

Republic of the Philippines
PROVINCE OF LA UNION
City of San Fernando

TANGGAPAN NG SANGGUNIANG PANLALAWIGAN

EXCERPT FROM THE JOURNAL OF THE 129th REGULAR SESSION OF THE 20th SANGGUNIANG PANLALAWIGAN OF OF LA UNION HELD AT THE SAN LUIS DEL MAR, BACCUIT NORTE, BAUANG, PROVINCE OF LA UNION ON DECEMBER 17, 2015

Hon. Aureo Augusto Q. Nisce..... Vice-Governor / Presiding Officer

PRESENT:

Hon. Francisco "Kit" C. Ortega, Jr.	Member
Hon. Jonathan Justo A. Orros	Member
Hon. Joaquin C. Ostrea, Jr.	Member
Hon. Reynaldo M. Mosuela	Member
Hon. Victoria L. Aragon	Member
Hon. Nancy Corazon M. Bacurnay	Member
Hon. Robert B. Madarang, Jr.	Member
Hon. Christian I. Rivera	Member
Hon. Ruperto A. Rillera, Jr.	Member
Hon. Bellarmin A. Flores II	Member
Hon. Alfredo Pablo R. Ortega	Member
Hon. Manuel "Mannix" R. Ortega, Jr.	Member

ABSENT:

N O N E

ORDINANCE NO. 080-2015

**AN ACT ADOPTING THE PINGGANG PINOY AS MEAL GUIDE FOR ADULTS
IN LA UNION AND APPROPRIATING FUNDS FOR THE PURPOSE**

Author: Hon. Reynaldo M. Mosuela

EXPLANATORY NOTE

In celebration of the Nutrition Month last July, 2015, featured in the Philippine Star, July 31, 2015, page A-28, PINGGANG PINOY: A meal guide for Filipino adults by Khaila Gurion. Pinggang Pinoy is a project developed by the Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI) in collaboration with the World Health Organization (WHO), Department of Health (DOH) and the National Nutrition Council (NNC) to provide Filipinos with a visual guide to the appropriate proportion of food groups or a daily diet. It shows the right portions of GO, GROW and GLOW food groups per meal. Half of the plate is dedicated to fiber- and vitamin-rich GLOW foods composed of fruits and vegetables. The other half is divided into two (2) unequal servings with GO foods taking a larger portion than GROW foods - GO foods are the main source of energy such as good carbohydrates from whole grains, unrefined breads and most root crops as well as healthy fats such as nuts, butter and fish oil; on the other hand, GROW foods such as meat, poultry, fish, milk, eggs and nuts are rich in protein and considered muscle-builders. Thus, this draft legislative measure for the general welfare of the Province and its inhabitants pursuant to Section 16 of the Local Government Code of 1991 in relation to Section 468 (a) thereof.

Be it enacted by the Sangguniang Panlalawigan in session duly assembled:

SECTION 1 TITLE. This ordinance shall be known and cited as the PINGGANG PINOY ACT OF 2015.

SECTION 2. DECLARATION OF POLICY. It is hereby the declared policy of the Provincial Government to promote the general welfare of the Province by adopting PINGGANG PINOY: A Meal Guide to Filipino Adults for Healthier Inhabitants.

SECTION 3. DEFINITION OF TERMS. The following shall be understood as follows -.



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- 3.1. PINGGANG PINOY - a project developed by the Department of Science and Technology - Food Nutrition Research Institute (DOST-FNRI) in collaboration with the World Health Organization (WHO), Department of Health (DOH) and the National Nutrition Council (NCC) to provide Filipino adults with a visual guide to the appropriate proportion of food groups on a daily diet.
- 3.2. GO Foods - the main source of energy such as good carbohydrates from whole grains, unrefined breads and most root crops as well as healthy fats such as nuts, butter and fish oil.
- 3.3. GROW Foods - those rich in protein such as meat, poultry, fish, milk, eggs and nuts which are considered muscle-builders.
- 3.4. GLOW Foods - fiber- and vitamin-rich foods composed of fruits and vegetables.
- 3.5. ADULTS - 19 years old and above without special medical attention.

SECTION 4. ADOPTION OF THE PINGGANG PINOY. The Provincial Government shall adopt the PINGGANG PINOY: A meal guide for Filipino adults as the official visual guide or food plate chart in La Union with half of the plate dedicated to GLOW foods and the other half to be divided between the GO foods and GROW foods with the former taking a larger portion than the latter.

SECTION 5. PRINTING AND DISTRIBUTION OF THE PINGGANG PINOY. The Provincial Government shall cause the printing and distribution of the PINGGANG PINOY to every household in the Province.

SECTION 6. APPROPRIATION. There is hereby appropriated from the General Fund in the amount of Php500,000.00 for the reproduction and the distribution to every household in the province of the PINGGANG PINOY.

SECTION 7. SEPARABILITY CLAUSE. If any provision of this ordinance is declared unconstitutional, the remaining provisions which are not affected shall remain in full force and effect.

SECTION 8. REPEALING CLAUSE. Any ordinance inconsistent with this ordinance shall be deemed amended, modified or repealed accordingly.


SECTION 9. EFFECTIVITY CLAUSE. This ordinance shall become effective in accordance with law.

APPROVED.


I HEREBY CERTIFY to the correctness of the foregoing resolution.


DONATO A. RIMANDO
 Secretary to the Sanggunian

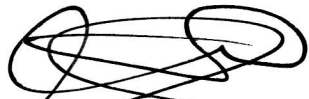
ATTESTED:


AUREO AUGUSTO Q. NISCE
 Presiding Officer
 Vice-Governor


FRANCISCO "KIT" C. ORTEGA, JR.
 Sangguniang Panlalawigan Member


NANCY CORAZON M. BACURNAY
 Sangguniang Panlalawigan Member





JONATHAN JUSTO A. ORROS
Sangguniang Panlalawigan Member



ROBERT B. MADARANG, JR.
Sangguniang Panlalawigan Member



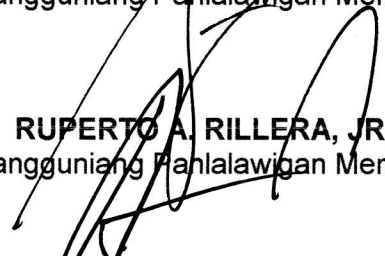
JOAQUIN C. OSTREA, JR.
Sangguniang Panlalawigan Member



CHRISTIAN I. RIVERA
Sangguniang Panlalawigan Member



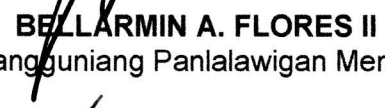
REYNALDO M. MOSUELA
Sangguniang Panlalawigan Member



RUPERTO A. RILLERA, JR.
Sangguniang Panlalawigan Member



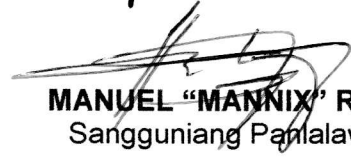
VICTORIA L. ARAGON
Sangguniang Panlalawigan Member



BELLARMIN A. FLORES II
Sangguniang Panlalawigan Member



ALFREDO PABLO R. ORTEGA
Sangguniang Panlalawigan Member



MANUEL "MANNIX" R. ORTEGA, JR.
Sangguniang Panlalawigan Member

APPROVED:



MANUEL C. ORTEGA
Governor



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