

PROCLAMATION

- WHEREAS,** The City of Tempe is committed to the well-being of its citizens and is dedicated to preserving the environment and natural resources; and
- WHEREAS,** The City of Tempe is home to Arizona State University and the Julie Ann Wrigley Global Institute of Sustainability, which are committed to finding practical solutions to challenges such as reducing greenhouse gas emissions and tackling climate change; 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; and
- WHEREAS,** nearly 65% of adults in Arizona are overweight and over 24% are obese and at an increased risk of developing many chronic diseases, such as heart disease, stroke, high blood pressure, diabetes, arthritis, and cancer; and
- WHEREAS,** recent studies and reports conducted by trusted entities such as the Centers for Disease Control and Prevention, the Association of Nutrition and Dietetics, and the American Society for Nutrition have demonstrated that we can manage our health simply by increasing the amount of plant-based foods we eat;
- WHEREAS,** the American Heart Association recently presented research that emphasizes plant-based foods may help lower the risks of heart disease and stroke and the American Dietetic Association recognizes that vegetarians tend to have lower rates of heart disease, obesity, hypertension and type 2 diabetes; and
- WHEREAS,** The Humane Society of the United States encourages focusing on plant-based foods at least one day of the week; and
- WHEREAS,** many hospitals, schools, colleges, and universities across the country, including in Arizona, have celebrated consuming plant-based foods in their cafeterias, including Arizona State University, Northern Arizona University, Grand Canyon University, and more; and
- WHEREAS,** a number of City Councils across the nation have passed resolutions encouraging residents to enjoy plant-based meals one day a week to help improve health, lower blood pressure, blood sugar, and cholesterol.

NOW, THEREFORE, I, Mark W. Mitchell, Mayor of the City of Tempe, and on behalf of the Tempe City Council, hereby proclaim Mondays as "Lean and Green Mondays" in support of sustainability and healthy eating habits to further encourage residents to eat a more varied plant-based diet and to encourage restaurants, grocery stores, and schools to offer a greater variety of healthier and more sustainable plant-based options.

IN WITNESS WHEREOF,
I hereunto set my hand
this 13th day of August,
Two Thousand and Fifteen.


Mayor Mark. W. Mitchell

