

Proclamation



Bob Buckhorn, Mayor

WHEREAS, 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 our citizens' overall health and physical fitness; and

WHEREAS, National Nutrition Month® is an education and information campaign established in 1973 by the Academy of Nutrition & Dietetics, formerly the American Dietetic Association, and celebrated annually in March, designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

WHEREAS, eating well means eating a variety of healthy food in the right amounts so your body will get the nutrients needed to maintain good health and work properly; and

WHEREAS, in Florida, the Governor's Council for Physical Fitness was established by executive order in 2007 for the purpose of establishing a state plan of action to increase Floridians' level of physical fitness through regular exercise and sound nutrition practices; and

WHEREAS, National Nutrition Month® is designed to reinforce healthy and nutritious eating habits, and the theme for 2014, "**Enjoy the Taste of Eating Right**" focuses on how to combine taste and nutrition to create healthy meals that follow the Dietary Guideline recommendations; and

WHEREAS, the purpose of this campaign is to foster public awareness regarding the importance of good nutrition and physical activity, and to promote lifestyle behavior changes that lead to positive nutrition status, healthy body weights and fitness, and registered dietitians play a critical role in helping people make nutritious food options. The City of Tampa is committed to promoting the health and well-being of our citizens and is pleased to join in this health initiative; and

WHEREAS, in celebration of National Nutrition Month®, the **Tampa Dietetic Association**, a local affiliate of the Academy of Nutrition & Dietetics, will participate in events including the St. Petersburg Free Clinic Food Drive, volunteering with Feeding America and the Sustainable Living Project, joining in the Juvenile Diabetes Research Foundation (JDRF) Tampa Bay Chapter's **2014 5K Walk to Cure Diabetes**, and hosting **Ask-the-Dietitian** events at several Publix Supermarkets featuring educational handouts and interaction with the public on how to make informed choices to improve overall health and fitness.

NOW, THEREFORE, I, Bob Buckhorn, by virtue of the authority vested in me as Mayor of the City of Tampa, Florida do hereby proclaim the month of March 2014 as

"NATIONAL NUTRITION MONTH®"

in the city of Tampa, Florida and urge all residents to join me and the Tampa Dietetic Association in this campaign, and to make an effort to learn more about the importance of good nutrition in the hope of achieving optimum health.

Dated in Tampa, Florida this 26th day of February, 2014.



Bob Buckhorn

Mayor