

PROCLAMATION FOR NATIONAL NUTRITION MONTH

WHEREAS, food is the substance by which life is sustained; and

WHEREAS, 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 grand need for continuing education and wide-scale effort to enhance healthy eating practices in our county; and

WHEREAS, licensed registered dietitians across the Rio Grande Valley are making an impact in health for families across the RGV by encouraging and empowering students to pursue the field of dietetics and STEM at the University of Texas Rio Grande Valley to working in school food service and feeding our youth; and

WHEREAS, bringing malnutrition and diabetes prevention awareness is important to local licensed registered dietitians in a region where there is a high prevalence of diabetes, heart disease and other diet-causing ailments; and

WHEREAS, Hidalgo County encourages all citizens to join the campaign and become involved in their nutrition and the nutrition of others in the hope of achieving optimum health for both today and tomorrow.

NOW, THEREFORE, BE IT RESOLVED that the Hidalgo County Commissioners Court hereby proclaims March as National Nutrition Month.

Approved this 21st day of March 2023