

The State of Washington



Proclamation

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

WHEREAS, the type, quality, and amount of food that individuals consume each day play a vital role in their overall health and physical fitness; and

WHEREAS, it is important to eat fruits and vegetables to maintain good health and in order to meet the recommended daily requirements, fruits and vegetables should be included with every meal; and

WHEREAS, fewer than 1 in 10 children and adults eat the daily recommended amount of vegetables; and

WHEREAS, poor nutrition results in many chronic conditions that are expensive to treat, such as obesity, type 2 diabetes, heart disease, and some cancers; and

WHEREAS, breastfeeding is the best source of nutrition for infants, and breastfeeding can reduce the risk of certain long-term health conditions; and

WHEREAS, there is a need for continuing nutrition education and a wide-scale effort to enhance eating practices;

NOW, THEREFORE, I, Jay Inslee, governor of the state of Washington, do hereby proclaim March 2024 as

Nutrition Month

in Washington, and I encourage all people in our state to join me in this special observance.

Signed this 15th day of January, 2024

Governor Jay Inslee

