

WHEREAS: according to the American Heart Association, reducing or removing animal products from diets decreases the risk of heart disease, stroke, obesity, high-blood pressure, high cholesterol, many cancers, and Type 2 diabetes; and

WHEREAS: March 20 is the first day of spring and, since 1985, has also marked the National MeatOut Day, which empowers people to explore the benefits of plant-based eating to improve their health, and protect animals and the planet; and

WHEREAS: a plant-based diet helps the environment by reducing the carbon footprint; preserving forests, grasslands, and wildlife habitats; and reducing the pollution of waterways; and

WHEREAS, since MeatOut Day was launched in 1985 more than 35 million Americans have reduced their consumption of meat, dairy, and eggs; and major food manufacturers and national franchises are marketing more vegan options than ever in response to the increasing demand; and

WHEREAS, a growing number of City of Racine residents are also reducing their meat consumption to improve their health, protect the environment, and help prevent animal cruelty, and invite others to consider making this lifestyle change.

Now Therefore: I, Mayor Cory Mason, do hereby proclaim March 20, 2024

National MeatOut Day

IN WITNESS WHEREOF, I have here unto set my hand and caused the Seal of the City of Racine to be affixed.

Accomplished at the City Hall this 19th day of Alarch 2024.

Mayor	