



Republic of the Philippines
QUEZON CITY COUNCIL

Quezon City
23rd City Council

PO23CC-134

50th Regular Session

ORDINANCE NO. SP- **3507**, S-2026

AN ORDINANCE MANDATING THE INCLUSION OF COMPREHENSIVE NUTRITION EDUCATION TO PROMOTE HEALTHY EATING HABITS AND IMPROVE PUBLIC HEALTH WITHIN QUEZON CITY

Introduced by Councilor LUIGI D. PUMAREN

Co-Introduced by Councilors Tany Joe "TJ" L. Calalay, Bernard R. Herrera, Dorothy A. Delarmente, M.D., Joseph P. Juico, Charm Ferrer, CPA, MPA, JD, Nicole "Nikki" V. Crisologo, Mikey F. Belmonte, Candy A. Medina, Atty. Voltaire Godofredo "Bong" Liban III, Dave C. Valmocina, Ranulfo "Tatay Rannie" Z. Ludovica, Atty. Christoffer Allan "Tope" Liquigan, Albert Alvin "Chuckie" L. Antonio III, Wencerom Benedict C. Lagumbay, Don S. De Leon, Atty. Vicente Belmonte Jr., Edgar "Egay" G. Yap, Nanette Castelo Daza, Imee Rillo, Atty. Jesus Miguel Suntay, Raquel S. Malañgen, Joseph Joe Visaya, Aiko Melendez, Alfred Vargas, MPA, Karl Edgar Castelo, Shaira "Shay" L. Liban, Ram V. Medalla, Maria Eleanor "Doc Ellie" R. Juan, O.D., Emmanuel Banjo A. Pilar, Kristine Alexia Matias, RN, Victor "Vic" D. Bernardo, Vito Sotto Generoso, Erwin Rey "Cocoy" A. Medina, Jose Maria "Mari" M. Rodriguez, and Jhon Angelli "Sami" C. Neri

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

WHEREAS, rates of diet-related chronic diseases, including obesity, type 2 diabetes, and cardiovascular conditions, are significant public health issues. Lack of knowledge regarding balanced diets, portion control, and food preparation contributes substantially to poor eating habits and subsequent health issues;

WHEREAS, Republic Act No. 7160, otherwise known as the Local Government Code of 1991, grants the Sangguniang Panlungsod the power to enact ordinances that promote the general welfare of the inhabitants, including the promotion of health and education;

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WHEREAS, comprehensive mandatory nutrition education is a necessary and cost-effective preventive measure to foster a culture of health and wellness for all residents of Quezon City.

NOW, THEREFORE,

BE IT ENACTED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED:

SECTION 1. SHORT TITLE. – This Ordinance shall be known as the “Quezon City Nutrition Education Ordinance.”

SECTION 2. DECLARATION OF POLICY. – It is hereby declared the policy of the Quezon City Government to safeguard and promote the health and well-being of its residents. Comprehensive nutrition education shall encourage healthy eating habits, prevent nutrition-related diseases, and foster a culture of wellness within the community.

SECTION 3. DEFINITION OF TERMS. – For the purposes of this Ordinance, the following terms shall mean:

- a. **Nutrition Education** – shall refer to a set of learning experiences designed to facilitate the voluntary adoption of food and nutrition-related behaviors conducive to health and well-being, encompassing balanced diet, food preparation, proper sanitation, and the consequences of poor nutrition;
- b. **Educational Institutions** – shall refer to all public and private educational institutions under DepEd; and
- c. **Workplace** – shall refer to all public and private offices within the territorial jurisdiction of Quezon City.

SECTION 4. SCOPE AND COVERAGE. – This Ordinance shall apply to all barangays, educational institutions, and workplaces within the territorial jurisdiction of Quezon City.

SECTION 5. MANDATE FOR NUTRITION EDUCATION PROGRAMS. – The Comprehensive Nutrition Education program shall cover the following topics:

- a. The importance of macro and micro-nutrients;
- b. Understanding food labels, serving sizes, and calorie content;



- c. The dangers of consuming processed foods, sugary drinks, and high-fat snacks;
- d. Prevention of lifestyle diseases (diabetes, hypertension, obesity) through diet;
- e. Food safety, hygiene, and proper sanitation;
- f. Promoting local and indigenous healthy food choices; and
- g. Adoption of proper food labelling as required by Quezon City Ordinance No. SP-3252, S-2023.

