

*State of Maine*



**WHEREAS**, food is the substance by which life is sustained; and

**WHEREAS**, the type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness; and

**WHEREAS**, there is a need for continuing nutrition education and a wide-scale effort to enhance healthy eating practices; and

**WHEREAS**, the Maine Academy of Nutrition and Dietetics represents Registered Dietitians and Dietetic Technicians - Registered, who provide reliable, accurate, and science-based nutrition information to the people of Maine.

**NOW, THEREFORE**, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby proclaim the month of March as

### **National Nutrition Month**

throughout the State of Maine, and I urge all citizens to recognize this observation through increased awareness of their nutrition, health, and well-being.

In testimony whereof, I have caused  
the Great Seal of the State to be  
hereunto affixed GIVEN under my  
hand at Augusta this twenty fourth day  
of February Two Thousand Twenty

Janet T. Mills  
Governor

Matthew Dunlap  
Secretary of State

TRUE ATTESTED COPY

