

RESOLUTION

60(23)

February 8, 2023

WHEREAS, National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics that focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

WHEREAS, the National Nutrition Month 2023 theme - **Fuel for the Future** - this theme encourages people to engage in their future health by considering the importance of nutrition; 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 the largest Women, Infants, and Children (WIC) program in the State of New Jersey currently serving nearly 27,000 participants in the year 2023; and

WHEREAS, the WIC program encourages residents to check out the program and how it “fuels the future” at our Annual National Nutrition Month event on March 8, 2023 at the Lakewood WIC Office.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health, County of Ocean, State of New Jersey, proclaims the month of March 2023 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	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓		✓		✓	✓	✓	✓	✓
Abstain									
Nays									
Absent		✓		✓					



Secretary/Treasurer