



Republic of the Philippines
QUEZON CITY COUNCIL

Quezon City
18th City Council

PR2012-41

65th Regular Session

RESOLUTION NO. SP- 5596, S-2012

A RESOLUTION ENJOINING ALL QUEZON CITY HALL EMPLOYEES, PUBLIC SCHOOLS AND BARANGAYS IN QUEZON CITY TO PRACTICE "LUNTIANG LUNES" OR MEATLESS MONDAY TO ENCOURAGE CONSUMPTION OF VEGETABLES WHICH WILL IMPROVE THE HEALTH AND NUTRITION OF RESIDENTS, STRENGTHEN FOOD SECURITY AND MINIMIZE ENVIRONMENTAL PROBLEMS ATTRIBUTED TO LIVESTOCK PRODUCTION.

Introduced by Councilor **JESSICA CASTELO DAZA**.

Co-Introduced by Councilors **Francisco A. Calalay, Jr., Dorothy A. Delarmente, Anthony Peter D. Crisolago, Ricardo T. Belmonte, Jr., Joseph P. Juico, Alexis R. Herrera, Precious Hipolito Castelo, Alfredo D. Vargas III, Eden "Candy" A. Medina, Julienne Alyson Rae V. Medalla, Roderick M. Paulate, Godofredo T. Liban II, Julian ML. Coseteng, Allan Benedict S. Reyes, Jaime F. Borres, Jose Mario Don S. De Leon, Gian Carlo G. Sotto, Eufemio C. Lagumbay, Jesus Manuel C. Suntay, Raquel S. Malañgen, Vincent DG. Belmonte, Marvin C. Rillo, Ivy Lim-Lagman, Ramulfo Z. Ludovica and John Ansell R. De Guzman.**

WHEREAS, a quarter of adult Filipino are already hypertensive ($\geq 140 / \geq 90$ mm Hg) and 7 million are diagnosed with diabetes making the Philippines one of the world's top 10 epicenters of the disease;

WHEREAS, studies have shown that Filipinos are meat-eaters and one of the lowest per capita intakes of vegetables in world with only 39 kg;

WHEREAS, the American Dietetic Association recognizes that reduced meat consumption decreases the risk of various health problems, stating, "Scientific data suggests positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, hypertension, diabetes mellitus and some types of cancers. Hence, going meatless even for just one week may reduce one's risk of chronic preventable conditions;

WHEREAS, the United Nations' Food and Agriculture Organization in 2006 revealed that the livestock industry is one of the major contributions for today's environmental issues as farmed animals and their by-products are responsible for at least 32.6 billion tons of carbon dioxide per year, or 15% of annual worldwide greenhouse gas emission;

[Handwritten signatures and initials]

WHEREAS, if every resident of Quezon City would leave out meat for one day a week, in just 1 year would reduce one's carbon footprint and save precious resources like trees, water and fossil fuel. This would have the same beneficial effect on CO₂ - emission as taking 12,8000 cars off the road or having 107 million trees planted and grown for 10 years helping address the rising concern on climate change;

WHEREAS, "Meatless Monday", a public health and environmental awareness campaign, was jointly launch in John Hopkins University and Columbia University Schools of Public Health in 2003 and has since then grown into a global movement;

WHEREAS, an internationally recognized local chapter called "Luntiang Lunes" was launch in July 25, 2011 with the objectives of encouraging Filipinos to refrain from eating meat products at least once a week;

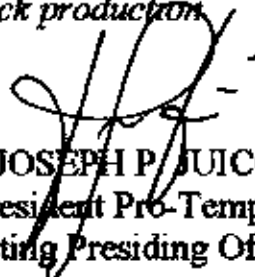
WHEREAS, the "Luntiang Lunes" is a campaign being spearheaded by the Luntiang Lunes, Inc., a Quezon City based nongovernmental organization headed by its founder, Custer C. Deocaris, Ph.D.;

WHEREAS, the campaign operates within the context of addressing the national issues on public health, food security, poverty alleviation, animal welfare and global issue on climate change and environmental degradation.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to enjoin, as it does hereby enjoin Quezon City Hall employees, public schools and Barangays to practice "Luntiang Lunes" or Meatless Monday to encourage consumption of vegetables, which will improve health and nutrition of Quezon City residents, strengthen food security and minimize environmental problems attributed to livestock production.

ADOPTED: September 10, 2012.



JOSEPH P. JUICO
President Pro-Tempore
Acting Presiding Officer

ATTESTED:


Atty. JOHN THOMAS S. ALFEROS III
City Gov't. Asst. Dept Head III

CERTIFICATION

This is to certify that this Resolution was APPROVED by the City Council on Second Reading on September 10, 2012 and was CONFIRMED on September 17, 2012.


Atty. JOHN THOMAS S. ALFEROS III
City Gov't. Asst. Dept Head III 