

Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF CEBU PROVINCE
Sudlon, Lahug, Cebu City



October 29, 2014

DIVISION MEMORANDUM

No. 585 s. 2014

NATIONAL RICE AWARENESS MONTH

**To : Assistant Superintendents
Education Supervisors/Coordinators
Elementary and Secondary School Heads**

1. Attached is DepEd Memorandum dated October 17, 2014, entitled". **National Rice Awareness Month**" for the information and guidance of all concerned.
2. Wide dissemination of this Memorandum is desired.


ARDEN D. MONISIT, Ed.D.
Schools Division Superintendent

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Republic of the Philippines
Department of Education


17 OCT 2014

DepEd MEMORANDUM
No. **119**, s. 2014

NATIONAL RICE AWARENESS MONTH

To: Undersecretaries
Assistant Secretaries
Bureau Directors
Directors of Services, Centers and Heads of Units
Regional Directors
Schools Division Superintendents
Heads, Public and Private Elementary and Secondary Schools
All Others Concerned

1. Pursuant to Presidential Proclamation No. 524, s. 2004, the Department of Education (DepEd) will join the Department of Agriculture (DA) in celebrating the **National Rice Awareness Month (NRAM)** this November.
2. The Celebration aims to promote the *RICE*ponsibility of every Filipino - the non-wastage of rice, eating of brown rice, mixing rice with other staples for better health, and valuing the hard-work of the farmers.
3. In support of this Celebration, DepEd officials, employees, teachers, students, and pupils from both public and private schools nationwide are encouraged to undertake the following suggested activities:
 - a. Display of streamer following the enclosed format;
 - b. Recitation of the *Panatang Makapalay* (copy enclosed) as the concluding part of every Flag Raising Ceremony during the month;
 - c. Conduct of Poster Making Contest about the *Be RICE*ponsible messages; and
 - d. Serving of healthier rice: brown rice on November 14 and rice-corn mix on November 21 in school/office cafeterias.
4. For more information, all concerned may contact **Mr. Lorenz Arthur Ilagan, Be RICE**ponsible Secretariat Office, Department of Agriculture-Philippine Rice Research Institute, Maligaya Science Institute of Muñoz, Nueva Ecija at telephone no.: (044) 456-5390 or at mobile phone no.: 0947-996-2556 or through email addresses: lam.ilagan@philrice.gov.ph; bericeponsible@gmail.com; atoyilagan@gmail.com or website address: www.bericeponsible.com or at facebook page: <https://www.facebook.com/RICEponsibleAKO>.
5. Immediate dissemination of this Memorandum is desired.


BR. ARMIN A. LUISTRO FSC
Secretary

Encl.: As stated

Reference: DepEd Memorandum No.: 23, s. 2013

To be indicated in the Perpetual Index under the following subjects:

BUREAUS & OFFICES
CAMPAIGN

CELEBRATIONS AND FESTIVALS
SCHOOLS

Rhea/D-DM National Rice Awareness Month
0694/October 10, 2014

RICEpensible ka ba?

4Ks
PARA MAGING
RICEPENSIBLE

PANATANG MAKAPALAY

Aling mga magulang! Ang Ricepensible ay isang kampanyang pangkalahong biktoryal na magasaka mambabara at lantad ng mga maramdang na maging RICEpensible sa kani-kanilang bahay. Ito ay idaragaparin ang kaunang mga sarapamilya habang tumatulang na mapakar ang industriya ng bigas sa ating bansa. Bilang pagpapaloy sa kasimulan ng National Year of Rice 2015, madanyayahan nito ang buong Pilipino na makabahagi sa pagkanit ng sapat na bigas sa Pilipinas.

Ang Ricepensible ay isang kampanyang pangkalahong biktoryal na magasaka mambabara at lantad ng mga maramdang na maging RICEpensible sa kani-kanilang bahay. Ito ay idaragaparin ang kaunang mga sarapamilya habang tumatulang na mapakar ang industriya ng bigas sa ating bansa. Bilang pagpapaloy sa kasimulan ng National Year of Rice 2015, madanyayahan nito ang buong Pilipino na makabahagi sa pagkanit ng sapat na bigas sa Pilipinas.

