

Commonwealth of Pennsylvania



Governor's Office

PROCLAMATION

OLDER PENNSYLVANIANS' NUTRITION AWARENESS WEEK

March 9-13, 2009

WHEREAS, March is National Nutrition Month, and area agencies on aging and senior community centers will be celebrating this year's theme "Eat Right" for National Nutrition Month and "Eat Well, Stay Active and Live Longer" for Older Pennsylvanians' Nutrition Awareness Week; and

WHEREAS, food is the substance by which life is sustained and the type, quality and amount of food that older adults 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 good eating practices; and

WHEREAS, more than \$64 million is spent annually by the Pennsylvania Department of Aging on nutrition programs in Pennsylvania such as home delivered meals, congregate meals at senior community centers, nutrition education and nutrition screening; and

WHEREAS, approximately 10 million meals are served to more than 175,000 older Pennsylvanians annually; and

WHEREAS, home delivered and congregate meals supplied through the Pennsylvania Department of Aging are provided at least once a day, five days a week, and help to meet the nutritional needs and ensure the health of older adults; and

WHEREAS, community based, volunteer programs are also providing nutritious home delivered meals across the commonwealth.

THEREFORE, I, EDWARD G. RENDELL, Governor of the Commonwealth of Pennsylvania, do hereby proclaim March 9-13, 2009 as OLDER PENNSYLVANIANS' NUTRITION AWARENESS WEEK. I encourage all citizens to celebrate the significant contributions of all older adults and to help them lead healthier and more active lives that contribute to overall nutritional health.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, on this seventeenth day of February in the year of our Lord two thousand and nine, and of the Commonwealth the two hundred and thirty-third.

Edward G. Rendell

EDWARD G. RENDELL

Governor