

QC lists food allowed in or near city schools

By Rio N. Araja

THE Quezon City government on Monday released a list of allowed and prohibited food to be sold in public and private schools in accordance with City Ordinance 2579 of 2017, or the Quezon City Anti-Junk Food and Sugary Drinks Ordinance.

Dr. Verdades Linga, city health officer, said studies showed junk food and sugary drinks cause non-communicable diseases, such as diabetes and hypertension.

“The number of those with diabetes and hypertension is increasing at a very young age,” she said.

The ordinance states that canteens in public and private elementary and high schools, preparatory schools, and stores within 100 meters from school premises should only sell nutritious food that are included in the list.

Processed foods, such as hotdog and meat loaf, are not allowed to be used as ingredients in student meals. Condiments such as soy sauce and fish sauce should not be made available on dining tables.

Food with too much oil is also prohibited, Linga said.

The compliance of school canteens shall be monitored daily by a focal person appointed by the school principal. The daily menu should always be posted in front of the canteen.

“We cannot sell sugary drinks and

junk food to those in uniform or not in uniform,” Linga said.

Meanwhile, Vice Mayor Joy Belmonte on Monday lauded President Rodrigo Duterte for signing the Philippine Mental Health Law aimed at improving the government mental healthcare system.

The approval of Republic Act 11036 authored by Senator Risa Hontiveros would address the needs of the growing number of Filipinos suffering from various types of mental sickness, especially depression, she said.

“Just last week, I wrote about the need for us to address the growing issue of depression and suicide after the self-inflicted deaths of some celebrities, and just this week, someone closer to home. Then comes this. Thank you so much to our senators and our President,” Belmonte said.