



## National Nutrition Month

**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**, better nutrition is related to improved infant, child and maternal health; stronger immune systems; safer pregnancy and childbirth; lower risk non-communicable diseases such as diabetes and cardiovascular disease; and longevity; and

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

**WHEREAS**, the theme for National Nutrition Month® 2026 is "Discover the Power of Nutrition". The theme focuses on the ability of nutrition to help people and communities flourish. By embracing balanced, culturally diverse, and accessible nutrition, we empower individuals and families across our state to thrive at every stage of life.

**NOW THEREFORE**, the City Council of the City of Clearlake DOES HEREBY PROCLAIM MARCH 2026, as "National Nutrition Month®" in the City of Clearlake, and encourages all citizens to join the campaign in an effort to achieve optimum health benefits from the transformative power of food and nutrition.

Dated this 5<sup>th</sup> day of March, 2026

Dirk Slooten, Mayor