



County Commissioners of Charles County

PROCLAMATION 2023-15

National Nutrition Month

Whereas, food is the substance by which life is sustained; and the type and quality of food consumed each day plays a vital role in health and overall well-being; and

Whereas, every March National Nutrition Month is an opportunity to increase public awareness of the importance of good nutrition and during the month several education sessions will be offered through the senior centers; and

Whereas, Charles County is committed to working with the community and to help expand access to those in need of healthy meals; and

Whereas, the theme for National Nutrition Month is "Fuel for the Future", eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.

Whereas, there is a need for a wide-scale effort to enhance healthy eating practices; and Charles County encourages all citizens to take the time to think about their nutrition to achieve optimum health for today and tomorrow; and

Whereas, the Charles County community benefits from awareness efforts to educate residents about a healthy sustainable way of living.

NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, do hereby proclaim March 2023 as **National Nutrition Month** in Charles County.



COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND

Reuben B. Collins, II, Esq., *President*

Ralph E. Patterson, II, M.A., *Vice President*
District 4

Gilbert O. Bowling, III
District 1

Thomasina O. Coates, M.S.
District 2

Amanda M. Stewart, M.Ed.
District 3

Attest:

Carol A. DeSoto, Clerk to the Commissioners