



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

**Office of the Schools Division
Superintendent**

September 3, 2025

DIVISION MEMORANDUM
No. 609 s. 2025

**REITERATION ON THE POLICY AND GUIDELINES ON HEALTHY FOOD AND
BEVERAGE CHOICES IN SCHOOLS AND IN DEPED OFFICES**

To: Assistant Schools Division Superintendent
CID/SGOD Chief
Division Health Personnel
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. In line with **DepEd Order No. 13, s. 2017** titled "*Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices*", this Office, through the **School Governance and Operations Division–School Health and Nutrition Unit (SGOD-SHNU)**, reiterates the strict compliance of all concerned with the said policy.
2. The Order seeks to **promote proper nutrition and prevent lifestyle-related diseases** among learners and personnel by providing safe, nutritious, and affordable food and beverage choices in schools and offices.
3. To guide implementation, **enclosed is a copy of the Sample Food Lists classified under Green, Yellow, and Red Category** as stipulated in DepEd Order No. 13, s. 2017.
4. School heads are directed to ensure that school canteens, food service providers, and other food outlets within school premises strictly adhere to these guidelines.
3. Immediate and wide dissemination of this Memorandum is desired.

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Sample Food Lists Classified as GREEN, YELLOW and RED Category
(In compliance with DepEd No. 13,s. 201, Policy and Guidelines on Healthy Food and Beverage Choices in Schools and DepEd Offices)

List of Foods and Drinks under the GREEN category

- = *this foods and drinks should always be available in the canteen.*
= *are generally low in saturated and trans fat, sugar, and salt.*

Food	Examples
Drinks	Milk (unsweetened) Safe and clean water(nothing added) Fresh Buko Water (unsweetened)
Energy-giving (Go)	Milled Rice Brown Rice or Iron-Fortified Rice Corn, Oatmeal Whole wheat bread Cassava (Kamoteng kahoy) Boiled sweet potato (kamote) Boiled Saging na Saba Corn, Binatog, boiled peanuts Suman, Puto
Body Building (Grow)	Fishes, Shellfish, Small Shrimps Lean Meats Chicken without skin Nuts, Eggs
Body Regulating (Glow)	Fresh fruits, preferably those in season, Green leafy and yellow vegetables

List of Foods and Drinks under the YELLOW category

- = *foods and drinks that should be serve carefully.*
= *It contain some nutrients but at the same time also contain large amounts of saturated or trans fat and/or sugar/ or salt.*
= *These may be served once or twice a week only (Tuesdays and Thursdays) in smaller servings, and should be less prominent in the canteen menu)*

Food	Examples
Drinks	100% Fresh Fruit Juice
Energy-giving (Go)	Friend rice Bread (using white refined flour) Biscuits, Banana Cue, Toron, Maruya, Camote Cue, Pancakes Waffles, Champorado Pancit Arroz caldo

	Sandwiches (Cheese, egg, chicken filling, etc.) Butter, Margarine, Mayonnaise (use sparingly)
Body Building (Grow)	Processed foods such as meats/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc (still subject to evaluation, of saturated or trans fat and sodium as reflected in their Nutrition Facts)
Body Regulating (Glow)	Stir-Fried vegetables

List of Foods and Drinks under the RED category

- = **NOT** recommended in the canteen menu.
- = contain high amounts of saturated fat or sugar or salt and should not be served in healthy canteens.
- = consumption of these foods and drinks outside the school premises is at the discretion of their parents.

Food	Examples
Drinks	Soft drinks, alcoholic drinks, sports drinks, flavored mineral water, energy drinks, sweetened water, powdered juice drinks Any product containing caffeine (for school canteen) Any processed fruit/vegetable juice with added sugar of more than 20 grams or 4 teaspoon per servings
Energy-giving (Go)	Any jelly, ice crushes, and slushies Any ice cream/Ice drops/ Ice candies Cakes and slices, donuts, sweet biscuits and pastries, and other sweet bakery products All types including chocolates, hard/chewy candies, chewing gums, marshmallows, lollipops, yema, etc French fries, bicho-bicho , etc. Instant noodles All types of heavily salted snacks such as chips or chichiria
Body Building (Grow)	Chicharon, Chicken skin, Bacon, Deep fried foods including fish balls, kikiams, etc.
Body Regulating (Glow)	Fruits canned in heavy syrup, sweetened fruits or vegetables or deep fried