



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

MAR 17 2022

MEMORANDUM

“SARAP SUSTANSYA COOK OFF COMPETITION”

To: OIC – Assistant Schools Division Superintendent
Chief Education Supervisor, Curriculum Implementation Division
Chief Education Supervisor, School Governance and Operations Division
Public Elementary and Secondary School Heads/OICs
Administrative Officer V
All Others Concerned

1. Attached is Regional Letter No.033 s. 2022, dated March 11, 2022, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Particular attention is invited to the attached contest mechanics of the said Letter.
3. Immediate dissemination of this Memorandum is desired.


DOMINICO C. IDANAN CESO V
Schools Division Superintendent

Encl: As stated

Reference:

To be indicated in the Perpetual Index
under the following subjects

/PROGRAMS

SCHOOLS

TEACHERS

LERANERS

ECE/ “SARAP SUSTANSYA COOK OFF COMPETITION”

103 March 16, 2022



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Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION

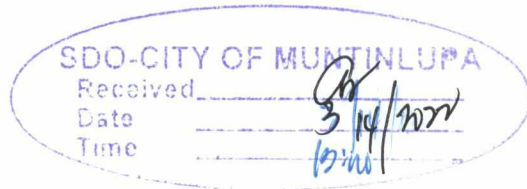
DEPARTMENT OF EDUCATION
RECORDS SECTION, DEPED NCR

RELEASED

By:  Date: **MAR 11 2022**
DNCR-F-ORD-037/RO/01112019

March 11, 2022

To : Schools Division Superintendents



Dear Sir/Madam:

As part of the wellness related activities in the implementation of the SY 2021-2022 Nestlé Wellness Campus Program, the Nestlé Philippines Inc. together with Greatfil Team will conduct a pilot virtual cook off competition for Grades 7-12 students from public schools in NCR from March 1, 2022 to June 30, 2022.

The contest dubbed as "*Sarap Sustanya Cook Off Competition*" aims to advocate nutritious food and homemade cooking among the learners and parents. Participants to this competition shall be composed of one (1) team per school only comprising one (1) student, one (1) student's parent and one coach-teacher for a total of three (3) members per team.

Attached is a copy of letter of Patricio T. Goc-Ong, President, Greatfil Team and contest mechanics, for reference.

For queries and clarifications, please call Mr. Angelo C. Muñoz, Regional Head, Greatfil Team Inc. at contact numbers 09266946861/09096306528 or at email address gelo198024@outlook.ph.

Your usual support is enjoined.

Very truly yours,


WILFREDO E. CABRAL
Regional Director, DepEd NCR and
Officer-in-Charge, Office of the Undersecretary
Human Resource and Organizational Development

Incl.: as stated.

Regional Letter No. **033**, s. 2022

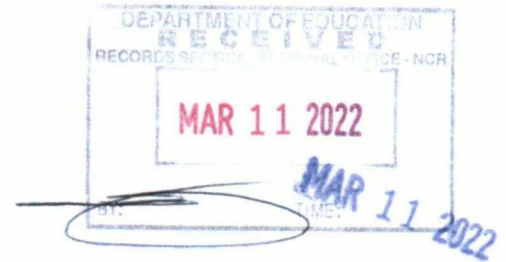
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GREATFIL TEAM, INC.
503 One Madriñan Suites
Scout Madriñan, Quezon City
Mobile: 0963-163-5138



March 11, 2022

The HON. WILFREDO E. CABRAL
Regional Director DepEd – NCR
OIC, Office of the Undersecretary
Human Resource and Organizational Development
Department of Education



Thru: Dr. Crisanto A. Ecija
Chief - Education Support Services Division
Department of Education- NCR

Dear Director Cabral,

Greetings from Greatfil Team and Nestlé Wellness Campus!

In the course of the implementation of the Nestlé Wellness Campus program in schools, we found out that cooking contest is one of the most common and interesting activities that schools have implemented in applying what the students and parents learned from the nutrition modules that we have provided.

In this regard, we would like to pilot an inter-school virtual cook off competition from March 2022 until June 2022 in all the public high schools in the National Capital Region before we will integrate this activity in the Nestlé Wellness campus program for upcoming School Year 2022-2023. The contest dubbed as "Sarap Sustansya Cook Off Competition" will be participated by one team per school and a team will be composed of one student, one student's parent and one coach teacher, a total of three (3) members per team. Attached in this letter is the program mechanics for ready reference.

This activity will advocates the goodness of homemade cooking and promotes the consumption of delicious and nutritious food among our students and parents. We therefore, would like to respectfully seek an approval from your good Office for the implementation of this activity in all the public high schools from grades 7 to 12 in DepEd National Capital Region.

We hope that you will continue to partner with us in this endeavor as we advocates to help improve the lives of our learners and their parents through the Nestlé Wellness Campus program.

Thank you for your kind support and more power to you and your team.

Sincerely,


PATRICIO T. GOC-ONG
President

SSK (SARAP SUSTANSYA KUSINASKWELA)

MARCH 1 2022 TO JUNE 30, 2022

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SSK COOK OFF COMPETITION

Definition

An inter-school virtual competition that advocates the goodness of homemade cooking and promotes the consumption of delicious and nutritious food.

QUALIFICATION

The competition is open only to all public high schools from Grades 7 to 12 in the National Capital Region from March 1, 2022 to June 30, 2022.

