



OFFICE OF THE CITY ATTORNEY  
Long Beach, California

C-5

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June 2, 2015

HONORABLE MAYOR AND CITY COUNCIL  
City of Long Beach  
California

RECOMMENDATION:

Adopt Resolution of the City Council of the City of Long Beach in Support of the Meatless Mondays Campaign.

DISCUSSION

Pursuant to your request of May 19, 2015, this office has prepared and submits the above-described resolution for your consideration.

SUGGESTED ACTION:

Approve recommendation.

Very truly yours,

CHARLES PARKIN, City Attorney

By

  
LINDA T. VU  
Deputy City Attorney

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1 RESOLUTION NO.

2  
3 A RESOLUTION OF THE CITY COUNCIL OF THE  
4 CITY OF LONG BEACH IN SUPPORT OF THE MEATLESS  
5 MONDAYS CAMPAIGN

6  
7 WHEREAS, the United Nations recognizes that "Livestock are one of the  
8 most significant contributors to today's most serious environmental problems"; and

9 WHEREAS, recent studies and reports have demonstrated that we can  
10 lower our carbon footprint simply by reducing the amount of animal-based foods we eat;  
11 and

12 WHEREAS, more than half of the adult population is overweight or obese in  
13 Los Angeles County. Statistics show that low-income areas are at higher risk for  
14 preventable diseases linked to obesity, including, heart attacks, strokes, diabetes and  
15 even cancer; and

16 WHEREAS, the American Dietetic Association recognizes that reduced  
17 meat consumption decreases the risk of various health problems, stating, "Scientific data  
18 suggests positive relationships between a vegetarian diet and reduced risk for several  
19 chronic degenerative diseases and conditions, including obesity, hypertension, diabetes  
20 mellitus and some types of cancer"; and

21 WHEREAS, a growing number of people are reducing their meat  
22 consumption to help prevent animal cruelty;

23 NOW, THEREFORE, the City Council of the City of Long Beach resolves as  
24 follows:

25 Section 1. This City Council hereby declares all Mondays as "Meatless  
26 Mondays" in support of comprehensive sustainability efforts as well as to further  
27 encourage residents to eat a more varied plant-based diet to protect their health and  
28 protect animals.

OFFICE OF THE CITY ATTORNEY  
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Section 2. This resolution shall take effect immediately upon its adoption by the City Council, and the City Clerk shall certify the vote adopting this resolution.

I hereby certify that the foregoing resolution was adopted by the City Council of the City of Long Beach at its meeting of \_\_\_\_\_, 2015 by the following vote:

Ayes: Councilmembers: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Noes: Councilmembers: \_\_\_\_\_  
\_\_\_\_\_

Absent: Councilmembers: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
City Clerk