

Senate Resolution No. 1800

BY: Senator RIVERA

MEMORIALIZING Governor Kathy Hochul to proclaim March 2026, as Nutrition Month in the State of New York

WHEREAS, National Nutrition Month is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics; National Nutrition Month is held annually in March and was created to focus on the importance of making informed food choices and developing healthful habits with food and physical activity; and

WHEREAS, The National Nutrition Month 2026 theme is "Discover the Power of Nutrition"; and

WHEREAS, The New York State Academy of Nutrition and Dietetics, the state subsidiary of the National Association, participates in National Nutrition Month and represents more than 3,000 registered dietitian nutritionists (RDNs), nutrition and dietetic technicians, registered (NDTRs) and other food and nutrition professionals who are committed to improving the health of New Yorkers through research, education and delivery of health care services; and

WHEREAS, Food is the substance by which life is sustained; the type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness; and

WHEREAS, The New York State Academy of Nutrition and Dietetics RDN and NDTR members actively participate in National Nutrition Month by educating New Yorkers on developing healthy eating patterns; and

WHEREAS, RDNs educate the public on cooking skills, including cultural foods, traditions, and budgetary management, food preparation, and meal planning skills; and

WHEREAS, New Yorkers are educated by RDNs on how to utilize community resources such as SNAP, WIC and local food banks; and

WHEREAS, RDNs educate New Yorkers on making food choices while thinking about the relationship between food and the environment by eating more plant-based foods, buying food from local farmers and community gardens as much as possible, and growing food at home; and

WHEREAS, The New York State Academy of Nutrition and Dietetics encourages New Yorkers to seek advice from an RDN or seek a referral from their doctor to an RDN for their unique dietary needs, evidence-based nutrition information, and to receive medical nutrition therapy to help prevent, manage, and treat chronic disease; and

WHEREAS, The New York State Academy of Nutrition and Dietetics and its RDN and NDTR members are advocates for advancing the nutritional status of all New Yorkers, all Americans, and people around the world;

and

RESOLVED, That this Legislative Body pause in its deliberations to proclaim March 2026, as Nutrition Month in the State of New York, in conjunction with the observance of National Nutrition Month; and be further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.