



REPUBLIKA NG PILIPINAS
PAMAHALAANG LUNGSOD NG MUNTINLUPA
KALAKHANG MAYNILA

Telephone no. 861-0181/ Fax: 862-6473
Email address: sangguniangpanlungsod2k16@gmail.com



PROPOSED ORDINANCE NO. 19-240

AN ORDINANCE REQUIRING CANTEEN/CONCESSIONAIRES AND VENDORS IN ALL ELEMENTARY AND SECONDARY PRIVATE AND PUBLIC SCHOOLS AND OTHER LEARNING CENTERS WITHIN THE JURISDICTION OF THE CITY GOVERNMENT OF MUNTINLUPA TO SERVE HEALTHY FOOD AND BEVERAGES INSIDE THE SCHOOL PREMISES.

Sponsored by: *Hon. City Vice Mayor Celso C. Dioko*
Hon. Coun. Allan Rey A. Camilon
Hon. Coun. Atty. Patricio L. Boncayao, Jr.
Hon. Coun. Bal Niefes
Hon. Coun. Stephanie G. Teves
Hon. Coun. Ringo A. Teves
Hon. Coun. Louisito A. Arciaga
Hon. Coun. Alexander Diaz
Hon. Coun. Ivey Rhia Arciaga-Tadefa
Hon. Coun. Ma. Dhesiree G. Arevalo
Hon. Coun. Marissa Cole-Rongavilla
Hon. Coun. Mark Lester M. Baes
Hon. Coun. Lucio B. Constantino
Hon. Coun. Victor L. Ulanday
Hon. Coun. Grace B. Gonzaga
Hon. Coun. Walter A. Arcilla - ABC
Hon. Coun. Kenichi D.A. Takagi, Jr. - SK

WHEREAS, RNC-NCR Resolution No. 03, Series of 2017, entitled, a resolution enjoining all Regional Nutrition Committee Member agencies and local government units to serve healthy foods, meals, and snacks during meetings, conferences, trainings and related activities;

WHEREAS, DepEd Order No. 13, Series of 2017, issued the policy and guidelines on healthy food and beverage choices in schools and in DepEd Offices to public and private Elementary and Secondary Schools Heads;

WHEREAS, the City Government of Muntinlupa is concerned with the health of its constituents specially that of the children;

WHEREAS, the Department of Education (DepEd) issued policies and guidelines on healthy food and beverage choices in schools and in Department of Education Offices for the promotion and development of healthy eating habits among the youth and DepEd employees by making available healthy, nutritious, and affordable menu choices, and food standards;

WHEREAS, an unhealthy diet that is high in cholesterol, sodium, saturated fats, trans fats and added sugars lead to poor nutrition and is one of the major risk factors for chronic diseases, including cardiovascular diseases, certain cancers, diabetes and other conditions linked to obesity;

WHEREAS, according to the World Health Organization (WHO), a healthy diet emphasizes vegetables, fruits, whole grains, root crops, fat-free or low-fat milk, lean meats poultry, fish, egg, beans and nuts



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NOW THEREFORE, BE IT ORDAINED, AS IT IS HEREBY ORDAINED, by the 8th Sangguniang Panlungsod of Muntinlupa, in Session assembled that:

CHANGE ACCORDING TO TITLE SECTION 1. Title – This ordinance shall be known as “an ordinance requiring all elementary and secondary public schools and learning centers within the jurisdiction of the City Government of Muntinlupa to serve healthy foods, meals and snacks inside the school premises.

SECTION 2. Definition of Terms - For the purpose of this Ordinance, the following terms are defined as follows:

- 1) **Healthy Diet** – balance in food intake which: (a) achieves energy balance and a healthy weight; (b) limits energy intake from total fats, and shifts fat consumption away from saturated fats to unsaturated fats and towards the elimination of trans-fatty acids; (c) increase consumption of fruits and vegetables legumes, whole grains and nuts; (d) limits the intakes of free sugars; and limits salts (sodium) consumption from all sources.
- 2) **Unhealthy Diet** - food intake high in saturated or transfat or sodium or sugar which is considered to be a major risk factor for chronic diseases such as cardiovascular diseases, cancer, diabetes, and other conditions linked to obesity.
- 3) **Energy Balance** – condition wherein the amount of energy ingested is equal to the amount of energy used resulting in a stable body weight
- 4) **Calorie** – measure of energy in food.
- 5) **Free Sugars** – all monosaccharides and disaccharides added to food and drinks by the manufacturer, cook or consumer, including sugar naturally present in honey, syrups, fruit juices and fruit concentrates.
- 6) **Unsaturated Fat** – often refer to as the better fats and are found mainly in many fishes, nuts, seeds, and oils from plants. Unsaturated fats may help lower your blood cholesterol level when use in place of saturated and trans fats.
- 7) **Fat** – the most concentrated form of energy. They facilitate the absorption of fat-soluble vitamins, sources of essential fatty acids, and are vital structural components of body tissues.



