

# *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

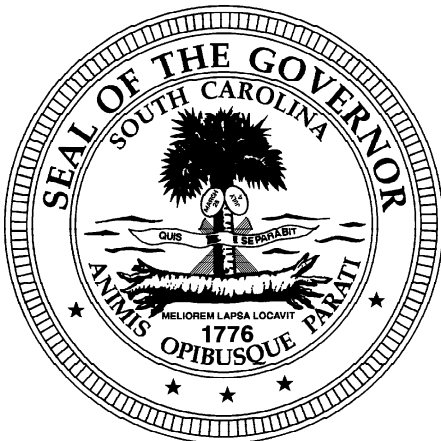
**WHEREAS,** by increasing consumption of fruits and vegetables to five to nine servings a day, individuals can help reduce their risk of developing chronic diseases such as heart disease, stroke, hypertension, diabetes, and certain forms of cancer; and

**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.



A handwritten signature in black ink that reads "Jim Hodges".

**Jim Hodges**  
**Governor**  
**State of South Carolina**