

RESOLUTION

233(24)

August 14, 2024

WHEREAS, the goal of **Fruits and Veggies Month** is to increase the daily consumption of fresh produce; and The 2024 National Fruits & Veggies Month theme is **Every Time You Eat, Have A Plant®** highlights hacks, flavor and fun! We all need to be eating plants at every turn throughout our food journeys, so we're highlighting ways to make it easy to Have A Plant® while shopping, dining out, enjoying a meal with family, at school or on-the-go for better health and happiness; 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; and

WHEREAS, National Fruits & Veggies Month is a time to celebrate all the goodness that fruits and veggies bring to our tables, our minds, our souls as well as our health and happiness; and

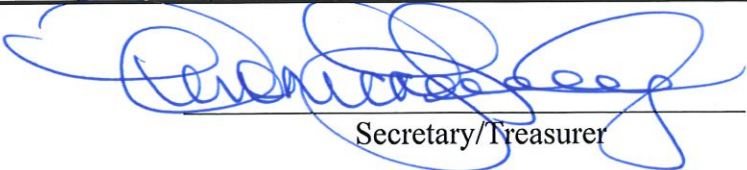
WHEREAS, a healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They are also essential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

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

NOW, THEREFORE, BE IT RESOLVED, by the OCEAN COUNTY BOARD OF HEALTH, County of Ocean, State of New Jersey does hereby proclaim the month of September 2024 as Fruits and Veggies Month in Ocean County and will continue to promote and encourage healthy eating.

BE IT FURTHER RESOLVED that a certified copy of the resolution shall be forwarded to the Ocean County Board of Commissioners.

Name	Bacchione	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓		✓	✓		✓	✓	✓
Abstain									
Nays									
Absent			✓			✓			


Secretary/Treasurer