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- 8) **Saturated fat** – fat that contains only saturated fatty acids, is solid at room temperature, and comes chiefly from animal food products. Some example of saturated fat are butter, lard, meat fat, solid shortening, palm oil, and coconut oil. Saturated fat tends to raise the level of cholesterol in the blood.
- 9) **TransFat** – can be naturally occurring and artificial. Naturally occurring transfat are produced in the gut of some animals. Artificial transfats are created in an industrial process that adds hydrogen to liquid vegetable oils to make more solid. These can be found in many foods such as donuts, baked goods including cakes, pie crust-biscuits, etc.
- 10) **Low Fat** – food product containing not more than three (3) grams of fat per 100 grams of food (solids) or 1.5 grams of fat per 100 ml (liquids). This is approximately equivalent to more than half a teaspoon of fat (1 teaspoon of fat is equal to 4 grams).
- 11) **Low sodium** – food product containing not more than 0.12 grams (or 120mg) of sodium per 100 grams of food. This is equivalent to approximately 300 mg of salt (salt is 40% sodium and 60% chloride) or 1/20 teaspoons of salt.

SECTION 3. Scope – This ordinance shall apply to private and public Elementary and Secondary Schools, learning centers, including those under the jurisdiction of the School Division Office (SDO).

SECTION 4. Objective – the objective is to promote healthy diets and positive eating behaviors and provide healthy eating environment to learners, teaching and non-teaching personnel and specifically intend to:

- a) **Make available healthier food and beverage choices among students and DepEd personnel and their stakeholders;**
- b) **Introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;**
- c) **Provide guidance in evaluating and categorizing foods and drinks;**
- d) **Provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including purchasing of foods for school feeding.**



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SECTION 5. Food List Classified as follows, Green, Yellow and Red.

- A. The green category includes foods and drinks that should always be available in the canteen and feeding area. These foods and drinks are the best choices foster healthy varieties in school canteen as they contain a wide range of nutrients and are generally low in saturated and transfat, sugar, and salt. This includes, but is not limited to the following foods and drinks.

List of foods and drinks under the **GREEN CATEGORIES:**

| FOOD | EXAMPLES |
|------------------------|---|
| Drinks | Milk (unsweetened) Safe and Clean Water (nothing added) Fresh Buko Water (unsweetened) |
| Energy-giving (GO) | Milled Rice Brown Rice or Iron-fortified rice Corn Oatmeal Whole Wheat bread Cassava (Kamoteng Kahoy) Boiled sweet potato (Kamote) Boiled Saging na Saba Corn, Binatog, Boiled Peanuts, Suman, Puto |
| Body-building (GROW) | Fishes Shellfish Small Shrimp Lean Meats Chicken without skin Nuts Egg |
| Body Regulating (GLOW) | Fresh Fruits, preferably those in season Green, leafy, and yellow vegetable |

- B. The **Yellow Category** includes foods and drinks that should be served carefully. These foods and drinks contain some nutrients but at the same time also contain large amounts of saturated or trans fats and or/sugar and-or salt. If eaten in large amounts these foods and drinks may contribute to excess calories. These may serve once or twice a week.

List of foods and drinks under the **YELLOW CATEGORY**

| FOOD | EXAMPLES |
|--------------------|---|
| Drinks | 100% fresh fruit juices |
| Energy-giving (GO) | Fried Rice Bread (using white refined flour) Biscuits Banana Cue, Camote Cue, Turon, Maruya Pancakes, Waffles, Champorado, Pancit, Arrozcaldo, Sandwiches (cheese, egg, chicken filling, etc.) Butter, Margarine, Mayonaise (use sparingly) |



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| | |
|---------------------------|--|
| Body-building (GROW) | Processed foods such as meats/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc. (or trans fat and sodium as reflected in their Nutrition Facts) (once or twice a week) |
| Body Regulating (GLOW) | Stir-fried Vegetables |

C. **The Red Category** includes foods and drinks not recommended in canteen menu. These foods and drinks contain high amounts of saturated fat or sugar.