Team Composition:

- One bonafide student
- One student's parent
- One coach-teacher

(Only one team per school and only three members per team)

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MECHANICS

1. This is an inter-school virtual cook off competition for JHS and SHS in the National Capital Region only.
2. A school team will be composed only of the following:
 - o 1 bonafide student
 - o 1 student's parent
 - o 1 coach-teacher
3. To participate, interested school must fill up the registration form and submit to Ms. Anna Estrella GTI School Ambassador contact number_____ on or before April 8, 2022.
4. The competition will have two stages:
 - o Division level
 - o Regional level

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MECHANICS

5. The team that will represent the school must comply with the qualifications of Participants as stated in the mechanics.
6. In the division level of the competition qualified entries must have the following requirements:
 1. One video featuring a dish with egg and vegetables as main ingredients.
 2. Maximum cost of recipe is Ps.150.00 and good for 5 persons
 3. Video must not exceed the maximum of 6 minutes.
 4. First 2 minutes of the video must be a testimonial of both student and parent, highlighting their learnings from the selected Sarap Sustansya Kusinaskwela module available in Youtube through this link: <https://bit.ly/SarapSustansya>
 5. The remaining four minutes must be allotted for the student to show the actual ingredient preparation and cooking.
 6. Submission of video in the division level will be on April 20, 2022.

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MECHANICS

7. There will be one school winner per division who will represent the division to the regional level of the competition.
8. In the regional level of the competition, division winners video entry must be a recipe video that features one (1) Sarap Sustansya Pinggang Pinoy Dish with an effort to decrease food waste. Maximum cost of the recipes in the Pinggang Pinoy Dish is Ps.400.00 only.
9. Video must not exceed the maximum of 6 minutes. First 2 minutes of the video must be a testimonial of both student and parent, highlighting their learnings from the selected Sarap Sustansya Kusinaskwela module available in Youtube through this link: <https://bit.ly/SarapSustansya>
10. Division winners each must submit their final recipe to the GTI School Ambassador on or before April 29, 2022 so that the organizer can release to the division winners the allowance amounting to Ps.1,000.00 intended for the recipe for the regional level of the competition.
11. All regional video entries from the division winners must be submitted not later than 16 May 2022 to the GTI School Ambassador. Entries submitted beyond this date will not be entertained.

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Mechanics

11. There will be three winners in the Regional level of the competition as follows:
 1. Champion
 2. First-Runner up
 3. Second Runner up
12. Video Submission Requirements for both Division level and Regional competition.
 1. Must feature dishes using ingredients to be selected from the Nestle product list as follows:
 1. Maggi Magic Sarap 8g
 2. Maggi Magic Sarap 120g
 3. Maggi Oyster Sauce 300ml
 4. Maggi Magic Sinigang Original Sampaloc Mix 25g
 5. Maggi Magic Sinigang Sampaloc Mix with Gabi 25g
 6. Maggi Savor Classic Liquid Seasoning 130ml
 7. Maggi Savor Hot Chili Liquid Seasoning 130ml
 8. Maggi Savor Chilimansi Liquid Seasoning 130ml
 9. Nestle Carnation Evaporated Creamer 250ml
 10. Nestle All Purpose Cream 250ml
 11. Nestle All Purpose Cream 125ml
 12. Nestle Carnation Sweetened Condensed Creamer 300ml

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Mechanics

12. Video Submission Requirements(Continued)

2. No substitution of Nestle products shall be allowed.
3. Participating team shall use at least 1 Nestle Product in the recipe for its video submission. Participants are not required to mention the Nestle product used during the actual food preparation in the video.
4. All videos must be in .mp4 format, and must not show or feature persons other than the student, student's parent and coach teacher who are part of the participating team.
5. Only one video must be submitted per level of the competition.

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Mechanics

1. Criteria for Judging for both Division and Regional Entries:

i. Sarap Sustansya – 40%

(Is the dish appetizing to the taste buds? Do the ingredients complement each other? Is the dish healthy? Does it uses healthier ingredients and cooking methods?)

ii. Appearance and Palatability – 20%

(Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it have a variety of colors? Does it look palatable?)

iii. Food Safety – 15%

(Did they follow basic food safety procedures while preparing? Is the working area clean? Are tools and equipment properly used?)

iv. Affordability and Accessibility of Ingredients -15%

(Are the ingredients selected readily available? Is the final recipe affordable? Is the number of servings good enough to serve a family of 4-5 (division entry) for regional entry good for one person pingang pinoy dish? The cost must be within the cost stated in the mechanics.)

v. Video format and organization – 10%

(Does the video have high-quality visuals? Clear narration and presentation? Does the video fall within the required time limit?)

TOTAL

100%

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Mechanics

13. The set of judges for the division and regional levels of the competition shall be determined by NPI and/or its implementing agency. Winners will be determined based on the criteria and compliance with the Activity mechanics.
14. The qualification of the winners and their entries will be subject to verification by NPI in accordance with its procedures.
15. Regional winners will be announced in the Nestle Wellness Campus Facebook Community.
16. NPI reserves the right to publish and/or broadcast the winners' name, photo or likeness, and video submission/entry, for advertising and publicity purposes without further compensation to them.
17. The decision of the judges will be final and are not subject to any protest or appeal.

Winners & Prizes to be won

1. Winners will receive the following prizes
 - a. Division Winners – Prize package worth Ps. 5,000.00 + Certificate of Recognition
 - a. Regional Winners (total of 3 winners)
 - a. Champion – Prize package worth Ps.25,000.00 + plaque of recognition + recipe feature in MAGGI website
 - b. First Runner-Up – Prize package worth Ps. 15,000.00 + plaque of recognition + recipe feature in MAGGI website
 - c. Second Runner-Up – Prize package worth Ps.10,000.00 + plaque of recognition + recipe feature in MAGGI website
2. For the prize package, winners will select from among the items listed below. The quantity of items will depend on the value of the corresponding prize package won.
 - a. *Cooking Range*
 - b. *Refrigerator*
 - c. *Food Processor*
 - d. *Mixer*
 - e. *Microwave Oven*
 - f. *Cooking tools/equipment*
 - g. *F&F service equipment*

THANK YOU