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Item No.: 04  
Date: APR 25 2023

SP Records  
APR 14 2023

Republic of the Philippines  
PROVINCE OF LEYTE  
Tacloban City

Province of Leyte  
Legal Office  
*Jose Raymund A. Acol*  
4.14.23

SANGGUNIANG PANLALAWIGAN  
**RECEIVED**  
13 April 2023  
PROVINCE OF LEYTE

PROVINCIAL LEGAL OFFICE

2<sup>nd</sup> INDORSEMENT  
April 4, 2023

Respectfully returned to the, Sangguniang Panlalawigan of Leyte through the SP Secretary, the attached Ordinance No. 2022-12 of the SB of Hindang, Leyte, recommending for the declaration of its validity pursuant to its power under Section 56 (c) of R.A 7160, the same being, to the opinion of the Provincial Legal Office (PLO), an exercise of the power essential to the promotion of he General Welfare, Health and Safety, authorized under Section 16 of the Code.

**ATTY. JOSE RAYMUND A. ACOL**  
Asst. Provincial Legal Officer *[Signature]*


Republic of the Philippines  
PROVINCE OF LEYTE

OFFICE OF THE SANGGUNIANG PANLALAWIGAN

1<sup>ST</sup> INDORSEMENT  
03 April 2023



The PROVINCIAL Legal Office is respectfully requested to review and submit recommendations, on the herein enclosed **ORDINANCE NO. 2022-12 OF THE MUNICIPALITY OF HINDANG, LEYTE, : "Adopting. PINGGANG PINOY: A Meal Guide to Filipino Adults for healthier inhabitants"**.

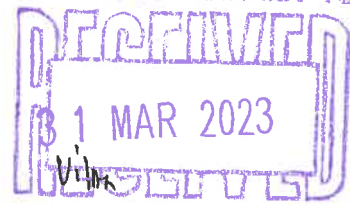
  
**FLORINDA JILL S. UYVICO**  
Secretary to the Sanggunian

  
SR Records  
4323



Republic of the Philippines  
Province of Leyte  
MUNICIPALITY OF HINDANG  
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SANGGUNIANG PANLALAWIGAN



OFFICE OF THE SANGGUNIANG BAYAN

10 March, 2023

**HON. LEONARDO M. JAVIER, JR.**  
*Vice Governor/Presiding Officer*  
*Sangguniang Panlalawigan*  
*Province of Leyte*

**THRU: FLORINDA JILL S. UYVICO**  
*Secretary to the Sangguniang Panlalawigan*  
*Province of Leyte*

**Sir:**

I am submitting herewith to your office Sixteen (16) sets of ORDINANCE No. 2022-12 of the Sangguniang Bayan, Hindang, Leyte, RE: *"An Ordinance adopting PINGGANG PINOY: A Meal Guide to Filipino Adults for Healthier Inhabitants"*, for review and approval of this Body.

Anticipating your favorable action on the matter.

Thank you.

  
**ANNABEL A. MABALE**  
*Secretary to the Sanggunian*



Republic of the Philippines  
Province of Leyte  
MUNICIPALITY OF HINDANG  
-oOo-

SANGGUNIANG BAYAN HINDANG  
**RECEIVED**  
31 MAR 2023  
Vik  
PROVINCE OF LEYTE

OFFICE OF THE SANGGUNIANG BAYAN

EXCERPT FROM THE MINUTES OF THE SANGGUNIANG BAYAN OF HINDANG,  
LEYTE, IN ITS REGULAR SESSION HELD ON SEPTEMBER 27, 2022 AT THE SB SESSION  
HALL

ORDINANCE NO. 2022-12

Authored by Hon. Romulo D. Basañez

*EXPLANATORY NOTE*

Pinggang Pinoy is a project developed by the Department of Science and Technology – Food and Nutrition Research Institute (DOST-FNRI) in collaboration with the World Health Organization (WHO), Department of Health (DOH) and the National Council (NCC) to provide Filipinos with a visual guide to the appropriate proportion of food groups or a daily diet. It shows the right portions of GO, GROW and GLOW food groups per meal. Half of the plate is dedicated to fiber-and vitamin-rich GLOW foods composed of fruits and vegetables. The other half is divided into two (2) unequal servings with GO foods taking a larger portion than GROW foods – GO foods are the main source of energy such as good carbohydrates from whole grains, unrefined breads and most root crops as well as healthy fats such as nuts, butter and fish oil; on the other hand, GROW foods such as meat, poultry, fish, milk, eggs and nuts are rich in protein and considered muscle-builders. Thus, this legislative measure is for the general welfare of the Municipality of Hindang, Province of Leyte and its inhabitants pursuant to Section 16 of the Local Government Code of 1991.

BE IT ENACTED by the Sangguniang Bayan of Hindang, Leyte, in its regular session assembled this date, that:

SECTION 1 TITLE. This Ordinance shall be known and cited as “Adopting PINGGANG PINOY: A Meal Guide to Filipino Adults for Healthier Inhabitants”.

SECTION 2. DECLARATION OF POLICY. It is hereby the declared policy of the Municipal Government to promote the general welfare of the Municipality by adopting PINGGANG PINOY: A Meal Guide to Filipino Adults for Healthier Inhabitants.

