

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

NOW, THEREFORE, I, Bob Ferguson, governor of the state of Washington, do hereby proclaim March 2025 as

Nutrition Month

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

Signed this 27th day of March, 2025

Governor Bob Ferguson

