

**RESOLUTION 229(18)**

August 8, 2018

WHEREAS, eating a diet rich in colorful fruits and vegetables has many potential health benefits, including reducing the risk of chronic diseases; and

WHEREAS, fruits and vegetables are rich in vitamins, fiber and minerals that help you feel healthy and energized and are naturally low in calories; and

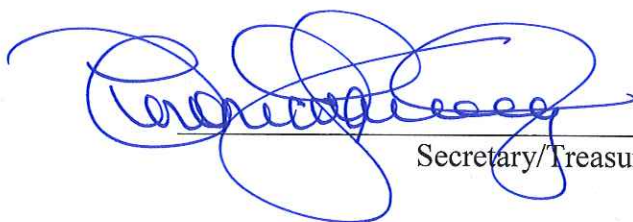
WHEREAS, the Ocean County Health Department promotes healthy eating with the use of health education programs presented to schools and communities throughout the county; and

WHEREAS, the Fruits and Veggies – More Matters health initiative suggests ways to add more fruits and vegetables to every eating occasion, including filling half your plate with fruits and vegetables, trying new fruits and vegetables and educating about and encouraging your children to eat more and new fruits and vegetables.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health proclaims the month of September, 2018 as Fruits and Veggies Month in Ocean County and will continue to promote and encourage healthy eating.

BE IT FURTHER RESOLVED that a copy of the resolution shall be forwarded to the Ocean County Board of Chosen Freeholders.

Name	Bacchione	Blake	Dasti	Hill	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes		✓	✓	✓	✓		✓	✓	✓
Abstain									
Nays									
Absent	✓					✓			

  
Secretary/Treasurer