

# *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

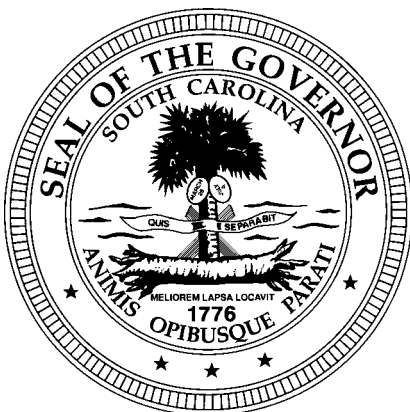
**WHEREAS,** sponsored by the National Cancer Institute and the Produce for Better Health Foundation, the 5 - A - Day for Better Health National Disease Prevention Program educates Americans about the positive health benefits of eating 5 or more servings of fruits and vegetables a day; and

**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**