

State of South Carolina Proclamation

by
Governor Jim Hodges

WHEREAS, a well-balanced diet rich in fruits and vegetables helps ensure the continued health and well-being of the citizens of the Palmetto State; and

WHEREAS, increased consumption of high fiber foods, such as fruits and vegetables, may help reduce the risk of chronic diseases, such as heart disease, stroke, and some forms of cancer; and

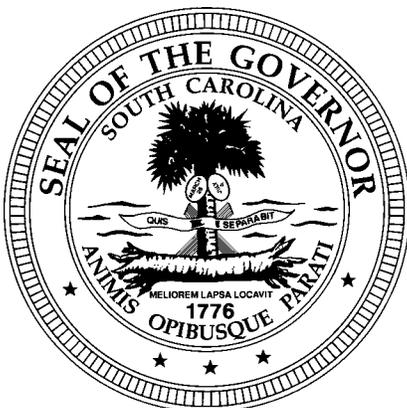
WHEREAS, sponsored by the National Cancer Institute and the Produce for Better Health Foundation, the 5 - A - Day for Better Health National Disease Prevention Program educates Americans about the positive health benefits of eating 5 or more servings of fruits and vegetables a day; and

WHEREAS, the 2002 observance of "National 5 - A - Day Week" provides a unique opportunity for the citizens of South Carolina to join together in celebrating the importance of good nutrition and good health.

NOW, THEREFORE, I, Jim Hodges, Governor of the Great State of South Carolina, do hereby proclaim September 22 - 28, 2002, as

5 - A - DAY WEEK

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