

State of South Carolina

Governor's Proclamation

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

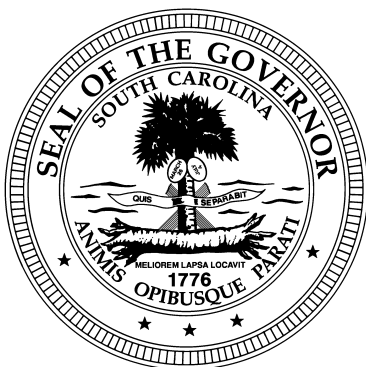
WHEREAS, eating 5 to 9 servings of fruits or vegetables a day can help in reducing the risk of heart disease, hypertension, diabetes, obesity, and some forms of cancer; and

WHEREAS, National 5 A Day Month calls attention to the importance of good nutrition while raising awareness of the positive health benefits of increased consumption of fruits and vegetables.

NOW, THEREFORE, I, Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 2003 as

5 A DAY MONTH

throughout the state and encourage all South Carolinians to reaffirm their commitment to good nutrition and good health.



A handwritten signature in black ink, appearing to read "Mark Sanford".

MARK SANFORD
GOVERNOR
STATE OF SOUTH CAROLINA