

RESOLUTION

226(20)

August 12, 2020

WHEREAS, the goal of Fruits and Veggies Month is to increase the daily consumption of fresh produce; and

WHEREAS, a healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They are also essential in many daily functions of a healthy body; and

WHEREAS, all forms of fruits and vegetables – fresh, frozen, canned, dried and 100% juice – can be part of a healthy diet. They can be eaten raw or cooked whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient and affordable foods you can eat; 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 saturated fat; and

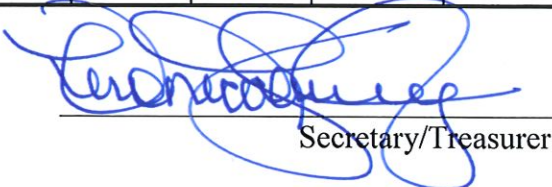
WHEREAS, the Ocean County Health Department promotes healthy eating with the use of health education programs presented to schools and communities throughout the county; and

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 2020 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	Crea	Hill	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓	✓	✓		✓	✓	✓
Abstain									
Nays									
Absent									


Secretary/Treasurer