

RESOLUTION NO. _____

A Resolution in support of "Meatless Mondays"

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WHEREAS, South Miami residents have created the Southwest Community Farmer's Market to encourage healthy and sustainable eating; and support designated bike lanes; and South Miami is a member of the Green Corridor PACE district, that enables home and business financing for energy efficiency upgrades, solar panels, and hurricane hardening; and South Miami has promoted recycling and backyard food scrap composting; 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. Each day you leave meat off your plate, you reduce your carbon footprint by over 8 pounds. That means you could save 416 pounds of CO² per year (8 pounds x 52 weeks), the CO² equivalent of not burning 21 gallons of gasoline; and

WHEREAS, a plant-based diet has been shown to use fewer resources and cause less pollution of all sorts; 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 American Dietetic Association 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, a growing number of people are reducing their meat consumption to help prevent animal cruelty; and

WHEREAS, national nonprofit organization Compassion Over Killing encourages people to choose vegetarian foods as a way to help build a kinder, cleaner, and healthier world, and has worked with elected representatives from cities across the country to adopt Meatless Monday proclamations or resolutions, as well as restaurants in those cities to support the initiative with Meatless Monday menus for consumers; and

WHEREAS, 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; and

WHEREAS, a weekly reminder to restart healthy habits on Mondays encourages success;

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2 **NOW, THEREFORE, BE IT RESOLVED BY THE MAYOR AND CITY**
3 **COMMISSION OF THE CITY OF SOUTH MIAMI, FLORIDA, THAT:**
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5 **Section 1.** The City Commission hereby dedicates and proclaims all Mondays
6 as “Meatless Mondays” in support of comprehensive efforts to protect the environment,
7 our health, and animals, and encouraging residents to participate by choosing meat-free,
8 plant-based meals at least one day a week.
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10 **Section 2.** If any section clause, sentence, or phrase of this resolution is for
11 any reason held invalid or unconstitutional by a court of competent jurisdiction, the
12 holding shall not affect the validity of the remaining portions of this resolution.
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14 **Section 3.** This resolution shall take effect immediately upon adoption.
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16 Passed and adopted this 19th day of November, 2013.
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18 ATTEST:
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APPROVED:
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22 _____
COMMISSION VOTE:
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24 _____
Mayor Stoddard:
25 Vice Mayor Liebman:
26 Commissioner Newman:
27 Commissioner Harris:
Commissioner Welsh:

28 READ AND APPROVED AS TO FORM,
29 LANGUAGE, LEGALITY AND
30 EXECUTION THEREOF:
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32 _____
33 CITY ATTORNEY
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