

State of South Carolina Proclamation

by
Governor Jim Hodges

WHEREAS, a well-balanced, high fiber, low-fat diet is essential to the continued health and well-being of the citizens of the Palmetto State; and

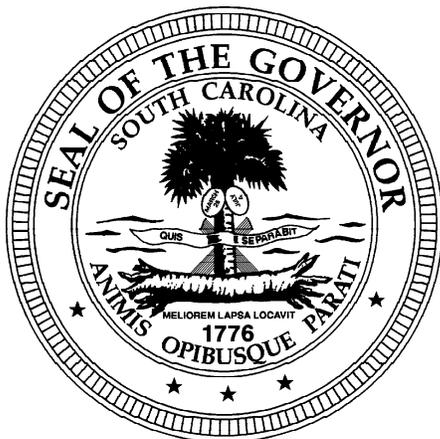
WHEREAS, by increasing consumption of fruits and vegetables to five to nine servings a day, individuals can help reduce their risk of developing chronic diseases such as heart disease, stroke, hypertension, diabetes, and certain forms of cancer; and

WHEREAS, the 2001 observance of "Fruit and Vegetable Month" provides a unique opportunity for the citizens of the Palmetto State to join together to celebrate the importance of good nutrition.

NOW, THEREFORE, I, Jim Hodges, Governor of the Great State of South Carolina, do hereby proclaim June, 2001, as

FRUIT AND VEGETABLE MONTH

throughout the state and encourage all South Carolinians to increase their consumption of fruits and vegetables for better health.



Jim Hodges

Jim Hodges
Governor
State of South Carolina