

BOARD OF SUPERVISORS, COUNTY OF LAKE, STATE OF CALIFORNIA

## *PROCLAMATION*

### DESIGNATING THE MONTH OF MARCH AS NATIONAL NUTRITION MONTH IN LAKE COUNTY

**WHEREAS**, food is the substance by which life is sustained, and the type, quality, and amount of food we consume each day plays a vital role in overall health, physical fitness, and well-being; and

**WHEREAS**, proper nutrition is essential to the growth and development of infants and children and supports improved maternal health, stronger immune systems, safer pregnancy and childbirth, and lifelong healthy habits; and

**WHEREAS**, better nutrition is associated with a lower risk of chronic and non-communicable diseases such as diabetes and cardiovascular disease, as well as improved mental health and longevity; and

**WHEREAS**, National Nutrition Month is a nationally recognized observance that encourages individuals and families to make informed food choices and develop healthy eating and physical activity habits; and

**WHEREAS**, there is a continuing need for nutrition education and a community-wide effort to enhance healthy eating practices and expand access to nutritious, affordable, and culturally diverse foods for all residents; and

**WHEREAS**, access to nutritious, affordable food is a key factor in reducing health disparities and improving outcomes for children, families, seniors, and the community throughout Lake County; and

**WHEREAS**, community organizations, healthcare providers, schools, and local agencies work collaboratively to educate residents about the importance of balanced nutrition, food security, and healthy lifestyles; and

**WHEREAS**, the theme for National Nutrition Month 2026 is "Discover the Power of Nutrition," highlighting the ability of nutrition to help individuals and communities flourish by embracing balanced, accessible, and culturally inclusive approaches to healthy eating.

**NOW, THEREFORE, BE IT PROCLAIMED**, that the Board of Supervisors of Lake County does hereby designate the month of March 2026 as National Nutrition Month in Lake County, and encourages all residents, businesses, schools, and community organizations to observe this month by learning about healthy eating, supporting access to nutritious foods, and promoting wellness in homes and neighborhoods throughout the county.

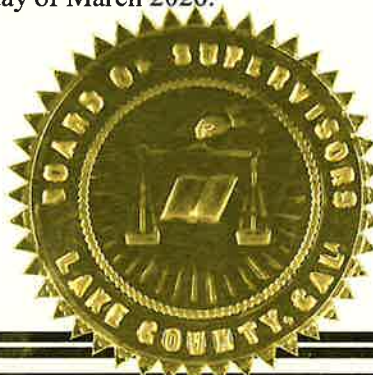
**BE IT FURTHER PROCLAIMED**, that Lake County recognizes and thanks the many organizations and individuals who work to improve nutrition, food access, and health education for our community.

PASSED AND ADOPTED this 3<sup>rd</sup> day of March 2026.

ATTEST: SUSAN PARKER  
Clerk to the Board

COUNTY OF LAKE

By: \_\_\_\_\_



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Chair, Board of Supervisors