



**A PROCLAMATION OF THE BOARD OF TRUSTEES OF THE TOWN OF  
SUPERIOR FOR NATIONAL NUTRITION MONTH  
MARCH, 2019**

**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, physical fitness, and their sense of purpose and meaning in life; and

**WHEREAS**, there is a need for continuing nutrition education and a wide-scale effort to enhance good eating practices along with opportunities to live longer, healthier lives; and

**WHEREAS**, the Meals on Wheels Association of America established the National March for Meals Campaign in March 2002 to recognize the historic month, the importance of Older Americans Act Senior Nutrition Programs and raise awareness about senior hunger in America; and

**WHEREAS**, the Coal Creek Meals on Wheels delivery program provides high-quality, nutrient-dense meals every weekday to individuals limited in physical capacity due to illness, age and/or disability, as well as weekend meals and a daily well check by a screened, trained volunteer; and

**WHEREAS**, the Coal Creek Meals on Wheels program delivers over 1,100 meals to Superior and enhances physical health, outlook on life, connects older adults; and

**WHEREAS**, Senior Nutrition Programs in Colorado deserve recognition for the contributions they have made and will continue to make to local communities, our State and our Nation.

**NOW, THEREFORE, BE IT PROCLAIMED** that the Mayor and Trustees, hereby proclaim March as **NUTRITION MONTH IN SUPERIOR, COLORADO** and call on all citizens to join with us in the campaign and work to improve the nutrition of older adults and all others in the hope of achieving optimum health for both today and tomorrow.

**IN WITNESS WHEREOF**, I have hereunto set my hand this 11<sup>th</sup> day of March, 2019.

  
\_\_\_\_\_  
Clint Folsom, Mayor