

RESOLUTION 83(21)

February 24, 2021

WHEREAS, National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics; and

WHEREAS, the National Nutrition Month 2021 theme – **Personalize Your Plate** - supports the philosophy that there is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are; and

WHEREAS, the campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

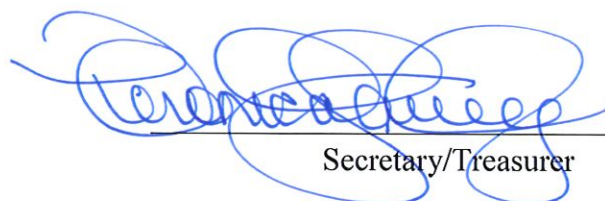
WHEREAS, there's no one diet that is right for everyone, so it's important to follow a healthful eating plan that's packed with tasty foods and that keeps your unique lifestyle in mind; and

WHEREAS, nutrition for most consumers is more about navigating the systems of their lives to make good decisions than worrying about being vitamin deficient; and

WHEREAS, the Ocean County Health Department operates one of the largest Women, Infants, and Children (WIC) programs in the State of New Jersey currently serving over 20,000 participants in the year 2021.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health proclaims the month of March 2021 as **National Nutrition Month** and encourages all residents to join the campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health for both today and tomorrow.

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


Secretary/Treasurer