



# State of North Carolina

**ROY COOPER**  
GOVERNOR

**NUTRITION MONTH**

**2020**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

**A PROCLAMATION**

**WHEREAS**, food is the substance by which life is sustained; and

**WHEREAS**, the type, quality, and amount of food that North Carolinians consume each day plays a vital role in their overall health and physical fitness; and

**WHEREAS**, more than one third of North Carolinians are obese; and

**WHEREAS**, there is a critical need for continuing nutrition education and a wide-scale effort to enhance healthy eating practices throughout North Carolina; and

**WHEREAS**, one way to realize the benefits of healthy eating is to consult a registered dietitian for easy to follow, personalized nutrition advice to meet your lifestyle, preferences, and health-related concerns; and

**WHEREAS**, every year, National Nutrition Month is an opportunity to increase public awareness of the importance of good nutrition; and

**WHEREAS**, it is important that everyone focus on making informed food choices and developing sound eating and physical activity habits; and

**WHEREAS**, the State of North Carolina encourages our communities to join the campaign and become concerned about their nutrition and the nutrition of others to achieve optimum health for today and tomorrow;

**NOW, THEREFORE**, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim March, 2020, as "NUTRITION MONTH" in North Carolina, and commend its observance to all citizens.



Roy Cooper  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this fourth day of March in the year of our Lord two thousand and twenty and of the Independence of the United States of America the two hundred and forty-fourth.