

CITY OF  PITTSBURGH  
OFFICE OF THE MAYOR

*A Proclamation*

**MEATLESS MONDAY**

November 2, 2015

*WHEREAS, the American Dietetic Association recognizes that a vegetarian diet decreases the risk of various ailments including heart disease, obesity and diabetes; and*

*WHEREAS, an increasing number of people are reducing their meat consumption for health reasons and to help lower their carbon footprints by reducing the amount of animal-based foods that they eat; and*

*WHEREAS, Meatless Monday was founded in 2003 and follows nutrition guidelines developed by the USDA and encourages people to try healthy food choices other than meat at least one day per week; and*

*WHEREAS, Meatless Monday highlights the benefits of diets high in fruits and vegetables and encourages people to enjoy the abundance of produce grown in community gardens and on local farms.*

**NOW THEREFORE BE IT RESOLVED** that I, William Peduto, Mayor of the City of Pittsburgh, do hereby declare November 2, 2015 "Meatless Monday" here in our most livable City of Pittsburgh.



WILLIAM PEDUTO  
*Mayor*