

# 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**, 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 2023 as

### *Nutrition Month*

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

Signed this 15<sup>th</sup> day of February, 2023

A handwritten signature in blue ink that reads "Jay Inslee".

Governor Jay Inslee

