

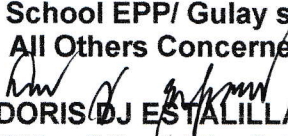


Republic of the Philippines
DEPARTMENT OF EDUCATION
Region IV-A CALABARZON
CITY OF SCHOOLS DIVISION OF CABUYAO



MEMORANDUM

TO : OIC Assistant Schools Division Superintendent
OIC – Chief Curriculum Implementation Division
OIC – Chief School Governance and Operation Division
All Elementary and Secondary School Heads
School EPP/ Gulay sa Paso/ Teacher Coach Coordinators
All Others Concerned

FROM : 
DORIS DJ ESTALILLA
OIC – Office of the Schools Division Superintendent

SUBJECT : **CULMINATING ACTIVITY OF “GULAY sa PASO” Program**

DATE : January 15, 2018

1. Relative to the implementation of “Gulay sa Paso” Project spearheaded by the City Agriculture Office, SDO Cabuyao shall conduct a culminating activity on January 26 from 8:00 am onwards at Cabuyao Central School, Gabaldon Hall. Cooking Contest will be held in the morning.
2. The monitoring team will visit Gulay sa Paso site anytime from today and will choose top 5 each in elementary and secondary schools. They will also identify schools who will qualify for the cooking contest. Schools qualified for said contest will be announced in the afternoon of January 22. Judges will visit on January 23-24 to choose 1st place winners from the top 5 chosen. Announcement of winner will be held in the afternoon of January 26, 2018
3. This undertaking aims to :
 - a. promote vegetable production in public elementary and secondary schools.
 - b. maintain container gardening as another source of vegetable production with carry over in their respective homes/ community.
 - c. strengthen and propagate organic gardening in the City of Cabuyao
 - d. encourage pupils to include vegetables as part of their daily eating habit.
4. Participants to this activity are the 28 participating schools (School head/ Teacher-in-charge, EPP Coordinator/ Gulay sa Paso Coordinator/ teacher coach, pupil contestants and their PTA Presidents. Each school is expected so send 4 participants only.
5. No registration fee shall be collected from the participants while other incidental expenses can be charged against school local funds subject to the usual accounting and auditing rules and regulations.
6. Attached is Enclosure No. 1 for assignment of focal schools/ persons of the program.
7. Immediate and wide dissemination of this memorandum is desired.

CULMINATING ACTIVITY OF "GULAY SA PASO" PROGRAM

- Over-all Chairperson : **DORIS DJ ESTALILLA**
OIC-Schools Division Superintendent
- Co-Chairpersons : **DR.ELVIRA B.CATANGAY**
OIC-Assistant Schools Division Superintendent
: **DR.EDNA F.HEMEDEZ**
OIC-Curriculum Implementation Division
- Members
- : **DR. JOSE CHARLIE S. ALOQUIN**
OIC-Schools Governance and Operation Division
- : **DR. MARITES O.ISLETA**
Public Schools District Supervisor
- : **DR.CRISTINA TALAMBAYAN**
Principal III
- : **MRS. JEAN PAZ**
Principal I
- : **MRS. MA.THERESA S.RAMOS**
Principal I

TECHNICAL WORKING COMMITTEE

A. Registration and Online Evaluation

- Chairperson : **Katherine A.Papa**
Co- Chairperson : **Marc Capural**

B. Program and Invitation

- Chairperson : **Tristel G.Castillo**
Co – Chairperson : **Felipe Prieto**

C. Certificates

- Chairperson : **Andrea Villaraza**
Co – Chairperson : **Hilda Red**

D. Foods and Refreshments

- Chairperson : **Wennie Gecolea**
Co-Chairperson : **Maricel Garcia**

E. Stage Decoration and Physical Facilities

- Chairperson : **Bernadette Dena**
Co-Chairperson : **Mary XZ Santiago**

F. Sound System

Chairperson : Rowel Fuentes
Co-Chairperson : Amelia Arquinez

G. Documentation

Chairperson : Jay Labadan
Co-Chairperson : Joselyn Barrameda

P R O G R A M M E

Part I

TIME	Program	RESOURCE PERSON
7:00-8:00	Arrival/ Registration	Katherine A.Papa Tristel G.Castillo
8:00-8:30	Opening Program	Corazon Bien Marissa Datario
8:30-8:40	Welcome Remarks	Dr.Elvira B.Catangay OIC-ASDS
8:40-9:10	Message	Doris DJ Estalilla OIC-SDS Hon.Mayor Atty.Rommel A.Gecolea Cabuyao City Mayor
9:10-9:30	Orientation Gulay sa Paso Cooking Contest	Luzviminda L. Ednalino City Agriculturist Benivencia A. Elazegui City Nutritionist

