



Republic of the Philippines
 City Government of Muntinlupa
CITY OF MUNTINLUPA
Office of the City Mayor



EXECUTIVE ORDER No. 28
 Series of 2018

PROVIDING FOR THE SERVING OF HEALTHY FOODS, MEALS AND SNACKS DURING MEETINGS, SEMINARS, CONFERENCES, TRAININGS, AND RELATED ACTIVITIES IN THE CITY GOVERNMENT OF MUNTINLUPA

WHEREAS, the National Nutrition Council, National Capital Region, issued Resolution No. 03, Series of 2017, 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, an increase in the number of employees suffering from diseases related to lifestyle choices has been detected in the past several years, and, if left undetected and untreated, these can lead to critical and expensive medical care and, worse, even mortality;

WHEREAS, it is the policy of the City Government of Muntinlupa, through the City Nutrition Council and the City Health Office, to promote healthy living among its officials and employees balanced diet, regular exercise, and conscious wholesome choices;

NOW, THEREFORE, I, Jaime R. Fresnedi, City Mayor of Muntinlupa, by virtue of the powers vested in me by law, do hereby ordain and decree that:

Section 1. Mandatory Serving of Healthy Foods, Meals and Snacks

In all meetings, seminars, conferences, trainings, and related activities, including similarly-situated gatherings, sponsored by, spent for or facilitated by the City Government of Muntinlupa, the department, office, division, section or unit responsible shall ensure inclusion of healthy food items in the meals or snacks served.

Whenever applicable, these food items shall be provided or given out, namely:

- a. simple or traditional Filipino snacks, like guinataang bilo-bilo, puto, boiled corn, camote, or boiled banana saba;
- b. roasted or boiled peanuts, squash seeds, among others;
- c. whole wheat bread;
- d. fresh fruits and vegetables;
- e. roasted or grilled meat or seafood, instead of fried;
- f. fresh fruit juice or water, instead of carbonated and sweetened beverages.



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Section 2. Pinggang Pinoy as Recommended Food Guide for Adults

The Pinggang Pinoy promotes a variety of nutrient-dense food items and beverages within and among the basic food groups, including limited intake of saturated and trans fats, cholesterol and added sugars. This serves as a guideline in the selection of foods and the serving of portion sizes.

Nutrient-dense food items provide substantial amounts of vitamins, minerals, and other health-promoting components, such as fiber, for relatively few calories.

Section 3. Evaluation on Food Served

Facilitators of meetings, conferences, trainings, and related activities, will provide an evaluation form, created and supplied by the Nutrition Section, to participants. The objective is to capture feedback on the food items served. The results shall serve as guide for facilitators in improving the selection of food items to be served in the future.

Section 4. Repealing Clause.

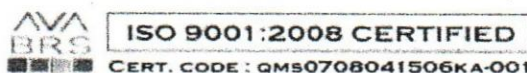
Any order, memorandum, or similarly-situated issuance inconsistent with any provision hereof is hereby repealed, revoked, amended, or superseded accordingly.

Section 4. Effectivity Clause.

This order shall take effect immediately upon signing.

DONE AND EXECUTED on this 14th day of December 2018 in the City of Muntinlupa.


JAIME R. FRESNEDI
City Mayor



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