

National Nutrition Month

WHEREAS, the type, quality and amount of food that La Habra residents consume each day plays a vital role in their overall health and physical wellbeing; and,

WHEREAS, nutrient needs change over an individual's lifespan; and,

WHEREAS, following a dietary pattern can help maintain food health and reduce the risk of chronic diseases throughout all stages of life; and,

WHEREAS, there is a need for continuing nutrition education to enhance healthy eating practices throughout La Habra; and,

WHEREAS, one way to experience the benefits of healthy eating is to consult with a registered dietitian for personalized nutrition advice; and,

WHEREAS, every March, the campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

WHEREAS, the City of La Habra encourages all citizens to take the opportunity during National Nutrition Month to think about their nutrition to achieve optimum health for today and tomorrow.

NOW, THEREFORE, BE IT PROCLAIMED, that the City Council of the City of La Habra does hereby recognize the month of March as National Nutrition Month.

DATED this 6th day of March, 2023.

James Gomez
Mayor

Attest: Rhonda J. Barone, CMC
Acting City Clerk