

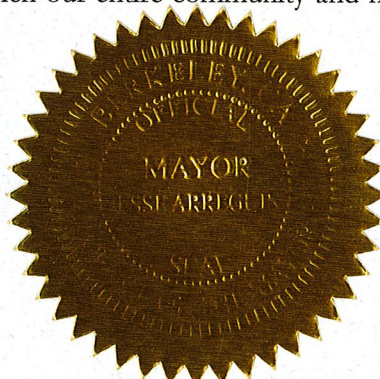


RECOGNIZING THE 19TH ANNUAL MARCH FOR MEALS MONTH

- WHEREAS,** on March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older; and
- WHEREAS,** Meals on Wheels America established the March for Meals campaign in March 2002 to recognize the historic month, the importance of the Older Americans Act Nutrition Programs, both congregate and home-delivered, and raise awareness about the escalating problem of senior hunger in America; and
- WHEREAS,** the 2021 observance of March for Meals celebrates 18 years of providing an opportunity to support Meals on Wheels programs that deliver vital and critical services by donating, volunteering and raising awareness about senior hunger and isolation; and
- WHEREAS,** Meals on Wheels programs – both congregate and home-delivered, have served our communities admirably for more than 41 years; and
- WHEREAS,** volunteers for Meals on Wheels programs in Berkeley are the backbone of the program and they not only deliver nutritious meals to seniors and individuals with disabilities who are at significant risk of hunger and isolation, but also caring concern and attention to their welfare; and
- WHEREAS,** Meals on Wheels programs provide nutritious meals to seniors throughout the city that help them maintain their health and independence, thereby preventing unnecessary falls and hospitalizations; and
- WHEREAS,** Meals on Wheels programs in Berkeley provide a powerful socialization opportunity for millions of seniors to help combat the negative health effects and economic consequences of loneliness and isolation; and
- WHEREAS,** Meals on Wheels programs in Berkeley deserve recognition for the contributions they have made and will continue to make to local communities, our State and our Nation.

NOW THEREFORE, BE IT RESOLVED, that I, Jesse Arreguin, Mayor of the City of Berkeley do hereby proclaim March 2021 as the **19th Annual March for Meals Month** and urge every citizen to take this month to honor our Meals on Wheels programs, the seniors they serve and the volunteers who care for them. Our recognition of, and involvement in, the national 2020 March for Meals can enrich our entire community and help combat senior hunger and isolation in America.

Jesse Arreguin
Mayor



March 23, 2021