

Proclamation

Celebrating National Nutrition Month®

WHEREAS, National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

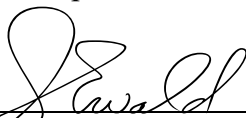
WHEREAS, National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste; and

WHEREAS, the Mayor's Wellness Advisory Committee was established to work with Mayors and key leaders to promote healthy behaviors and shape healthier lifestyles for the men, women and children in their communities, and

WHEREAS, the Mayor's Wellness Advisory Committee recognizes that food is the substance by which life is sustained and the type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness; and

WHEREAS, there is a need for continuing nutrition education and a wide-scale effort to encourage healthy eating practices.

NOW THEREFORE, I, Stacey Ewald, Mayor of the Township of Chatham do hereby proclaim that the Township of Chatham, together with the Mayor's Wellness Advisory Committee, encourages all citizens to celebrate National Nutrition Month® during the month of March and in doing so, become more informed about their food choices and nutrition, and develop sound eating and physical activity habits, in order to achieve optimum health for both today and tomorrow.



Stacey Ewald, Mayor