

A Proclamation
By
Governor Ronnie Musgrove

WHEREAS, promoting, protecting, and preserving health and quality life for people in Mississippi is a major goal of our state; and

WHEREAS, all Mississippians need to consume five or more servings of fruit and vegetables each day for good health; and

WHEREAS, 5-A-DAY promotes fruits and vegetables because they contain Vitamin A, Vitamin C, Fiber and other essential nutrients; and

WHEREAS, 5-A-DAY promotes fruits and vegetables which are low in fat, calories, and contain no cholesterol; and

WHEREAS, 5-A-DAY promotes the consumption of fruits and vegetables which reduce the risk of cancer and heart disease:

NOW, THEREFORE, I, Ronnie Musgrove, Governor of the State of Mississippi, hereby proclaim September 29th through October 3rd, 2003 as

5-A-DAY WEEK

in the State of Mississippi and encourage our citizens to eat five or more serving of fruit and vegetable for better health.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Mississippi to be affixed.

DONE in the City of Jackson, September 18, 2003, in the two hundred and twenty-seventh year of the United States of America.

RONNIE MUSGROVE
GOVERNOR