NATIONAL NUTRITION MONTH PROCLAMATION
MARCH 2013

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 wellness; and

WHEREAS, there is a need for nutrition services for older adults including congregate meal-sites and home-delivered meals, nutrition education and a wide-scale effort to enhance good eating practices; and

WHEREAS, the City of Lafayette congregate meal-site, the Eat, Meet N' Greet Café, at its new Josephine Commons location and Home Delivered Meals by Meals on Wheels of East Boulder County strives to enhance the strengths of older adults through nutrition choices, provide dietary sound meals, and connect older adults to the community and each other; and

WHEREAS, provides an environment for accessing wellness and life-long learning classes, intergenerational events, and special events that encourage participation and reduce isolation; and

WHEREAS, provides resources that support older adults, their families and caregivers, and targets those most in need; the frail, the low-income and minorities in our community; and

WHEREAS, provides a welcoming environment, enough to eat, and is affordable for all regardless of income levels or ability to pay.

NOW THEREFORE, that the Mayor and City Council of Lafayette do hereby proclaim March as NUTRITION MONTH IN LAFAYETTE, COLORADO and call on all citizens to join with us in the campaign to end senior hunger and become concerned about nutrition of older adults and all others in the hope of achieving optimum health for both today and tomorrow.

PASSED AND RESOLVED THIS 5TH DAY OF MARCH 2013.

CITY OF LAFAYETTE

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Carolyn D. Cutler, Mayor

ATTEST:

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Susan Koster, City Clerk