

STATE OF OREGON
PROCLAMATION
OFFICE OF THE GOVERNOR

WHEREAS: Food is more than the substance by which life is sustained—the type, quality and amount of food that individuals consume plays a vital role in shaping overall physical fitness, mental health, and emotional clarity; and

WHEREAS: Science-backed nutritional education is important for people to make informed food choices in the furtherance of fostering healthful life habits and building a balanced and nutritional diet; and

WHEREAS: National Nutrition Month provides an opportunity for people to take charge of their nutrition and think deliberately about the role that balanced nutrition plays in their lives and the lives of their loved ones as we strive for optimum health.

NOW,

THEREFORE: I, Tina Kotek, Governor of the State of Oregon, hereby proclaim **March 2024** to be

NATIONAL NUTRITION MONTH

in Oregon and encourage all Oregonians to join in this observance.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed.
Done at the Capitol in the City of Salem in the State of Oregon on this day, February 29, 2024.



Tina Kotek, Governor

LaVonne Griffin-Valade, Secretary of State