



Republic of the Philippines
Province of Davao del Norte
Municipality of Kapalong
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SANGGUNIANG BAYAN

EXCERPT FROM THE MINUTES OF THE 24TH REGULAR SESSION OF THE 10TH SANGGUNIANG BAYAN OF KAPALONG, DAVAO DEL NORTE, HELD IN THE MUNICIPAL SB SESSION HALL, 2ND FLOOR, LEGISLATIVE BUILDING, MANIKI, KAPALONG, ON JUNE 13, 2022.

PRESENT:

Hon. Edgardo L. Timbol	-(Municipal Vice Mayor) Regular Presiding Officer
Hon. Atty. Thacher C. Jara	-Sangguniang Bayan Member
Hon. Joevin P. Doriman	-Sangguniang Bayan Member
Hon. Eduardo A. Domat-ol	-Sangguniang Bayan Member
Hon. Edilberto C. Febria	-Sangguniang Bayan Member
Hon. Jonathan P. Pineda, Sr.	-Sangguniang Bayan Member
Hon. Robert T. Caminero, MPA	-Sangguniang Bayan Member
Hon. Romel J. Beldua	-Sangguniang Bayan Member
Hon. Melchor Domingo M. Royo	-Ex-Officio/ABC President
Hon. Jonas O. Royo	-Ex-Officio/SKMF President
Hon. Gemma Q. Rarangol	-Ex-Officio/IPMR

SICK LEAVE:

Hon. Baltazar R. Solis, Jr. -Sangguniang Bayan Member

MUNICIPAL RESOLUTION NO. 139 **Series of 2022 (10th Council)**

A RESOLUTION CONFIRMING RESOLUTION NO. 03, SERIES OF 2022, OF THE MUNICIPAL NUTRITION COMMITTEE, RE: "ADOPTION OF THE 2012 NUTRITIONAL GUIDELINES FOR FILIPINOS"

Sponsor: Hon. Edilberto C. Febria

Co-sponsors: Hon. Beldua, Hon. Jara, Hon. Domat-ol, Hon. Doriman, Hon. Jonas Royo, and Hon. Melchor Domingo Royo

Whereas, forwarded to the Legislative Department for legislative action was an indorsement letter dated June 1, 2022 from the Office of the Mayor requesting this Sanggunian to adopt the attached Resolution No. 03 series 2022 of the Municipal Nutrition Committee regarding the Adoption of the 2012 Nutritional Guidelines for Filipinos;

Whereas, pursuant to Sec. 2 Declaration of Policy of Presidential Decree No. 491, the Government of the Philippines hereby declares the nutrition as now a priority of the government to be implemented by all branches of the government in an integrated fashion;

Whereas, the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST), an inter-agency and multi-disciplinary technical working group, revised the Nutritional Guidelines for Filipinos (NGF) in 2012;

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Whereas, last updated in 2000, the new Nutritional Guidelines for Filipinos (NGF) was approved by the National Nutrition Council (NNC) Governing Board through Resolution Number 6, series of 2012, during its October 31, 2012 meeting. The revision was in response to the changes in the nutrition situation of the country, as reported by the FNRI's 2008 and 2011 survey results, and in lieu of the new nutrition information and related interventions to address malnutrition;

Whereas, the Municipal Nutrition Committee observes that the Nutritional Guidelines for Filipinos (NGF) is sufficient and relevant in order that the constituents of the municipality shall have a healthier food intake and lifestyle;

Whereas, the Committee on Health and Social Services in its Committee Report No. 66 dated June 8, 2022 found the measure in order, hence recommended for its approval;

Wherefore, on motion of Hon. Edilberto C. Febria, duly seconded by all other SB Members present, it was:

Resolved, as it is hereby resolved, A RESOLUTION CONFIRMING RESOLUTION NO. 03, SERIES OF 2022, OF THE MUNICIPAL NUTRITION COMMITTEE, RE: "ADOPTION OF THE 2012 NUTRITIONAL GUIDELINES FOR FILIPINOS," as follows:

1. Eat a variety of foods everyday to get the nutrients needed by the body;
2. Breastfeed infants exclusively from birth up to 6 months then give appropriate complementary foods while continuing breastfeeding for 2 years and beyond for optimum growth and development;
3. Eat more vegetables and fruits everyday to get the essential vitamins, minerals and fiber for regulation of body processes;
4. Consume fish, lean meat, poultry, egg, dried beans or nuts daily for growth and repair of body tissues;
5. Consume milk, milk products and other calcium-rich foods, such as small fish and shellfish, everyday for healthy bones and teeth;
6. Consume safe foods and water to prevent diarrhea and other food and water-borne diseases;
7. Use iodized salt to prevent Iodine Deficiency Disorders;
8. Limit intake of salty, fried and sugar-rich foods to prevent cardiovascular diseases;
9. Attain normal body weight through proper diet and moderate physical activity to maintain good health and help prevent obesity; and
10. Be physically active, make healthy food choices, manage stress, avoid alcoholic beverages and do not smoke to help prevent lifestyle related non-communicable diseases.

Resolved finally, to furnish copies of this resolution the Office of the MSWD, Municipal Nutrition Committee, and Office of the Mayor for appropriate action.

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I hereby certify to the correctness of the above-quoted Resolution.



ROY C. TAGNYPEZ
(Administrative Officer IV)
Secretary Designate

ATTESTED AND CERTIFIED
TO BE DULY ADOPTED:



EDGARDO L. TIMBOL
(Municipal Vice Mayor)
Regular Presiding Officer

APPROVED:



MARIA THERESA R. TIMBOL
Municipal Mayor

Date signed: 15 JUN 2022