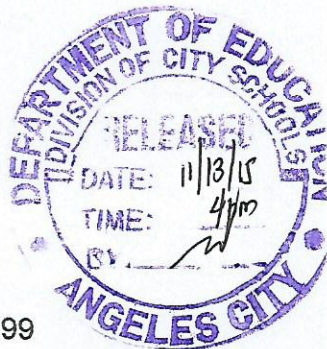




Department of Education
Region III
DIVISION OF ANGELES CITY
Jesus Street, Pulungbulu, Angeles City



Tel. No.(045) 322-5722; 888-0582/Fax Nos. (045) 322-4702; 887-6099

November 13, 2015

DIVISION MEMORANDUM

No. *292*, 2015

NATIONAL RICE AWARENESS MONTH (NRAM)

To: Public Elementary and Secondary School Heads

1. Attached is Regional Memorandum dated November 3, 2015, entitled, "National Rice Awareness Month (NRAM)" per Proclamation No. 524, s. 2014 with this year's theme: **Be RICEponsible in your Own Way (BROWN) 4 Good.**
2. School Heads are encouraged to conduct in their respective school the activities enumerated in the memorandum.
3. Panatang Makabayan and Riceponsible Ka Ba? Brochures are also attached for your reference.
4. For information and compliance.


LEILANI S. CUNANAN, CESO VI

Officer-in-Charge
Office of the Schools Division Superintendent



830

Republic of the Philippines
DEPARTMENT OF EDUCATION
REGION III - CENTRAL LUZON
Matalino St., D.M. Government Center
Maimpis, City of San Fernando, Pampanga
Tel. No. (045) 4552310, 4552312, 4552314
www.depedregion3.com • region3@deped.gov.ph



MEMORANDUM:

TO : SCHOOLS DIVISION SUPERINTENDENTS
ELEMENTARY & SECONDARY PRINCIPALS/SCHOOL HEADS

FROM : THE OFFICE OF THE REGIONAL DIRECTOR

SUBJECT : NATIONAL RICE AWARENESS MONTH (NRAM)

DATE : November 3, 2015

The Department of Education in cooperation with the Department of Agriculture join in the celebration of the National Rice Awareness Month (NRAM) this November per Proclamation No. 524 s. 2014. The theme for this month-long activity is *"Be RICEponsible in your Own Way (BROWN) 4 Good"*. In the celebration of this activity, we encourage to do the following starting this November 2015:

1. Reciting the Panatang Makapalay every flag-raising ceremony for November to December
2. Distribution of "Riceponsible ka ba? Brochures to schools.
3. Celebrate Brown Rice Day on November 13 by serving brown rice in the cafeterias.
4. Celebrate Rice Mix Day on November 20 by serving rice mixed with corn and other staples in the cafeterias.

Attached are Panatang Makabayan and Riceponsible ka ba? Brochure.

For information and compliance.

11.5

MALCOLM S. GARMA, CESO V
Director III
Officer-In-Charge
Office of the Regional Director

Ref.: Letter from Dr. Andrew B. Villacorta, Regional Exec. Director
Department of Agriculture, RFO III dated October 26, 2015

ESSD2/ESSD8

0844

Be RICEponsible in your Own Way Now

#BROWN 4 GOOD

November is National Rice Awareness Month

Be RiCEP*ONSIBLE*

PANATANG MAKAPALAY

**PARA SA KARAGDAGANG
IMPORMASYON:**

 (044) 486-5330
 berceponsable@gmail.com
 www.berceponsable.com
 [berceponsable](https://www.facebook.com/berceponsable)
 [@berceponsable](https://twitter.com/berceponsable)
 [berceponsable](https://www.instagram.com/berceponsable)

