

THE COUNTY COUNCIL OF
MONTGOMERY COUNTY
MARYLAND

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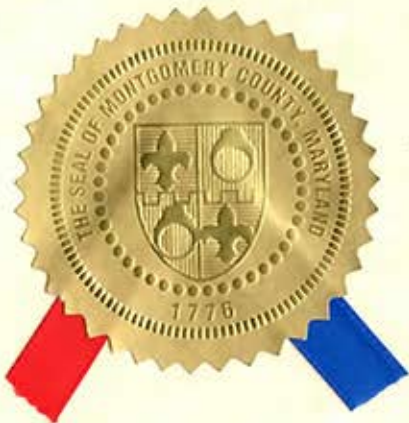
- WHEREAS,** a plant-based diet has been shown to use fewer resources and cause less pollution; and
- WHEREAS,** the American Dietetic Association recognizes that a vegetarian diet decreases our risk of various ailments, including heart disease, high blood pressure, diabetes, obesity and various cancers; and
- WHEREAS,** a growing number of people are decreasing their meat consumption to help lower their carbon footprints by reducing the amount of animal-based foods that they eat; and
- WHEREAS,** various nonprofit organizations encourage residents to choose vegetarian foods as a way to protect their health, the planet and animals; and
- WHEREAS,** “Meatless Monday,” which was founded in 2003 and is a non-profit initiative associated with the Johns Hopkins Bloomberg School of Public Health Center for a Livable Future, follows nutrition guidelines developed by the USDA and encourages people to try food alternatives other than meat at least one day per week;

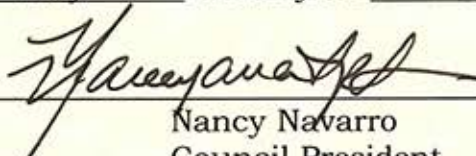
NOW, THEREFORE BE IT RESOLVED, that the County Council of Montgomery County, Maryland, hereby highlights the benefits of diets of high fruits and vegetables and urges residents to celebrate

“MEATLESS MONDAY”

AND, BE IT FUTHER RESOLVED, that the Montgomery County Council encourages all residents to partake of the abundance of produce grown in community gardens and on our local farms.

Signed on this 18th day of July in the year 2013.




Nancy Navarro
Council President