PARA SA KARAGDAGANG IMPORMASYON:

Be RICEpensible Secretariat Office
DA - Philippine Rice Research Institute
Maligaya, Science City of Muñoz
Nueva Ecija, 3119

- (044) 456-5190
- bericepensible@gmail.com
- www.bericepensible.com
- [bericepensibleko](https://www.facebook.com/bericepensible)
- [@bericepensibleko](https://twitter.com/bericepensible)
- [bericepensibleko](https://www.youtube.com/bericepensible)

Be RICEPENSIBLE

Ang Be RICEpensible ay isang kampanyang pangkalahong biktoryal na magasaka mambabara at lantad ng mga maramdang na maging RICEpensible sa kani-kanilang bahay. Ito ay idaragaparin ang kaunang mga sarapamilya habang tumatulang na mapakar ang industriya ng bigas sa ating bansa. Bilang pagpapaloy sa kasimulan ng National Year of Rice 2015, madanyayahan nito ang buong Pilipino na makabahagi sa pagkanit ng sapat na bigas sa Pilipinas.



KONTI-KONTING KANINMUNA

nang maiwasan ang tirang
kanin sa pinggan.

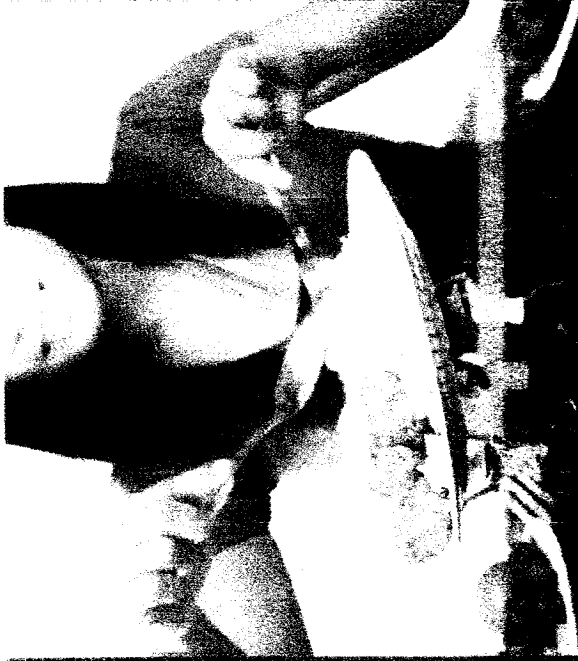
ALAM NYO BA?

Bawat Pilipino ay
nagsayang ng 5 grams
o halos 2 kussarang
kanin bawat araw noong 2008.

Katumbas nito ang pagkain ng
halos 2.5M Pilipino sa isang taon;
ito ay mahigit 12% ng inangkat nating bigas
noong 2008, at nagkakahalaga ng halos P1p7.3B.

Huwag mag-aksaya,
kumuha lang ng kayang ubusin!

© 2008

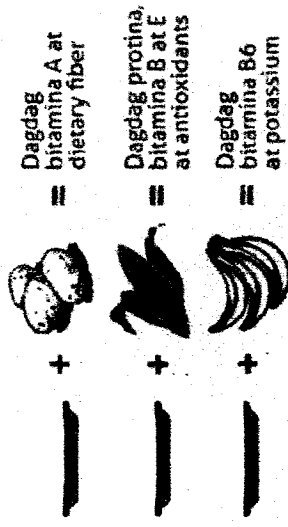


sa susunod na kakain ka, ispin mo sila.

Bawat buntot ng kanin sa isang plato pinagpaguran ng mga magsasaka natin. Ang sa sa

KAKAIBANG "NAMAN"

Ihalo ang mais, saba, kamote, o cassava
sa iyong kanin upang makakuha ng mas
marami pang sustansya na hindi
nakukuha sa purong kanin.



KUMAIN NG BROWN RICE (PINAWA)

Ang brown rice o unpolished rice ay mas
masustansya kaysa puting kanin dahil
mayroon pa itong rice bran na nagtataglay
ng dagdag vitamin B1, B3, B6, B9,
dietary fiber, antioxidants, protein,
manganese, phosphorus, at iron.

Nakatutulong ito upang bumaba ang posibilidad
ng pagkakaroon ng cancer, type 2 diabetes,
cardio-vascular diseases, at high blood pressure.

Busog ka na, mas tulusog ka pa.



KILALANIN AT PASALAMATAN ANG MGA MAGSASAKA

"Kailangan mo ng abogado, doctor, o pulis
munsan sa iyong buhay. Subalit kailangan mo ng
magsasaka taitlong beses sa isang araw."

**Pasalamatan natin sila! Pahalagahan
ang bawat butil ng bigas o kanin na
pinagpaguran nila.**

