



County Commissioners of Charles County

PROCLAMATION 2026-12 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, National Nutrition Month is an opportunity to increase public awareness of the importance of good nutrition on our physical, mental and emotional wellness; and

WHEREAS, the 2026 theme for National Nutrition Month "Discover the Power of Nutrition!" highlights nutrition's role in helping individuals and communities thrive by encouraging informed food choices, developing healthy habits, and understanding how food impacts overall well-being; 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, Charles County is committed to working with the community to help expand access to those in need of healthy meals and support initiatives that promote health education, wellness and access to resources that empower residents to make healthier choices.

NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, do hereby proclaim March 2026 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

Reuben B. Collins, II, Esq., *President*

Ralph E. Patterson, II, M.A., *Vice President*
District 4

Gilbert O. Bowling, III
District 1

Thomasina O. Coates, M.S.
District 2

Amanda M. Stewart, Ed.D.
District 3



Attest:


John Adelodun, Assistant Clerk to the Commissioners