

# 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](http://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 2<sup>nd</sup> day of March, 2020.



X \_\_\_\_\_  
Danny Breen, Mayor

**ST. JOHN'S**