

TOWN OF QUARTZSITE

COMMON COUNCIL A PROCLAMATION

NATIONAL NUTRITION MONTH MARCH 2016

WHEREAS, food is necessary to life, and the type, quality and amount of food consumed by individuals each day is a vital part of overall health and physical fitness; and

WHEREAS, the first National Nutrition Week campaign was launched in 1973 with a presidential proclamation, and a massive publicity campaign that included bumper stickers, all featuring the theme, "Invest in Yourself—Buy Nutrition;" and

WHEREAS, National Nutrition Month® is a nutrition education and information campaign focusing attention on the importance of making informed food choices and developing sound eating habits and physical activity habits; and

WHEREAS, it is important to seek out timely and credible sources to provide scientifically-based food and nutrition information; and

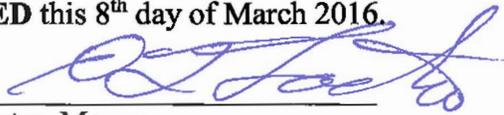
WHEREAS, the theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives; and

WHEREAS, YOUR food choices each day affect your health — how you feel today, tomorrow, and in the future; and

WHEREAS, how, when, why and where we eat are just as important as what we eat, we all should cultivate a sensible eating pattern that includes foods that are flavorful and nutritious — that is the best way to savor the flavor of eating right!

NOW, THEREFORE, we, the Common Council of the Town of Quartzsite, La Paz County, Arizona, take great pleasure in proclaiming **March 2016** as **National Nutrition Month** in the Town of Quartzsite, Arizona, and we urge all citizens to focus attention on making informed food choices for themselves and the ones they care for.

DATED this 8th day of March 2016.


Ed Foster, Mayor

Given under my hand in these free United States in the Town of Quartzsite, Arizona, on the 8th day of March in the year Two Thousand Sixteen; and to which I have caused the Seal of the Town of Quartzsite to be affixed and have made this proclamation public.

ATTEST:


Tina M. Abriani, Town Clerk