**[Insert City/County Name] Meatless Monday Proclamation**

[citations included as reference only]

WHEREAS, [insert city/county-specific community health and environmental initiatives such as establishing farmers markets or resource management programs]; and

WHEREAS, the United Nations recognizes that “Livestock are one of the most significant contributors to today’s most serious environmental problems[[1]](#footnote-1);” and

WHEREAS, recent studies and reports have demonstrated that we can lower our carbon footprint simply by reducing the amount of animal-based foods we eat[[2]](#footnote-2); and

WHEREAS, a plant-based diet has been shown to use fewer resources and cause less pollution[[3]](#footnote-3); and

WHEREAS, more than two-thirds of the adult population in the United States and nearly a third of children and teens are overweight or obese[[4]](#footnote-4), and obesity is associated with a higher risk of various health ailments including heart disease and type-2 diabetes; and

WHEREAS, the American Dietetic Association recognizes “appropriately planned vegetarian diets … may provide health benefits in the prevention and treatment of certain diseases” and that vegetarians tend to have lower rates of heart disease, obesity, hypertension, and type 2 diabetes[[5]](#footnote-5); and

WHEREAS, a growing number of people are reducing their meat consumption to help prevent animal cruelty; and

WHEREAS, national nonprofit organization Compassion Over Killing encourages people to choose vegetarian foods as a way to help build a kinder, cleaner, and healthier world, and has worked with elected representatives across the country to adopt Meatless Monday proclamations or resolutions; and

WHEREAS, several U.S. cities, including San Francisco, Los Angeles, Washington, DC, and Philadelphia have adopted Meatless Monday proclamations or resolutions encouraging residents to participate in Meatless Mondays; and

WHEREAS, a weekly reminder to restart healthy habits on Mondays encourages success;

**NOW THEREFORE, THE [INSERT CITY/COUNTY NAME AND LEGISLATING BODY, EX. MONTGOMERY COUNTY COUNCIL] hereby dedicates and proclaims all Mondays as “Meatless Mondays” in support of comprehensive efforts to protect the environment, our health, and animals. We encourage residents to participate by choosing meat-free foods and eating more plant-based meals at least once a week.**

1. Food and Agriculture Organization of the United Nations. November 29, 2006. “Livestock a Major Threat to Environment.”

   <http://www.fao.org/newsroom/en/news/2006/1000448/index.html> [↑](#footnote-ref-1)
2. Eshel, Gidon and Martin, Pamela. 2005. “Diet Energy and Global Warming.” University of Chicago.

   http://journals.ametsoc.org/doi/pdf/10.1175/EI167.1 [↑](#footnote-ref-2)
3. American Dietetic Association. 2007. Position of the American Dietetic Association: Food and Nutrition Professionals Can Implement Practices

   to Conserve Natural Resources and Support Ecological Sustainability.” Journal of the American Dietetic Association 107: 1033-43 [↑](#footnote-ref-3)
4. <http://www.meatlessmonday.com/images/photos/2010/08/mm_community_kit.pdf> [↑](#footnote-ref-4)
5. <http://www.vrg.org/nutrition/2009_ADA_position_paper.pdf> [↑](#footnote-ref-5)