

# Proclamation

Issued By The Mayor

WHEREAS, nutrition education, which includes healthy choices for cooking and eating, physical activity and way of living, is an essential component to creating a vibrant and sustainable San Leandro community and to fighting the national and local obesity epidemic that affects San Leandro residents; and

WHEREAS, through community awareness of healthy lifestyle choices and providing healthy opportunities, with an emphasis on children and students, specifically providing leadership roles for youth within city initiatives and community input on access to recreation space and healthy grocery stores, San Leandro citizens will live longer, healthier lives with increased potential for success and happiness; and

WHEREAS, community programs and partnerships, such as Project EAT at Washington Elementary School, Safe Routes To Schools, and Boys and Girls Club programming promotes healthy and wellness and provides an enriching, collaborative and supportive environment for all San Leandro citizens to make healthy choices and have equal access to fresh, nutritious foods and physical fitness opportunities; and

WHEREAS, The Academy of Nutrition and Dietetics and communities across the nation hold nutrition education events and activities in March as part of an ongoing wide-scale effort to promote healthy food and fitness habits to decrease obesity and its related health effects.

NOW, THEREFORE, I, Stephen H. Cassidy, Mayor of the City of San Leandro, on behalf of the City Council, do hereby proclaim March 2013, as "**NATIONAL NUTRITION MONTH®**" in San Leandro, and encourage all residents to join the campaign and become concerned about their nutrition and the nutrition of others in hope of achieving optimum health for both today and tomorrow.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of San Leandro to be affixed this 4<sup>th</sup> day of March 2013.



A handwritten signature in blue ink, appearing to read "Stephen H. Cassidy", is written over a horizontal line.

Mayor  
City of San Leandro, California