



Whereas, food is the substance by which life is sustained; and

Whereas, the type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness; and

Whereas, there is a need for continuing nutrition education and a wide-scale effort to enhance healthy eating practices; and

Whereas, our local partners in nutrition at the ShopRite of Spotswood are happy to help our citizens make appropriate choices to enhance their well-being;



Now, therefore, I, Ed Seely, Mayor of the Borough of Spotswood, together with our Governing Body, do hereby proclaim the month of March *National Nutrition Month* in Spotswood, New Jersey, and I encourage all citizens to join the campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health for both today and tomorrow.

Dated: February 21, 2018

Attest:

Patricia DeStefano
Borough Clerk

Ed Seely, Mayor

