

PRESS RELEASE

PSA Oriental Mindoro Supports 51st Nutrition Month

Date of Release: 06 August 2025

Reference No.: 2025-PR-072



Photo Collage of 51st Nutrition Month Activities of PSO Oriental Mindoro.

30 July 2025 – CALAPAN CITY, ORIENTAL MINDORO. The Provincial Statistical Office (PSO) of Oriental Mindoro actively participated in the 51st Nutrition Month celebration in support of the Philippine Plan of Action for Nutrition (PPAN) 2023–2028. This year's theme, "Sa PPAN Sama-Sama sa Nutrisyong Sapat para sa Lahat," underscores the importance of collective action and commitment toward achieving a healthier, nutritionally secure nation.

The sub-theme, "Food at Nutrition Security Maging Priority! Sapat na Pagkain Karapatan Natin!" highlights that access to a healthy diet is not a privilege, but a fundamental human right. It calls for a unified effort to ensure that every Filipino family, regardless of economic status, has

access to adequate, nutritious food. Promoting food and nutrition security is essential in upholding human dignity and improving overall health and well-being.

To celebrate Nutrition Month, PSO Oriental Mindoro organized a series of activities promoting healthy eating and active living, including:

Nutri-Lunch featuring traditional, nutritious Filipino dishes such as pinakbet, fried fish, fish stewed in vinegar, sweetened bananas, and fresh fruits like pineapple, banana, and watermelon;

Nutri-Walk, a simple fitness activity involving walking and jogging at the Oriental Mindoro National High School grounds;

Information Dissemination through the display of Nutrition Month briefers and streamers to raise awareness on the importance of nutrition.

Through these activities, PSO Oriental Mindoro reaffirmed its support for the PPAN and its mission to promote nutrition as a shared responsibility. The celebration served as a reminder that nutrition is a key component of national development—and that ensuring food security for all starts with awareness, education, and community action.

CHARLYN ROMERO- CANTOS, PhD
(Chief Administrative Officer)
Officer-in-Charge
Oriental Mindoro Provincial Statistical Office