

Instructions: Edit this Proclamation Day template text to fit the requirements for your local government office. Once you are happy with its outcome, submit it to be approved. Then someone in the office will format it, place it on letterhead, and send it to be signed by your local official.

Whereas, food deserts and food swamps exist across our community, both in urban and rural settings, significantly limiting access to healthy foods by requiring time, effort, and money to seek grocery stores that stock affordable nutrient-dense food; and

Whereas, the price of fresh, healthy foods is higher than manufactured foods due to government subsidies thereby making it difficult to afford for under-resourced communities; and

Whereas, the only treatment for diet-related illnesses such as food allergies and celiac disease is eating foods prescribed for their diets (foods free-from allergens and/or gluten), but the cost of those prescribed foods is significantly higher and these foods are often not included in governmental assistance programs like WIC and SNAP; and

Whereas, there is a link between education about nutrition and healthier food choices, but this nutrition education is lacking in under-resourced communities; and

Whereas, regular access to a safe and reliable car is limited in under-resourced communities thereby curbing access to grocery stores and restricting the amount of food purchased to the size and weight available to carry or take on public transit and allowing shopping to only occur when there is enough time allotted to catch the public transit or carpool; and

Whereas, time is a valuable resource for cooking healthy, affordable meals at home and is less available for individuals and families that must work full-time and/or multiple jobs thereby leading to fewer healthy food choices.

Now, therefore, I, (name of official here), request to proclaim September 14 as

FOOD IS MEDICINE DAY

throughout the (state/city/county of blank).

If the office allows, add the following text to suggest ways for people to get involved:

I encourage all who live here to:

Donate to Food Equality Initiative or other organizations that support access to healthy food.

Host an awareness event in your home, farmer's market, street fair, grocery store, or other location.

Tag #FIMDAY #foodismedicineday #foodismedicine with pictures of orange food to share on social media.