RESOLUTION 2014- 326

WHEREAS, eating a diet rich in colorful fruits and vegetables has many potential health benefits, including reducing the risk of chronic diseases; and

WHEREAS, fruits and vegetables are rich in vitamins and minerals that help you feel healthy and energized and are naturally low in calories; and

WHEREAS, the Ocean County Health Department promotes healthy eating with the use of health education programs presented to schools and communities throughout the county; and

WHEREAS, the Fruits and Veggies-More Matters health initiative suggests ways to add more fruits and vegetables to every eating occasion, including filling half your plate with fruits and vegetables, trying new fruits and vegetables and educating about and encouraging your children to eat more and new fruits and vegetables.

NOW, THEREFORE, BE IT RESOLVED that the Township of Ocean, County of Ocean, State of New Jersey proclaims the month of September, 2014 as Fruits and Veggies Month in Ocean County and will continue to promote and encourage healthy eating.

BE IT FURTHER RESOLVED, that a copy of the resolution shall be forwarded to the Ocean County Board of Chosen Freeholders and Ocean County Mayors.

CERTIFICATION

I, Diane B. Ambrosio, Municipal Clerk of the Township of Ocean, County of Ocean, State of New Jersey do hereby certify that the foregoing resolution was duly adopted by the Township Committee of the Township of Ocean at their regular meeting held on the 9th day of October 2014 in the Municipal Complex, 50 Railroad Avenue, Waretown New Jersey.

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Diane B. Ambrosio, RMC
Municipal Clerk