</li> <li>• Deep-fried foods including fish balls, kikiam, etc.</li> <li>• Fruits canned in heavy syrup</li> <li>• Sweetened fruits or vegetables or deep-fried</li> </ul>