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