SECTION 3. DEFINITION OF TERMS. The following shall be understood as follows:

- 3.1 PINGGANG PINOY – a project developed by the Department of Science and Technology – Food Nutrition Research Institute (DOST-FNRI) in collaboration with the World Health Organization (WHO), Department of Health (DOH) and the National Nutrition Council (NCC) to provide Filipino adults with a visual guide to the appropriate proportion of food groups on a daily diet.
- 3.2 GO Foods – the main source of energy such as good carbohydrates from whole grains, unrefined breads and most root crops as well as healthy fats such as nuts, butter and fish oil.

*Romulo D. Basañez*

*[Handwritten signatures and initials on the right margin]*

(ORDINANCE No. 2022-12 of the Sangguniang Bayan of Hindang, Leyte, RE: "This Ordinance shall be known and cited as Adopting PINGGANG PINOY: A Meal Guide to Filipino Adults for Healthier Inhabitants".....continued)

3.3 GROW Foods – those rich in protein such as meat, poultry, fish, milk, eggs and nuts which are considered muscle-builders.

3.4 GLOW Foods – fiber-and vitamin-rich foods composed of fruits and vegetables.

3.5 ADULTS – 19 years old and above without special medical attention.

SECTION 4. ADOPTION OF THE PINGGANG PINOY. The Municipal Government shall adopt the PINGGANG PINOY. A meal guide for Filipino adults as the official visual guide or food plate chart in Hindang, Leyte with half of the plate dedicated to GLOW foods and the other half to be divided between the GO foods with the former taking a larger portion than the latter.

SECTION 5. PRINTING AND DISTRIBUTION OF THE PINGGANG PINOY. The Municipal Government shall cause the printing and distribution of the PINGGANG PINOY to every household in the Municipality.

SECTION 6. APPROPRIATION. There is hereby appropriated from the General Fund in the amount of One Hundred Thousand Pesos (Php100,000.00) for the reproduction and the distribution to every household of the PINGGANG PINOY in the Municipality.

SECTION 7. SEPARABILITY CLAUSE. If any provision of this Ordinance is declared unconstitutional, the remaining provisions which are not affected shall remain in full force and effect.

SECTION 8. REPEALING CLAUSE. Any ordinance inconsistent with this ordinance shall be deemed amended, modified or repealed accordingly.

SECTION 9. EFFECTIVITY CLAUSE. This ordinance shall become effective in accordance with law.

ENACTED this 27th day of September, 2022 by this Sanggunian in its regular session held for the purpose at the SB Session Hall, this Municipality, with the following votes:

Yes (9)

No (0)

Abstain (0)

  
MIKHAEL ANNE GELO D. ABOYME  
SB Member

  
JOSE NAPOLEON D. MONTERO  
SB Member

(On leave)  
LEONIDA A. CAVITE  
SB Member

  
ROMULO D. BASAÑEZ  
SB Member

  
BENEDICTO L. YANOLA  
SB Member

  
SERAFIN A. CAVERO  
SB Member

*Betty A. Cabal*

*[Handwritten mark]*

*[Handwritten mark]*

*[Handwritten mark]*

*[Handwritten mark]*

*[Handwritten mark]*

*[Handwritten mark]*

(ORDINANCE No. 2022-12 of the Sangguniang Bayan of Hindang, Leyte, RE: "This Ordinance shall be known and cited as Adopting PINGGANG PINOY: A Meal Guide to Filipino Adults for Healthier Inhabitants".....continued)

  
**SORIANO B. DELALAMON**  
SB Member

  
**SALVADOR E. BAÑEZ, JR.**  
SB Member


  
**ABSALON A. BARDOS**  
Ex Officio Member LIGA President

  
**JESSA MONICA C. BUENAFE**  
Ex- Officio Member SK Fed President

**CERTIFIED CORRECT:**

  
**ANNABEL A. MABALE**  
Secretary to the Sanggunian

  
**ATTESTED TO BE DULY ADOPTED:**

  
**ELPIDIO B. CABAL, JR.**  
Municipal Vice Mayor  
Presiding Officer

**APPROVED:**

  
**BETTY A. CABAL**  
Municipal Mayor



Republic of the Philippines  
Province of Leyte  
MUNICIPALITY OF HINDANG  
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OFFICE OF THE SANGGUNIANG BAYAN

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CERTIFICATION

TO WHOM IT MAY CONCERN:

THIS IS TO CERTIFY *that* ORDINANCE NO. 2022-12 of the Sangguniang Bayan, Hindang, Leyte, RE: *"No. 2022-12 of the Sangguniang Bayan, Hindang, Leyte, RE: "An Ordinance adopting PINGGANG PINOY: A Meal Guide to Filipino Adults for Healthier Inhabitants"*, had been correspondingly posted in three (3) conspicuous places of the municipality as prescribed under the Local Government Code of 1991 otherwise known as Republic Act 7160.

GIVEN *this* 28th day of February, 2023 at Hindang, Leyte, Philippines.

  
ANNABEL A. MABALE  
*Secretary to the Sanggunian*