



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OF BULACAN

March 31, 2026


DIVISION MEMORANDUM

No. *162* s.2026

**FOOD SAFETY AWARENESS CAMPAIGN**

To: Asst. Schools Division Superintendent  
Division Chiefs  
Public Schools District Supervisors  
Public Elementary and Secondary Schools Heads  
All Others Concerned

1. In support of the national campaign to avoid the increase of foodborne illnesses in line with the advocacy of the Department of Health, the Schools Division Office of Bulacan enjoins all elementary and secondary schools to participate in promoting the 2026 Summer Food Safety Advocacy with the theme "Beat the Heat, Keep Food Safe: DOH Tips to Prevent Foodborne Diseases."
2. This campaign aims to raise awareness among learners, teachers, and school personnel about foodborne illnesses such as Cholera, Typhoid Fever, Hepatitis A, it's prevention through Proper Food Safety framework and as to encourage active participation in the national effort to prevent foodborne illnesses.
3. To promote public awareness about this campaign, all schools are encouraged to support by undertaking related activities, such as but not limited to:
  - a) Launch social media campaigns to promote proper food safety and food handling knowledge;
  - b) Utilize online platforms through active use posting and sharing of the prevention tips for foodborne diseases during summer campaign and advocacy materials in school social media accounts.
4. Immediate dissemination of this Memorandum is desired.

  
**CECILIA E. VALDERAMA, PhD, CESO VI**  
Schools Division Superintendent



Republic of the Philippines  
**DEPARTMENT OF HEALTH**  
Central Luzon Center for Health Development



09 March 2026

**ADVISORY**

**TO :** PROVINCIAL/CITY/MUNICIPAL HEALTH OFFICES  
SANITATION INSPECTORS/ENGINEERS  
PROGRAM COORDINATORS, FWBDPCP  
MEDICAL OFFICERS AND NURSES, DEPARTMENT OF  
EDUCATION AND OTHER EDUCATIONAL INSTITUTION  
REGIONAL PARTNER AGENCIES  
OTHER STAKEHOLDERS CONCERNED

**FROM :** CORAZON I. FLORES, MD, MPH, CESO III  
Director IV

RECEIVED  
MAR 12 2026  
By: [Signature]  
Time: 1:40 pm

**SUBJECT :** Beat the Heat, Keep Food Safe: DOH Tips to Prevent Foodborne Diseases

In the Philippines, the **summer or dry season** is often associated with an increase in foodborne illnesses such as Cholera, Typhoid Fever, and Hepatitis A. The Department of Health explains that higher temperatures during this period can accelerate food spoilage and promote the rapid growth of harmful microorganisms. Warm conditions also encourage the proliferation of pests such as flies, which can carry and transmit bacteria that contaminate food and water.

To protect public health, the Department of Health strongly promotes adherence to the **“Five Keys to Safer Food,”** a food safety framework adapted from the World Health Organization. This approach serves as a primary preventive strategy against food contamination and food poisoning, emphasizing proper hygiene, safe food handling, and the use of clean water and ingredients.

### 1. Keep Clean

Bacteria can be spread through hands and kitchen tools. During summer, the DOH emphasizes:

- **Handwashing:** Wash hands for at least 20 seconds before handling food and after using the toilet.
- **Sanitize Surfaces:** Regularly clean and sanitize all surfaces and equipment used for food preparation.
- **Pest Control:** Protect kitchen areas from insects (especially flies, which swarm in the heat) and other animals.

### 2. Separate Raw and Cooked

Cross-contamination is a major cause of food poisoning.

- **Segregation:** Keep raw meat, poultry, and seafood separate from cooked and ready-to-eat foods.
- **Dedicated Tools:** Use separate knives and cutting boards for raw items to avoid transferring bacteria.



- **Storage:** Store food in covered containers to prevent contact between raw and prepared meals.

### 3. Cook Thoroughly

Proper cooking kills the harmful microorganisms that thrive in warm weather.

- **Core Temperature:** Ensure food especially meat, poultry, eggs, and seafood reaches at least 70°C.
- **Visual Check:** For meat and poultry, ensure juices run clear rather than pink.
- **Reheating:** If consuming leftovers, reheat them thoroughly **at least 75°C**.

### 4. Keep Food at Safe Temperatures

This is the **most critical mandate** during the Philippine summer.

- **The 2-Hour Rule:** Never leave cooked food at room temperature for more than **2 hours**. In extreme heat (above 32°C), this limit drops to **1 hour**.
- **Refrigeration:** Promptly refrigerate all cooked and perishable food (ideally below 5°C).
- **Avoid Thawing on Counters:** Do not thaw frozen food at room temperature; use the refrigerator or microwave instead.

### 5. Use Safe Water and Raw Materials

Contaminated water is a primary source of summer-related diarrhea.

- **Water Safety:** Use only purified or boiled water for drinking and food preparation.
- **Freshness:** Select fresh and wholesome food.
- **Wash Produce:** Thoroughly wash fruits and vegetables, especially those eaten raw.

As temperatures rise, so does the risk of food contamination and foodborne diseases. The Department of Health reminds the public that preventing illness begins with simple but consistent food safety practices at home, in food establishments, and within communities. By following the **Five Keys to Safer Food**, the DOH encourages families to remain vigilant in food preparation and storage, stay properly hydrated by drinking safe and potable water, and seek immediate medical attention if symptoms such as severe diarrhea, vomiting, fever, or dehydration occur.

Beat the heat by keeping food safe because protecting your health starts with the food on your table.