

Republic of the Philippines  
Department of Health  
NATIONAL NUTRITION COUNCIL  
MIMAROPA Region

**2022 Nutrition Month Celebration**

**NutRIDDLES: NUTRITION MONTH EDITION MECHANICS**

**Introduction**

The theme for this year's Nutrition Month is ***"New Normal na Nutrisyon, Sama-Samang Gawan Ng Solusyon!"*** It calls for strengthened nutrition interventions and solidarity towards nutrition improvement as the country shifts towards living with the COVID-19 virus. With the huge impact on nutrition that the pandemic has brought about in our lives, it only signifies the major role of good nutrition and a healthy lifestyle in helping us achieve a resilient transition from pandemic to endemic paradigm.

NutRIDDLES is another brain-boosting weekly activity launched by NNC MIMAROPA for the Nutrition Month celebration. Participants will virtually answer the posted riddle of the week. For the Nutrition Month edition, riddles to be posted will feature foods or ingredients that become essential and help people survive everyday life during the pandemic.

This is open to all likers and followers of NNC MIMAROPA Facebook page. The NutRIDDLES: Nutrition Month Edition questions will be posted every Monday of each week for the whole month of July.

**1. Participating Contestants**

- a. The NutRIDDLES is open to all likers of NNC MIMAROPA Facebook page (<https://www.facebook.com/NNCMiMaRoPaRegion/>).

**2. How to join the contest:**

- a. Staff-in-charge will thoroughly check if mechanics were all followed. Mechanics will be as follows:
  - ✓ Like and share the Facebook page of NNC MIMAROPA (<https://www.facebook.com/NNCMiMaRoPaRegion/>).
  - ✓ Like and share the original post.
  - ✓ Comment answer on the original post with hashtags #2022NutritionMonth, #NewNormalNutrition, #NutRIDDLES and #NNCMIMAROPA.
  - ✓ On the comment section, mention five (5) Facebook friends and upload a screenshot as proof of liking our page.
  - ✓ Make sure to set your shared post as public for verification purposes.
  - ✓ Multiple entries are allowed for more chances of winning.

### 3. Contest Proper

- a. NNC MIMAROPA will be posting a total of four (4) riddles for the whole month of July in line with the 2022 Nutrition Month theme *“New Normal na Nutrisyon, Sama-Samang Gawan Ng Solusyon!”*.
- b. To kick-off start the month-long celebration, questions shall be posted on 6, 13, 20, 27 July 2022 (Wednesday) every 1:00 PM at the NNC MIMAROPA Facebook Page.
- c. Subject for questions will feature foods or ingredients that become essential and help people survive everyday life during the pandemic.
- d. Deadline on submission of answers will be every Thursday, 5:00 PM.
- d. Two (2) winners will be drawn electronically and to be announced every Friday of the week, 1:00 PM at NNC MIMAROPA Facebook Page. Each declared winner who successfully complied with all the mechanics will be contacted through Facebook messenger for collection of mobile numbers.

### 4. Timetable

|              |                                  |
|--------------|----------------------------------|
| 30 July 2022 | Posting of Teaser with Mechanics |
| 7 July 2022  | Posting of Riddles #1            |
| 8 July 2022  | Announcement of Week 1 Winners   |
| 14 July 2022 | Posting of Riddles #2            |
| 21 July 2022 | Posting of Riddles #3            |
| 22 July 2022 | Announcement of Week 3 Winners   |
| 28 July 2022 | Posting of Riddles #4            |
| 28 July 2022 | Announcement of Week 4 Winners   |

### 5. Prizes and Budgetary Requirements

P100.00 eload will be transferred to the five weekly winners via Gcash application.

| ITEM OF EXPENDITURE                                     | UNIT PRICE (PHP) | QTY. | AMOUNT (PHP) | COST SHARE (PHP) BY DOH CHD MIMAROPA |
|---|------------------|------|--------------|--------------------------------------|
| NutRIDDLES: Nutrition Month Edition                     |                  |      |              |                                      |
| a. Prizes of 5 weekly winners at Php 500/week x 4 weeks | 500.00           | 4    | 2,000.00     | 2,000.00                             |
| <b>TOTAL</b>  |                  |      |              | <b>2,000.00</b>                      |

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