List of foods and drinks under the **RED CATEGORY**

| FOOD | EXAMPLES |
|-----------------------------------|--|
| Drinks | Softdrinks, alcoholic drinks, sports waters, sports drinks, flavored mineral water, energy drinks, sweetened waters, powdered juice drinks. Any product containing caffeine (for school canteen) Any processed fruit/vegetable juice with added sugar of more than 20 grams or 4 teaspoons per serving. |
| Energy-giving (GO) | Any jelly, ice crushes, and slushiest Any ice cream/ice drops/ice candies Cakes and slices, donuts, sweet biscuits and pastries and other sweet bakery produce. All types including chocolates, hard/chewy candies, chewing gums, marshmallows, lollipops, yema, etc. Instant noodles All types of heavily salted snacks such as chips or chichiría |
| Body-building (GROW) | Chicharon, Chicken skin, Bacon, Deep fried foods including fish balls, kikiams, etc. |
| Body Regulating (GLOW) | Fruits canned in heavy syrup Sweetened fruits or vegetables or deep fried |

SECTION 6. Monitoring - The City Health Office (CHO) and the School Division Office (SDO) shall monitor all canteens/concessionaires and vendors in public and private schools elementary and secondary and other learning centers to check if they are complying with this ordinance.

Victor L. Manday



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SECTION 7. Implementing Rules and Regulations – The School Division Office shall prepare the Implementing Rules and Regulations for the effective implementation of this Ordinance.

SECTION 8. All canteen/concessionaires and vendors shall comply the yellow and green food categories as stated in Section 5 of this Ordinance.

SECTION 9. The School administrators/principals shall advice parents and guardians to provide healthy foods and beverages to be consumed in schools (baon) by their children. School children (elementary, secondary, and senior high) shall not bring unhealthy foods and beverages to school.

SECTION 10. The School Officials are encouraged to advocate, and work with the local government of Muntinlupa, in issuing local legislation to limit the marketing of unhealthy foods and beverages within at least 100 meter radius of the school.

SECTION 11. The school shall conduct activities to orient students and their parents and guardians on the healthy food and beverages choices so that healthy eating habits will not only be practiced in schools, but in their home, as well and create a lifelong healthy eating behavior for all Filipinos.

SECTION 12. Penalty – any canteen/concessionaires and vendors who will violate the provision stated in **Section 5** of this ordinance shall be penalized as follows:

| | |
|-----------------------|--|
| First Offense | Php2,000.00 |
| Second Offense | 3,000.00 |
| Third Offense | 5,000.00 |
| Fourth Offense | Termination/Revocation of Canteen/Concessionaire's Contract |

SECTION 13. Separability Clause – If, for any reason or reasons, any part or provisions of this ordinance is held to be unconstitutional or invalid, other parts or provisions hereof which are not affected thereby shall continue to be in full force and effect.

SECTION 14. Repealing Clause. All previous ordinances inconsistent with this ordinance shall be deemed repealed or modified accordingly.

SECTION 15. Effectivity Clause – This ordinance shall take effect fifteen (15) days after its completion of its publication in a newspaper of local circulation.

ENACTED, by 8th **Sangguniang Panlungsod of Muntinlupa** this 28th day of January, 2019, on its 102nd **Regular Session**.



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CONCURRED:

DISTRICT I:


COUN. ATTY. PATRICIO L. BONCAYAO, JR.
Member


COUN. BAL NIEFES
Member


COUN. STEPHANIE G. TEVES
Member


COUN. ALLAN REY A. CAMILON
Member



COUN. RINGO A. TEVES
Member


COUN. LOUISITO A. ARCIAGA
Member


COUN. IVEE RHIA A. TADEFA
Member

DISTRICT II:


COUN. MA. DHEESREE G. AREVALO
Member


COUN. MARISSA C. RONGAVILLA
Member

COUN. MARK LESTER M. BAES
Member


COUN. LUCIO B. CONSTANTINO
Member


COUN. VICTOR L. ULANDAY
Member


COUN. GRACE B. GONZAGA
Member


COUN. WALTER A. ARCILLA
Sectoral Representative
President
League of Barangay Captains

COUN. KENICHI D.A. TAKAGI, JR.
Sectoral Representative
President
Federation of Sangguniang Kabataan

ABSENT:


COUN. ALEXANDER B. DIAZ
Member



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I HEREBY CERTIFY, as to the correctness of the foregoing Ordinance.


CECILIA C. LAZARTE
Secretary to the Sanggunian

ATTESTED:


CELSO C. DIOKO
City Vice-Mayor/Presiding Officer

APPROVED:


ATTY. JAIME R. FRESNEDI
City Mayor

Date: 06 FEB 2019

Nory/8th SP













