

# **The GREAT AMERICAN MEATOUT**

**MARCH 20TH**

- ♥ **WHEREAS** a wholesome diet of vegetables, fresh fruits, and whole grains promotes health and reduces the risk of heart disease, stroke, cancer, diabetes, and other chronic diseases that debilitate then kill 1.3 million Americans annually; and
- ♥ **WHEREAS** such a diet helps preserve topsoil, water, energy, and other essential food production resources; and
- ♥ **WHEREAS** such a diet helps preserve our forests, grasslands, and other wildlife habitats and reduces pollution of our waterways by crop debris, manure, and pesticides; and
- ♥ **WHEREAS** such a diet helps enormously in reducing emissions of greenhouse gases that produce global warming; and
- ♥ **WHEREAS** such a diet helps prevent the suffering and death of more than ten billion sentient animals each year in the US; and
- ♥ **WHEREAS** each year, dedicated (Jurisdiction) Meatout volunteers encourage their neighbors to explore such a diet;
- ♥ **THEREFORE, I, (Governor or Mayor), hereby proclaim March 20th "GREAT AMERICAN MEATOUT DAY" in (Jurisdiction) and encourage our citizens to explore a wholesome diet of vegetables, fresh fruits, and whole grains.**