

# QC,Makati crack down on junk food, obesity

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Quezon City yesterday kicked off its crackdown on the sale of junk foods and sugary drinks in public and private schools.

The city health department inspected the Pasong Tamo Elementary School and the Lagro High School to check their compliance with Ordinance No. SP-2579, signed on June 22, 2017.

The ordinance bans the sale and promotion of junk foods and sugary drinks to students from preparatory to high school. The measure covers private and public schools and areas within 100 meters of the schools.

Violators face a fine of P1,000 for the first offense, P2,000 for the second offense and P5,000 and possible revocation of their barangay or business permit for the third offense. Among the banned items are pre-packed snacks, high-sugar pastries, deep-fried food, sodas, vitamin water, energy drinks, chocolate drinks and palamig.

The city health department issued a 50-item menu of allowed foods, among them boiled root crops and kakanin.

Makati City, on the other hand, launched cooking classes for parents to address the “rising number” of overweight children, Mayor Abby Binay said yesterday.

The program was launched in Barangay Guadalupe Viejo last Friday to teach parents to prepare healthful meals.

Records from the city’s health department showed that overweight children in Makati increased from 1,254 children in 2016 to 1,574 in 2017.

Under the program, the health department said parents of 30 children identified as overweight or obese were asked to attend the lecture and workshops on nutrition and food preparation along with “dancercise sessions” to incorporate physical activities for children.

The city government will roll out the program to all barangay health centers by October.