WE SERVE
HALF
CUP
RICE

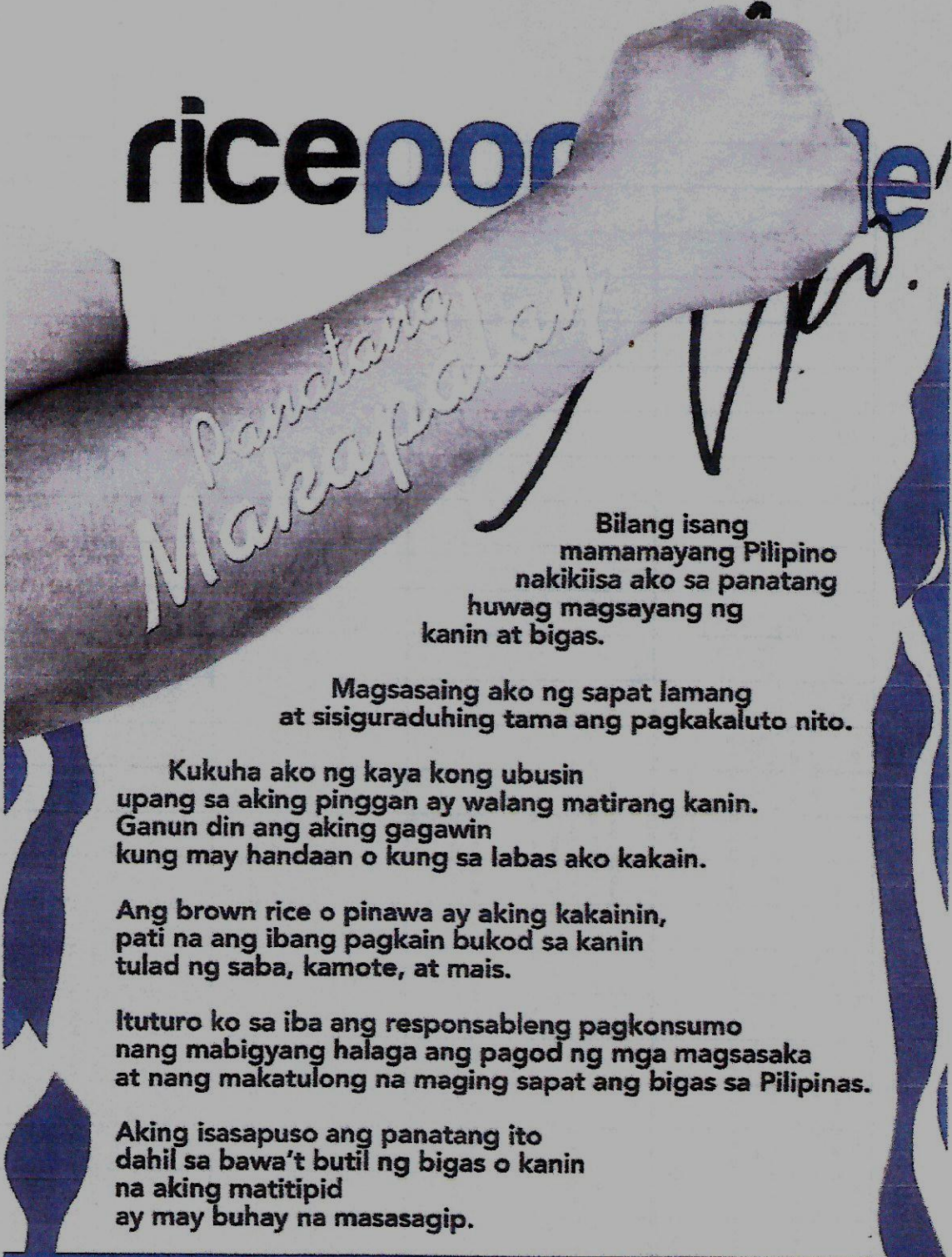
BeRiCEP  NSiBLE

🖱️ www.bericeponsible.com    [riceponsableako](#)

WE SERVE BROWN RICE

BeRiCEP*ONSIBLE*

▶ www.bericeponsible.com    [riceponsibleako](#)



riceponle

*Panatang
Makapalaya*

Bilang isang
mamamayang Pilipino
nakikiisa ako sa panatang
huwag magsayang ng
kanin at bigas.

Magsasaing ako ng sapat lamang
at sisiguraduhing tama ang pagkakaluto nito.

Kukuha ako ng kaya kong ubusin
upang sa aking pinggan ay walang matirang kanin.
Ganun din ang aking gagawin
kung may handaan o kung sa labas ako kakainin.

Ang brown rice o pinawa ay aking kakainin,
pati na ang ibang pagkain bukod sa kanin
tulad ng saba, kamote, at mais.

Ituturo ko sa iba ang responsableng pagkonsumo
nang mabigyang halaga ang pagod ng mga magsasaka
at nang makatulong na maging sapat ang bigas sa Pilipinas.

Aking isasapuso ang panatang ito
dahil sa bawa't butil ng bigas o kanin
na aking matitipid
ay may buhay na masasagip.

KONTI-KONTING KANINMUNA

nang maiwasan ang tirang kanin sa pinggan.

ALAM NYO BA?

Bawat Piloninay nag-iwang ng 2.5% o halos 2 kutang kanin bawat raw na ang 2008.

Katumbas nito ang pag-ain ng halos 2.5M Pilipino sa isang taon. Ito ay nahigit 12% ng mangkawat ng bigas noong 2006, at nagkalahad ng 1.5M Pilipino.

Huwag mag-alsaya, kumuha lang ng kayang ubusin!



sa susunod na kakain ka, isipin mo sila.

Bawat butil ng kanin sa iyang plato, pinagpapurihan ng mga mag-asaka ng mga mag-asaka.

KAKAIBANG "KANIN" 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 lulusog ka pa.

thank a
FARMER
today!



KILALANIN AT PASALAMATAN ANG MGA MAGSASAKA

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

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