

RESOLUTION NO.

A RESOLUTION OF THE CITY COUNCIL OF THE
CITY OF LONG BEACH IN SUPPORT OF THE MEATLESS
MONDAYS CAMPAIGN

Whereas, the City of Long Beach ("City") has a proven track-record of promoting healthy and sustainable communities, including programs to address childhood obesity prevention, and the Healthy Snack and Beverage Policies; and

Whereas, recent studies show that the City had the highest rate in California of obesity and overweight children between the ages of 2 and 5, and that nearly half of all fifth, seventh and ninth graders in the City are considered overweight or obese by federal standards; and

Whereas, the Meatless Mondays campaign is a global movement to encourage individuals and organizations to cut meat from one's diet one day a week for personal health and environmental benefits. The initiative, which originated as an FDA food efficiency campaign during World Wars I and II, was developed by The Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health, with the goal of promoting healthy, environmentally sustainable diets; and

Whereas, many studies have shown that a decrease in meat consumption and an increase in fruits, vegetables and other plant-based foods can have significant health benefits, including a reduced risk for several chronic degenerative diseases and conditions, including obesity, hypertension, diabetes and some types of cancer; and

Whereas, recent studies and reports have also demonstrated that people can lower their carbon footprint by reducing the amount of animal-based foods consumed;

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OFFICE OF THE CITY ATTORNEY
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NOW, THEREFORE, the City Council of the City of Long Beach resolves as follows:

Section 1. This City Council hereby declares its support of the "Meatless Mondays" campaign, supports comprehensive sustainability efforts, and further encourages residents to eat a more varied plant-based diet to protect their health, and encourages restaurants and markets to offer a greater variety of healthy food options.

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