

MEMORANDUM

TO: All House Members

FROM: Representative Frank Burns

DATE: March 23, 2011

SUBJECT: Resolution Designating March 2011 as National Nutrition Month in PA

In the near future, I plan to introduce a Resolution recognizing March as “National Nutrition Month” in Pennsylvania.

National Nutrition Month is a nutrition education and information campaign created by the American Dietetic Association (ADA) focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Eighty percent of heart disease, stroke and diabetes can be prevented through a healthy diet, physical activity, and staying smoking-free. Nationally, 50 percent of adults know they need to eat five or more servings of fruit and vegetables per day, but only 10 percent of Americans consume the recommended amount.

There is a need for continuing nutrition education and a broad effort to enhance good eating practices; therefore I ask that you join me in recognizing the month of March 2011 as “National Nutrition Month” in Pennsylvania. All citizens are encouraged to join the campaign for good nutrition in the hope of achieving optimum health for today and tomorrow.

I urge you to join me in supporting this resolution. If you would like to co-sponsor this resolution, please contact Marianne Spizzirri at mspizzir@pahouse.net.