

# Resolution

## RECOGNIZING MEATLESS MONDAY

WHEREAS, Sacramento, the nation's farm to fork capitol, is committed to improving the health and well-being of its residents; and

WHEREAS, on Tuesday, October 4, 2016 Sacramento is welcoming Meat Free Monday advocate, Sir Paul McCartney, who, along with his family and foundation, has long championed meat reduction including selling nearly 150,000 copies of the Meat Free Monday Cookbook, working with more than 1,000 UK schools to implement Meat Free Mondays, and building awareness through outreach to leading European businesses, educational institutions, and foreign governments; and

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

WHEREAS, recent studies and reports have demonstrated that we can lower our carbon footprint simply by reducing the amount of animal-based foods we eat, as a plant-based diet has been shown to use fewer resources and cause less pollution; and

WHEREAS, more than two-thirds of the adult population in the United States and nearly a third of children and teens are overweight or obese, and obesity is associated with a higher risk of various health ailments including heart disease and type-2 diabetes; and

WHEREAS, the Academy of Nutrition and Dietetics recognizes "appropriately planned vegetarian diets may provide health benefits in the prevention and treatment of certain diseases" and that vegetarians tend to have lower rates of heart disease, obesity, hypertension, and type-2 diabetes; and

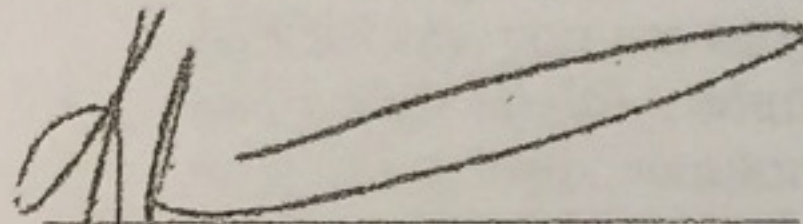
WHEREAS, 9 billion birds, pigs, and cows are raised and slaughtered for food each year in the United States and a growing number of people are reducing their meat consumption to help prevent animal cruelty; and

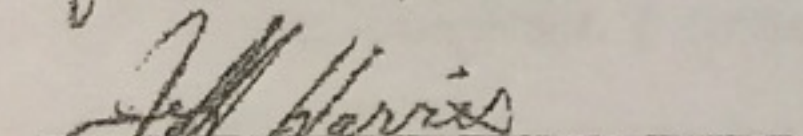
WHEREAS, a weekly reminder to restart healthy habits on Mondays encourages success, and several U.S. cities, including San Francisco, Los Angeles, Washington, DC, and Philadelphia have adopted Meatless Monday proclamations or resolutions encouraging residents to participate in Meatless Mondays.

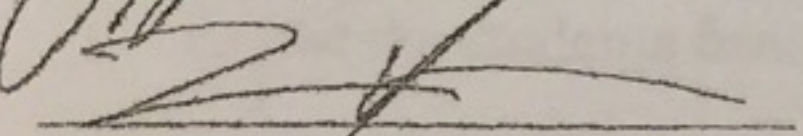
NOW, THEREFORE, BE IT RESOLVED by the Mayor and Council of the City of Sacramento that we do hereby recognize all Mondays as "Meatless Mondays" in support of comprehensive efforts to protect the environment, our health, and animals and encourage residents to participate in Meatless Mondays.

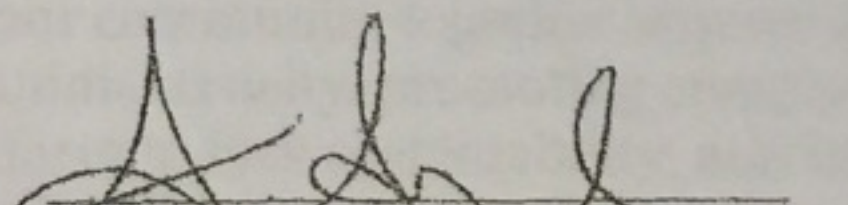
ISSUED: This 27<sup>th</sup> Day of September, 2016

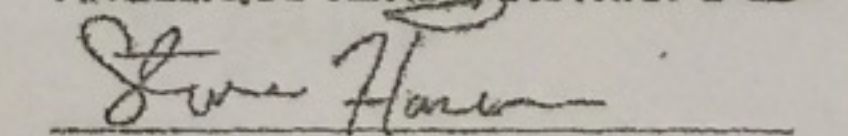
CRA2016-046

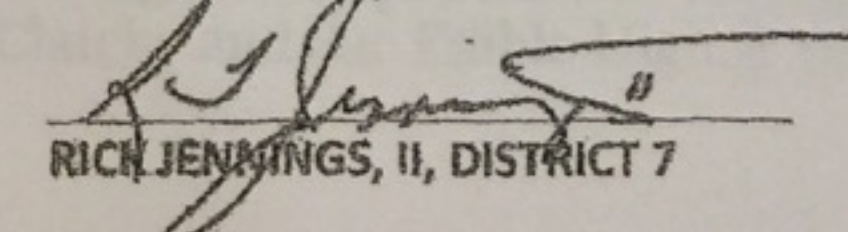
  
\_\_\_\_\_  
KEVIN JOHNSON, MAYOR

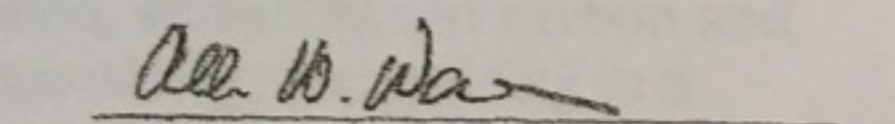
  
\_\_\_\_\_  
JEFF HARRIS, DISTRICT 3

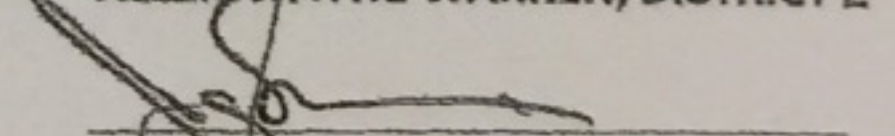
  
\_\_\_\_\_  
ERIC GUERRA, DISTRICT 6

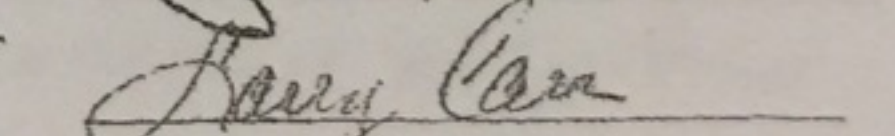
  
\_\_\_\_\_  
ANGELIQUE ASHBY, DISTRICT 1

  
\_\_\_\_\_  
STEVE HANSEN, DISTRICT 4

  
\_\_\_\_\_  
RICH JENNINGS, II, DISTRICT 7

  
\_\_\_\_\_  
ALLEN WAYNE WARREN, DISTRICT 2

  
\_\_\_\_\_  
JAY SCHENIRER, DISTRICT 5

  
\_\_\_\_\_  
LARRY CARR, DISTRICT 8