SECTION 6. NUTRITION EDUCATION IN EDUCATIONAL INSTITUTIONS. – The subject matters stated in Section 5 hereof shall be integrated into relevant learning areas and shall allocate ten (10) hours per school year for nutrition education program, in accordance with the mandate of the Department of Education and its K-12 program.

SECTION 7. NUTRITION EDUCATION IN BARANGAYS. – The barangays shall integrate the subject matters stated in Section 5 of this Ordinance in their community programs. The barangays shall:

- a. develop and conduct regular programs such as seminars, workshops, and/or community dialogues focused on proper nutrition, food safety, and healthy lifestyle practices;
- b. incorporate nutrition education into existing community activities, such as barangay health days, feeding programs, and barangay assemblies; and
- c. disseminate relevant nutrition materials and/or conduct campaigns through the use of digital platforms.

These initiatives shall be conducted not less than twice a year.

SECTION 8. NUTRITION EDUCATION IN WORKPLACES. – All public and private workplaces within Quezon City are strongly encouraged to implement health and nutrition education in accordance with Section 5 of this Ordinance. Initiatives to promote nutrition education shall be as follows:

- a. Organize regular seminars, workshops, and training sessions on proper nutrition, healthy eating habits, and lifestyle practices;

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- b. Disseminate relevant nutrition materials and/or conduct campaigns through the use of digital platforms;
- c. Provide educational materials, posters, and resources on balanced diets, food safety, and the prevention of diet-related illnesses in common areas; and
- d. Incorporate health and nutrition topics into employee wellness programs and encourage participation in community health activities.

These initiatives may be conducted not less than twice a year.

SECTION 9. APPROPRIATION. – Funding necessary for the implementation of this Ordinance shall be subject to the available funds of the City. For the barangays, funding for localized implementation shall be automatically appropriated from their mandated one percent (1%) statutory allocation dedicated to nutrition and health-related programs, projects, and activities.

SECTION 10. RECOGNITION. – Educational institutions, barangays, and employers who actively promote nutrition education among their students, community, and employees, respectively, shall be recognized and awarded annually during the Nutrition Month.

SECTION 11. IMPLEMENTING AGENCY. – The City Health Department, the Schools Division Office of Quezon City, and the Barangay and Community Relations Department shall be the primary implementing bodies of this Ordinance.

The City Health Department and the Schools Division Office of Quezon City shall recommend a module or appropriate material for the Nutrition Education.

SECTION 12. IMPLEMENTING RULES AND REGULATIONS (IRR). – Within sixty (60) days from the approval of this Ordinance, the City Health Department, in coordination with the Schools Division Office of Quezon City, the Barangay and Community Relations Department, and other relevant departments shall formulate the necessary Implementing Rules and Regulations (IRR) to ensure the effective implementation of this Ordinance.



SECTION 13. SEPARABILITY CLAUSE. – If any provision of this Ordinance is declared unconstitutional or invalid, the other provisions not affected thereby shall remain in full force and effect.

SECTION 14. REPEALING CLAUSE. – All ordinances, resolutions, rules and regulations or parts thereof inconsistent with the provisions of this Ordinance are hereby repealed, amended, or modified accordingly.

SECTION 15. EFFECTIVITY CLAUSE. – This Ordinance shall take effect fifteen (15) days after its complete publication in a newspaper of general circulation and its posting in at least two (2) conspicuous public places in Quezon City.

ENACTED: June 1, 2026.

CERTIFICATION

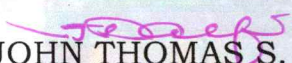
This is to certify that this Ordinance was ENACTED by the City Council on Second Reading on June 1, 2026 and was PASSED on Third/Final Reading on June 15, 2026.


GIAN G. SOTTO
City Vice Mayor
Presiding Officer

APPROVED: JUL 09 2026


MA. JOSEFINA G. BELMONTE
City Mayor

ATTESTED:


ATTY. JOHN THOMAS S. ALFEROS, III
City Government Department Head III
(Secretary to the Sanggunian)

