

Proclamation

Dietitians of Canada NUTRITION MONTH

More than food: How you eat is important too!

MARCH 2020

WHEREAS

The goal of Nutrition Month is to encourage all Canadians to eat well;

AND WHEREAS

Dietitians are a trusted source of credible nutrition information and are launching a campaign to help consumers make healthier food choices and engage in healthy behaviours, like eating with other people;

AND WHEREAS

Canadians are interested in healthy eating and want information to help them achieve this goal - dietitians offer nutrition resources on the Dietitians of Canada website – www.unlockfood.ca

NOW, THEREFORE, I, Mayor Danny Breen of the City of St. John's, NL, DO HEREBY PROCLAIM the month of March 2020, **NUTRITION MONTH** in our city.

Signed this 2nd day of March, 2020.



X _____
Danny Breen, Mayor

ST. JOHN'S