

RESOLUTION 234(21)

August 11, 2021

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

WHEREAS, the vast majority of Americans do not meet recommended fruit and vegetable intake with 80% under-consuming fruit and nearly 90% under-consuming vegetables; and

WHEREAS, over the past 16 years, the frequency in which Americans consume produce has decreased by nearly 10%. This amounts to a loss of at least one fruit/vegetable eating occasion per week. Between 2015-2020 alone, consumption declined by 3%, indicating that the trend is worsening every year; 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; 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, fruits and vegetables – whether they’re fresh, frozen, canned, packaged, dried or 100% juice – are some of the most beneficial plant foods on the planet. Everyone can enjoy happier, healthier lives simply by eating more of them; 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

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health proclaims the month of September 2021 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 Commissioners.

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


Secretary/Treasurer