

**RESOLUTION 49(22)**

February 2, 2022

WHEREAS, National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits; and

WHEREAS, the National Nutrition Month 2022 theme – **Celebrate a World of Flavors** - highlights the unique, cultural variety of foods available to people from around the world and the role that dietitians play in helping clients create healthy habits while celebrating their cultural foods and heritage; and

WHEREAS, the campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits that can be followed all year long; 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

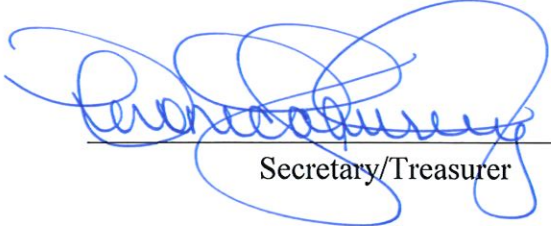
WHEREAS, individuals are encouraged to seek the advice of registered dietitian nutritionists – the food and nutrition experts who can help develop individualized eating and activity plans to meet people's health goals; and

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 23,000 participants in the year 2022; and

WHEREAS, the WIC program provides individualized nutrition education and group education classes are provided by trained nutritionists and Registered Dietitian Nutritionists and cover health topics such as infant nutrition, healthy weight, breastfeeding, cholesterol, food allergies, and nutritional deficiencies.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health proclaims the month of March 2022 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	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓	✓	✓		✓	✓	✓
Abstain									
Nays									
Absent						✓			

  
Secretary/Treasurer