



County Commissioners of Charles County

PROCLAMATION 2024-14

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 2024 theme for National Nutrition Month is "Beyond the Table", which focuses on the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets as well as home safety and storage practices. It also focuses on the ways we eat around the dinner table but also on the go and decreasing food waste from school and work to home and beyond; and

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 2024 as National Nutrition Month in Charles County.

COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND

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

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District 4

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Attest:

Christina Elkins, Assistant Clerk to the Commissioners