

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* 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 2016, *Savor the Flavor of Eating Right* encourages everyone to take time to enjoy food traditions, appreciate the pleasures, great flavors, and social experiences food can add to our lives, and develop a mindful eating pattern that includes nutritious and delicious foods every day; 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 a positive nutrition status, healthy body weight 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 Academy of Nutrition and Dietetics**, a local organization of registered dietitians and dietetic technicians and an affiliate of the Academy of Nutrition & Dietetics, is hosting events throughout the month of March featuring educational activities, volunteer opportunities, informational handouts, and interactions 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 2016 as

“NATIONAL NUTRITION MONTH®”

in the city of Tampa, Florida and urge all residents to join me and the Tampa Academy of Nutrition and Dietetics in this campaign, and to make an effort to learn more about the importance of good nutrition to achieve optimum health.

Dated in Tampa, Florida this 23rd day of February, 2016.



Bob Buckhorn

Mayor

