BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

PROCLAMATION NO. 05-155

Proclaiming September 2005 "5 A Day" Month in Multnomah County, Oregon

The Multnomah County Board of Commissioners Finds:

a. Research indicates that eating five or more servings of fruits and vegetables every day can reduce the risk of chronic diseases such as diabetes, heart disease and some cancers;

b. Fruits and vegetables contribute significantly to good nutrition through their contributions of vitamins, minerals, fiber and phytochemicals;

c. The people of Oregon on the average consume just 3.5 servings of fruits and vegetables a day;

d. With the abundance of fresh fruits and vegetables available to use in our city and county, encouraging citizens to eat five to nine servings of colorful fruits and vegetables every day promotes good health;

e. The Oregon 5 A Day Partnership is made up of various individuals, government, private and non-profit agencies, organizations and businesses dedicated to increasing the consumption fruits and vegetables daily through awareness, education, and promotion, as well as policy and environmental change;

f. The Oregon 5 A Day Partnership supports increased consumption of fruits and vegetables to promote a healthy weight in children and adults;

g. Support of the 5 A Day Campaign and its theme of, "For Healthy Living - Eat More Fruits and Vegetables...Taste Your Way to 5 A Day" coincides with the goals of the Portland-Multnomah County Food Policy Council; now therefore

The Multnomah County Board of Commissioners Proclaims:

September 2005 to be **"5 A Day" Month** in Multnomah County, Oregon.

ADOPTED this 8th of September, 2005.

BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON
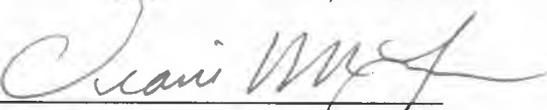
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Diane M. Linn, County Chair
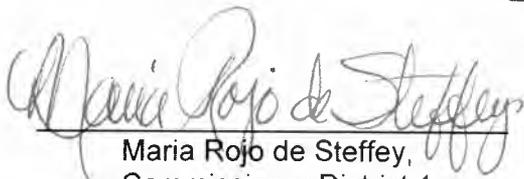
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Maria Rojo de Steffey,
Commissioner District 1
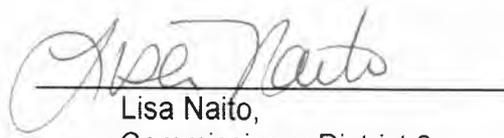
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Lisa Naito,
Commissioner District 3
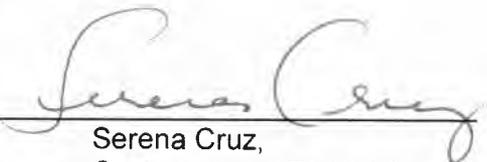
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Serena Cruz,
Commissioner District 2
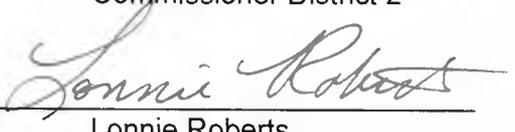
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Lonnie Roberts,
Commissioner District 4