

Legislation Text

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Recognizing March 2021 as National Nutrition Month to educate Philadelphians on how to make informed food choices, and develop healthy eating and physical activity habits, while raising awareness of the need for accessible, nutritious food.

WHEREAS, People with poor nutrition are at an increased risk of chronic diseases. In fact, 6 out of every 10 adults have a chronic disease and 4 out of every 10 adults have multiple chronic diseases. As a result of uninformed food choices, risk factors of chronic diseases have been identified at even younger ages; and

WHEREAS, The Centers for Disease Control and Prevention states that “Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States;” and

WHEREAS, Good nutrition not only reduces the risk of disease, but also improves well-being and health, promotes safer pregnancies and birth, strengthens immune systems, and lengthens lifespans; and

WHEREAS, Philabundance is a Philadelphia-based food relief organization that distributes more than 24 million pounds of nutritious food each year to those in need. The organization runs free food distributions and produce markets through food pantries, churches, shelters, and emergency kitchens that serve over 90,000 low-income people every week. Philabundance joined the Pennsylvania Healthy Pantry Initiative (HPI) in 2018 to help provide nutrition information and educational resources. They work to increase access to nutritious foods in food pantries, as well as the selection and use of these foods. By providing healthy food options and recipes using common ingredients, Philabundance works to decrease the risk of chronic disease in residents who experience food insecurity; and

WHEREAS, The Black Women’s Health Alliance was created as an effort to uplift the voices of African American women in the Philadelphia health community. The organization provides women of color with health education and support services that work to reduce the health disparities in the City. They offer a Prime Time Sister Circle for African American women ages 40 to 75 that addresses the importance of good health. The group focuses on how stress relief, nutrition, and physical activity can improve the well-being of people. The organization ultimately advocates for the health and education of all women of color in Philadelphia; and

WHEREAS, The Coalition Against Hunger serves to prevent hunger in the Greater Philadelphia region. They work alongside food assistance programs to provide residents with basic food and nutrition education that will help them follow healthier lifestyles. The organization supplies food pantries with almost 200,000 lbs of food each year and connects people seeking assistance to these locations. The Coalition Against Hunger voices the concerns of people experiencing food insecurity and offers solutions to the public for how to overcome these issues; and

WHEREAS, North Philly Peace Park of CultureWorks Greater Philadelphia is an open, fence-free, charitable, intergenerational, neighborhood-managed ecology campus championing food, education, and community. Since 2018, the North Philadelphia park has distributed over 3,000 lbs of healthy produce and continues to offer free produce to the community. Additionally, the park offers free health and wellness activities, organic farming, and

other educational programs. Some programs include therapy, fitness, and cooking classes to promote the well-being of community members. The Philly Peace Parks are looking to expand to other neighborhoods that face poverty and food insecurity to help provide resources; and

WHEREAS, Weavers Way is a cooperative food market that provides healthy, local, organic products at reasonable prices in Northwest Philadelphia and Ambler, Pennsylvania. The organization runs farms in Philadelphia and encourages environmentally-friendly farming practices to help sustain the Earth. The co-op hopes to promote good health and support local producers who also value environmentally-friendly practices. Weavers Way recently received WholeFoods Magazine's 2020 Retailer of the Year award for their success in providing quality produce to local communities and supplying healthy food to more than 20,000 people; and

WHEREAS, Philabundance, the Black Women's Health Alliance, the Coalition Against Hunger, North Philly Peace Park, and Weavers Way are active and vital organizations that promote a healthier Philadelphia; now, therefore, be it

RESOLVED, THAT THE CITY COUNCIL OF PHILADELPHIA, Hereby recognizes March 2021 as National Nutrition Month to educate Philadelphians on how to make informed food choices, and develop healthy eating and physical activity habits, while raising awareness of the need for accessible, nutritious food.

FURTHER RESOLVED, That an Engrossed copy of this resolution be presented to Philabundance, Black Women's Health Alliance, Coalition Against Hunger, North Philly Peace Park, and Weavers Way, further evidencing the sincere admiration and respect of this legislative body.