



Republic of the Philippines
QUEZON CITY COUNCIL

Quezon City
19th City Council

PR19CC-489

46th Regular Session

RESOLUTION NO. SP- **6195** , S-2014

A RESOLUTION URGING RESTAURANT ESTABLISHMENTS OPERATING WITHIN QUEZON CITY TO PRACTICE "LUNTIANG LUNES" OR "MEATLESS MONDAY" BY PROVIDING MEATLESS OPTIONS IN THEIR MENUS EVERY MONDAY TO ENCOURAGE CONSUMPTION OF VEGETABLES WHICH WILL IMPROVE THE HEALTH AND NUTRITION OF RESIDENTS, STRENGTHEN FOOD SECURITY, AND MINIMIZE ENVIRONMENTAL PROBLEMS ATTRIBUTED TO LIVESTOCK PRODUCTION.

Introduced by Councilor JESSICA CASTELO DAZA.

Co-Introduced by Councilors Victor V. Ferrer, Jr., Alexis R. Herrera, Roderick M. Paulate, Panulfo Z. Ludovica, Ramon P. Medalla, Estrella C. Valmocina, Allan Benedict S. Reyes, Gian Carlo G. Sotto, Franz S. Pumaren, Jose Mario Don S. De Leon, Jaime F. Borres, Jesus Manuel C. Sunlay, Raquel S. Malañgen, Jose A. Visaya, Julianne Alyson Rae V. Medalla, Godofredo T. Liban II, Andres Jose G. Yllana, Jr., Candy A. Medina, Diorella Maria G. Sotto, Marivic Co-Pilar, Rogelio "Roger" P. Juan, Melencio "Bobby" T. Castelo, Jr., Donato C. Matias and Ricardo B. Corpuz.

WHEREAS, Resolution No. SP-5596, S-2012 was passed during the 18th Council, which enjoins all Quezon City Hall employees, public schools, and Barangays to practice Luntiang Lunes or Meatless Monday;

WHEREAS, Restaurant Establishments operating within Quezon City must also be encouraged and be part of the campaign to practice Luntiang Lunes or Meatless Monday, in order to improve the health and nutrition of the Quezon City residents;

WHEREAS, a quarter of adult Filipinos are already hypertensive ($\geq 140 / \geq 90$ mm Hg) and 7 million are diagnosed with Diabetes making the Philippines one of the World's top 10 epicenters of the said Disease;

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WHEREAS, studies have shown that Filipinos are meat-eaters and one of the lowest per capita consumers of vegetables in the world with only 39 kg per year;

WHEREAS, the American Dietetic Association recognizes that reduced meat consumption decreases the risk of various health problems, stating, "scientific data suggests positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, hypertension, diabetes mellitus, and some types of cancers. Hence, going meatless even for just one week may reduce one's risk of chronic preventable conditions;

WHEREAS, the United Nations Food and Agriculture Organization in 2006 revealed that the livestock industry is one of the major contributors of environmental issues such as farmed animals and their by-products which are responsible for at least 32.6 billion tons of carbon dioxide per year, or 15 % of Annual worldwide greenhouse gas emission;

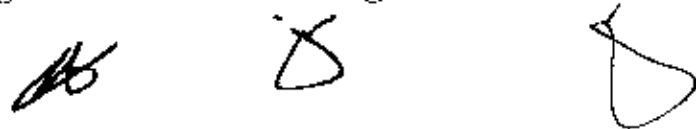
WHEREAS, if every resident of Quezon City would leave out meat for one day a week, in just 1 year that would reduce one's carbon footprint and save precious resources like trees, water, and fossil fuel. This would have the same beneficial effect on CO₂- emission as taking 12,800 cars off the road or having 107 million trees planted and grown for 10 years helping address the rising concern on climate change;

WHEREAS, "Meatless Monday", a public health and environmental awareness campaign, was jointly launched in John Hopkins University and Columbia University Schools of Public Health in 2003 and has since then grown into a global movement;

WHEREAS, an internationally-recognized local chapter called "Luntiang Lunes" was launched in July 25, 2011 with the objective of encouraging Filipinos to refrain from eating meat products at least once a week;

WHEREAS, the "Luntiang Lunes" is a campaign being spearheaded by the Luntian Lunes, Inc., a Quezon City-based nongovernmental organization headed by its founder, Custer C. Deocaris, Ph.D.;


WHEREAS, the campaign operates within the context of addressing the national issues on public health, food security, poverty alleviation, animal welfare and global issue on climate change and environmental degradation.




NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to urge, as it does hereby urge restaurant establishments operating within Quezon City to practice "Luntiang Lunes" or "Meatless Monday" to encourage consumption of vegetables, which will improve health and nutrition of Quezon City residents, strengthen food security, and minimize environmental problems attributed to livestock production.

ADOPTED: November 24, 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 November 24, 2014 and was CONFIRMED on December 1, 2014.


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