



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIAN SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
NATIONAL CAPITAL REGION



2021 NUTRITION MONTH CELEBRATION
"Malnutrisyon patuloy na labanan, First 1000 days tutukan!"

Nutri-Tula Writing Contest
"Para sa iyong unang 1000 libong araw aking sanggol"

Contest Mechanics

1. The contest is open to pregnant mothers residing in Metro Manila. Only one (1) entry per participant is allowed.
2. Interested participants should do the following to be eligible to join the contest:
 - a. Like the NNC-NCR Facebook page
 - b. Like and share the smc post of this contest
 - c. Tag five (5) of their friends by commenting on the comment box
3. Official entries must be submitted on or before 10 July 2021 (Saturday), not later than 4:00 p.m. through email at ncr@nnc.gov.ph with the email subject as "NutriTulaContest_SURNAME".
4. An entry must be:
 - a. Original poem written by the participant dedicated to her child in her womb.
 - b. The poem must be in accordance with the 2021 nutrition month theme.
 - c. The poem must contain what the mother is doing to keep herself and the baby in her womb healthy and what she intends to do during the child's first 2 years of life to ensure that the child will get the best nutrition to grow well and healthy.
 - d. The poem must be written in Filipino, encoded (MS-Word format), font size 12, Arial with minimum of 500 words and a maximum of 2,500 words.
5. In the body of the email, include the following information:
 - a. Name of Participant
 - b. Title of Nutri-Tula
 - c. Barangay and City/Municipality
 - d. Contact Number
6. Each participant must attach in the email the following:
 - a. Original poem that conforms with the description in Number 4 of this mechanics.
 - b. Scanned copy of valid ID
 - c. Any record as proof of residence
 - d. Maternity photo in portrait format, jpeg in high resolution (minimum of 900 pixels)

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7. All entries shall become the property of NNC-NCR. The contestants will allow NNC-NCR to use the poems for promotional purposes provided that the writers are acknowledged.
8. The judging of entries will be on July 19, 2020. A panel of three (3) judges shall determine the winners. Judging shall be based on the following contest criteria:

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| Relevance to the theme (content) | 40% |
| Organization (unity of thought, presentation) | 20% |
| Originality | 20% |
| Creativity and clarity of language used | 10% |
| Online engagement (FB reactions) | 10% |
| Total | 100% |
9. There will be three (3) contest winners who will each receive a trophy and cash award:

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|-----------------------------------|
| First place - Php 7,000 |
| Second place - Php 5,000 |
| Third place – Php 3,000 |
| 5 Consolation prizes worth P1,000 |
10. Winning entries will be featured on the NNC-NCR Facebook page and winners will be invited to attend the online Regional Nutrition Month Culminating Activity in August 2021. The First-place winner will be requested to recite his/her poem during the event. Cash prizes and trophies will be delivered to the winners. All contestants will each receive a Certificate of Participation.