



County Commissioners of Charles County

PROCLAMATION 2025-13

National Nutrition Month

Whereas, food is the substance by which life is sustained; and the type and quality of food consumed each day plays a vital role in health and overall well-being; and

Whereas, every March National Nutrition Month is an opportunity to increase public awareness of the importance of good nutrition and during the month several education sessions will be offered through the senior centers; and

Whereas, Charles County is committed to working with the community and to help expand access to those in need of healthy meals; and

Whereas, the 2025 theme for National Nutrition Month is "Food Connects Us", addresses that food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health; and

Whereas, there is a need for a wide-scale effort to enhance healthy eating practices; and Charles County encourages all citizens to take the time to think about their nutrition to achieve optimum health for today and tomorrow; and

Whereas, the Charles County community benefits from awareness efforts to educate residents about a healthy sustainable way of living.

NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, do hereby proclaim March 2025 as **National Nutrition Month** in Charles County and encourage residents to become more aware of healthy food choices and good nutrition.

COUNTY COMMISSIONERS OF
CHARLES COUNTY, MARYLAND

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Attest:

Carol A. Desoto, Clerk to the Commissioners