

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, increased consumption of fruits and vegetables and daily physical activity make a difference in maintaining a healthy weight and can reduce the risk of many diseases; and

WHEREAS, the Fruits & Veggies - More Matters Program calls attention to the positive health benefits of eating a colorful variety of fruits and vegetables every day; and

WHEREAS, the 2007 observance of Fruit & Veggies - More Matters Month provides an opportunity for our residents to get actively involved and committed to the importance of good nutrition and physical activity for better health.

NOW, THEREFORE, I, Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 2007 as

FRUITS & VEGGIES - MORE MATTERS MONTH

throughout the state and encourage all South Carolinians to increase their consumption of fruits and vegetables for improved health.



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

MARK SANFORD
GOVERNOR
STATE OF SOUTH CAROLINA