Part II	Cooking Proper	Benivencia A. Elazegui and staff
Part III	Closing Program/Announcement of Winners	Luzviminda L. Ednalino and staff



Republika ng Pilipinas
Lalawigan ng Laguna
Pamahalaang Lungsod ng CABUYAO
TANGGAPANG PANLUNGSOD NG NUTRISYON
(CABUYAO CITY NUTRITION OFFICE)



V. WHAT to bring on the said contest

- a) A cartolina where the following information are written:
- Name of entry
 - Ingredients with corresponding household measures
 - Cost of each ingredient
 - Total cost of the recipe
 - Cooking procedure
 - Serving yield
 - Cost/serving
- b) Stove, cooking utensils and equipment
- c) Materials to be used by the judges in tasting recipes (spoon, fork, saucers, etc.)
- d) 2 copies of recipes, typewritten or computerized in bond paper
- e) Tablecloth and other materials for presentation

VI. CRITERIA FOR JUDGING

1. There will be single winner for elementary division and another one for high school.
2. Basis for judging
- | | |
|---|------|
| Dominance of Leafy Vegetables in the menu | 30% |
| Originality | 20% |
| Nutritive Value | 20% |
| Presentation | 10% |
| Acceptability | 10% |
| Economy/Cost | 10% |
| TOTAL | 100% |
3. Decision of the judges are final and cannot be altered.

NOTE: Notification as to who will qualify to join the contest will be announced in the afternoon of January 22, 2018



Republika ng Pilipinas
Lalawigan ng Laguna
Pamahalaang Lungsod ng CABUYAO
TANGGAPANG PANLUNGSOD NG NUTRISYON
(CABUYAO CITY NUTRITION OFFICE)



GULAY SA PASO Project 2017

Cooking Contest – Leafy Vegetable Based Recipes
One Dish Meal
26 January 2018, 8:00 AM onwards
Gabalton Hall
Cabuyao Central Elementary School

I. DESCRIPTION

The contest is open to all public elementary and high schools which participated in *Gulay sa Paso*, a special project of our honourable mayor, to ensure food security by way of gardening.

Our Local Chief Executive firmly believes that students who invested effort in growing vegetables will be more likely to appreciate eating their own harvest, hence, the problem of low vegetable consumption particularly among children will be solved.

II. OBJECTIVES

- a. formulate and develop original, easy to prepare and low cost recipes that can be served on every table and are acceptable to all especially our children.
Vegetables to be used in this competition should be **grown** from their own *Gulay sa Paso* site garden
- b. strengthen food security through gardening and propagate vegetable production.
- c. Establish the habit of eating vegetables and make it part of daily consumption.

III. ENTRY

Participating entry should be leafy vegetable-based grown from *Gulay sa Paso*. It could be **mustasa-based**, **pechay-based** or any **leafy vegetables**.

Meat and fish can be incorporated to balance the nutrients needed by an individual.

Recipes should cater **10 persons**.

*Note: No canned goods are allowed and the use of commercial seasonings is **strictly prohibited**. All ingredients should be cooked on the actual contest except for meat/fish which can be pre-boiled in school before the cooking contest starts.*

IV. PARTICIPANTS

1. One participant per school is enjoined assisted by their teacher coach.
Elementary Division – 1 Grade VI pupil
High School Division – 1 High School student
2. Participants must be in proper cooking attire (hairnet, apron) and complete with all essential tools and utensils for cooking.
3. Be on time. He/she is expected to be on the contest site **1 hour before** the event starts.
4. Participants will be given **15 minutes preliminary preparation** and **45 minutes cooking time**.
5. Judges will be allowed to stay throughout the contest proper to ensure fair and just rating.