



National Nutrition Month® 2011
"Eat Right With Color"
Proclamation

Rochester Institute of Technology

Dr. William W. Destler

OFFICE OF THE PRESIDENT PROCLAMATION

WHEREAS food is the substance by which life is sustained; and

WHEREAS the type, quality, and amount of food that our faculty, staff and students consume each day plays a vital role in their overall health, physical fitness and degree of personal and professional success that is achieved; and

WHEREAS there is a need for continuing nutrition education and a campus-wide effort to enhance good eating practices and in accordance with the commitment to establishing a campus culture of health and wellness;

NOW, THEREFORE I, Dr. William W. Destler, President of **Rochester Institute of Technology** in Rochester, New York DO HEREBY PROCLAIM the month of March NATIONAL NUTRITION MONTH® at **Rochester Institute of Technology**, and I encourage all campus community members to join the campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health for both today and tomorrow. In reference to this year's theme "*Eat Right With Color*" let me share some of the exciting campus efforts currently underway:

- RIT's Community Garden is now gearing up for this year's planting season
- RIT anxiously awaits the return of the fourth annual RIT Farmers' Market season coming this fall
- RIT's Dining Services NetNutrition website provides nutritional content of your favorite foods at campus dining locations
- RIT provides access to Registered Dietitians
- RIT's second campus-based Good Food Collective (Community Supported Agriculture) will kick-off in June. Memberships now being accepted
- RIT will be participating in its sixth consecutive employee, "eat well. live well." Challenge
- RIT enthusiastically offers wellness coaching to all of our employees

Additional information for all above efforts can be found at www.rit.edu/betterme

IN WITNESS WHEREOF I have hereto set my hand and caused the Great Seal of **Rochester Institute of Technology** to be affixed.

Done on this the eighteenth day of February, two thousand and eleven.

By: 
Title: President, **Rochester Institute of Technology**

Attest: 
Title: Chair, **Better Me** Nutrition Committee