

NUTRITION MONTH CELEBRATION

BY: Adelyn E. Pangilinan

The month of July is the celebration of Nutrition Month. It is a nationwide celebration aimed at creating awareness among people on the importance of nutrition. This year is the 37th Nutrition Month celebration with the theme "*ISULONG ANG BREASTFEEDING – TAMA, SAPAT AT EKSKLUSIBO*". The theme emphasized the importance of breastfeeding and healthy practices in the life of children for the development of their bright future.

The Municipality of Braulio E. Dujali joined hand in hand with the Department of Health in celebrating the Nutrition Month last July 29, 2011 at the municipal gym. It was participated by the barangays of this town, namely; Dujali, New Casay, Cabayanan, Magupising and Tanglaw, Non-Government Organizations (NGOs), and even private individuals in their own way initiated-nutrition related activities. There were contest for table display, cooking, healthy babies and foster making. Barangay Officials especially the Punong Barangays were actively involved in the said activities.

With this simple yet meaningful celebration, the Municipal Nutrition Committee was able to convey the message and importance of the nutrition program among Dujalinos especially in promotion of breastfeeding.