

CITY OF ASHEVILLE

PROCLAMATION

WHEREAS, the Academy of Nutrition and Dietetics position is that well planned vegan diets are appropriate and healthful during all stages of the life cycle, including pregnancy, lactation, infancy, childhood and adolescence; and

WHEREAS, the largest longitudinal diet study of vegans, vegetarians and non-vegetarians conducted in the United States and funded by the NIH (National Institute of Health) concluded that vegans live longer lives with fewer incidences of heart disease, type 2 diabetes, and certain forms of cancer than their non-vegan counterparts; and

WHEREAS, plant-based diets can use fewer fossil fuels, water and land and can result in a smaller environmental and carbon footprint on the planet and thus may be useful in reducing global warming; and

WHEREAS, the Academy of Nutrition and Dietetics declared that well planned vegan diets confer health benefits such as lower blood cholesterol, lower risk of heart disease, lower risk of hypertension and type-2 diabetes, lower body mass index, and lower overall cancer rates; and

WHEREAS, the Dietary Guidelines Advisory Committee of the U.S. Department of Health and Human Services has stated that a dietary pattern that is higher in plants and lower in animal-based foods is more health-promoting and associated with lesser environmental impact; and

WHEREAS, many people in Asheville have easy and ready access to vegan food options due to our many restaurants, bakeries, food trucks, ice cream shops, farmers markets, health food stores, food co-ops, and food delivery businesses offering a large and diverse variety of plant-strong options.

NOW, THEREFORE, I, Esther E. Manheimer, Mayor of the City of Asheville, do hereby proclaim August 28- September 3, 2017 as

Vegan Awareness Week

in the City of Asheville, and urge everyone to explore and to educate themselves about this healthy lifestyle.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Asheville, North Carolina, to be affixed this 23rd day of May 2017.



ESTHER E. MANHEIMER
MAYOR