



Republic of the Philippines
QUEZON CITY COUNCIL

Quezon City
19th City Council

PR19CC-353

36th Regular Session

RESOLUTION NO. SP- 6126, S-2014



A RESOLUTION ENJOINING ALL FOOD CONCESSIONAIRES, ESTABLISHMENTS, AND STALLS WITHIN THE QUEZON CITY HALL COMPLEX, NOVALICHES DISTRICT CENTER, ALL CITY PUBLIC MEDICAL AND EDUCATIONAL FACILITIES AND INSTITUTIONS, AND BARANGAY HALL PREMISES TO OBSERVE ORGANIC UNPOLISHED BROWN RICE CONSUMPTION DAY EVERY TUESDAY AND TO ALWAYS MAKE ORGANIC UNPOLISHED BROWN RICE AVAILABLE IN THEIR MENU AND FOOD OFFERING DAILY.


Introduced by Councilor ESTRELLA C. VALMOCINA.

Co-Introduced by Councilors Anthony Peter D. Crisologo, Dorothy A. Delarmente, Victor V. Ferrer, Jr., Precious Hipolito Castelo, Voltaire Godofredo L. Liban III, Allan Benedict S. Reyes, Gian Carlo G. Sotto, Franz S. Pumaren, Jose Mario Don S. De Leon, Jaime F. Borres, Jesus Manuel C. Suntay, Bayani V. Hipol, Jose A. Visaya, Godofredo T. Liban II, Candy A. Medina, Diorella Maria G. Sotto, Rogelio "Roger" P. Juan, Melencio "Bobby" T. Castelo, Jr., Donato C. Matias and Ricardo B. Corpuz.

WHEREAS, Section 15, Article II of the 1987 Constitution provides that "the State shall protect and promote the right to health of the people and instill health consciousness among them";

WHEREAS, President Benigno S. Aquino III signed Proclamation No. 494 on October 18, 2012 which declared the year 2013 as the National Year of Rice (NYR), and directed the Department of Agriculture to lead its celebration. One of the goals of the NYR campaign is to "promote better health among rice consumers" by encouraging them to eat brown rice;

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WHEREAS, according to scientific studies, eating organic unpolished brown rice facilitates digestion and regular elimination of body wastes; protects body cells; helps regulate thyroid function; lowers cholesterol levels; prevents congenital heart problems, heart problems in post-menopausal women and asthma; helps one get better skin; strengthens immune system; fights and aids in the development of the fetus;

WHEREAS, Dr. Qi Sun conducted a study for the Harvard School of Public Health and reported that consuming two (2) or more servings of brown rice reduces the risk of acquiring Type 2 diabetes up to ten percent (10%);

WHEREAS, neuroscientist and molecular biologist Custer C. Deocaris explained that brown rice is rich in gamma amino butyric acid (GABA), a brain neurotransmitter and a memory-enhancing ingredient. He further stated that, with GABA, the brain development of millions of schoolchildren will be improved and their micronutrient deficiency could be addressed; and,

WHEREAS, to respond to the said constitutional mandate, to effectively complement and carry on the objectives of the NYR campaign, and to promote and introduce the health benefits of organic unpolished brown rice, and commence a gradual shift from white rice to organic unpolished brown rice consumption among city government and barangay employees, school personnel and students, and hospital staff, patients and visitors, a specific weekday must be reserved where its exclusive consumption is observed. On the other hand, organic unpolished brown rice must be continuously offered during the days not devoted for its exclusive consumption in order to cater to those whose diet already includes organic unpolished brown rice as their staple food.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to enjoin, as it does hereby enjoin all food concessionaires, establishments and stalls within the Quezon City Hall Complex, Novaliches District Center, all City Public Medical and Educational Facilities and Institutions, and barangay hall premises to observe Organic Unpolished Brown Rice Consumption Day every Tuesday and to always make organic unpolished brown rice available in their menu and food offering daily. x

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RESOLVED, FURTHER, that a copy of this Resolution be sent to the Quezon City Health Department, to all City Public Schools, Day Care Centers, Hospitals and Health Centers, and to the one hundred forty-two (142) barangays of this City for their information and reference.

ADOPTED: August 18, 2014.



MA. JOSEFINA G. BELMONTE
Vice Mayor
Presiding Officer

ATTESTED:


Atty. JOHN THOMAS S. ALFEROS III
City Gov't. Asst. Dept. Head III

CERTIFICATION

This is to certify that this Resolution was **APPROVED** by the City Council on Second Reading on August 18, 2014 and was **CONFIRMED** on August 26, 2014.


Atty. JOHN THOMAS S. ALFEROS III
City Gov't. Asst. Dept. Head III 