



Republic of the Philippines
QUEZON CITY COUNCIL
Quezon City
20th City Council

PO20CC-508

86th Regular Session

ORDINANCE NO. SP- **2846**, S-2019

AN ORDINANCE ENACTING THE "QUEZON CITY HEALTHY DIET IN SCHOOLS ORDINANCE" PROHIBITING THE SELLING AND PROMOTION OF UNHEALTHY FOODS SUCH AS FOODS WITH TRANS FATS AND SUGARY DRINKS TO PREPARATORY, ELEMENTARY AND HIGH SCHOOLS STUDENTS INSIDE AND WITHIN ONE HUNDRED (100) METER PERIMETER OF PUBLIC AND PRIVATE SCHOOLS IN QUEZON CITY AND PROVIDING PENALTIES FOR VIOLATIONS THEREOF, CREATING THE SCHOOL HEALTH COUNCIL AND PROVIDING FUNDS THEREFOR.

Introduced by Councilor *IRENE R. BELMONTE*.

Co-Introduced by Councilors *Julienne Alyson Rae V. Medalla, Diorella Maria G. Sotto, Lena Marie P. Juico, Elizabeth A. Delarmente, Victor V. Ferrer, Jr., Oliviere T. Belmonte, Alexis R. Herrera, Precious Hipolito Castelo, Voltaire Godofredo L. Liban III, Ramon P. Medalla, Ranulfo Z. Ludovica, Estrella C. Valmocina, Gian Carlo G. Sotto, Kate Abigael G. Coseteng, Jose Mario Don S. De Leon, Franz S. Pumaren, Eufemio C. Lagumbay, Raquel S. Malañgen, Ivy Xenia L. Lagman, Marra C. Suntay, Karl Edgar C. Castelo, Godofredo T. Liban II, Andres Jose G. Yllana, Jr., Allan Butch T. Francisco, Marivic Co-Pilar, Melencio "Bobby" T. Castelo, Jr., Rogelio "Roger" P. Juan, Donato C. Matias, Eric Z. Medina, Alfredo S. Roxas and Noe Lorenzo B. Dela Fuente III.*

WHEREAS, having an unhealthy diet and lack of physical activity are the leading global risks to health, according to the World Health Organization (WHO);

WHEREAS, to have a healthy diet, the WHO prescribes limiting intake of free sugars to less than ten percent (10%), and trans fats to less than one percent (1%) of total energy intake. The WHO further prescribes eliminating artificially produced trans fats or partially hydrogenated oil as it has no known health benefit, and have proven health risks;

WHEREAS, WHO stated that, by eating at least four hundred (400) grams or five (5) portions of fruits and vegetables per day reduces the risk of non-communicable diseases and helps ensure an adequate daily intake of dietary fiber;

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