

By: Rodriguez of Travis

H.C.R. No. 67

CONCURRENT RESOLUTION

1 WHEREAS, Good nutrition plays a vital role in helping  
2 children to learn and in promoting their physical and mental  
3 health; and

4 WHEREAS, The type, quality, and amount of food that children  
5 consume each day affects their overall fitness; the benefits of  
6 balanced nutrition are long-term and include reduced risk of future  
7 problems like cardiovascular disease and diabetes; and

8 WHEREAS, Children who are undernourished cannot learn as  
9 much, as quickly, or as thoroughly; hunger impairs their ability to  
10 concentrate and perform well in school, and it makes children more  
11 prone to fatigue, as well as to having headaches, colds, and  
12 behavioral and emotional problems; and

13 WHEREAS, Recognizing the importance of good nutrition, the  
14 State of Texas serves meals to more than 1.5 million schoolchildren  
15 each day and 16 million breakfasts and lunches to children in  
16 low-income areas throughout the summer; and

17 WHEREAS, An adequate, balanced diet supports children's  
18 physical and educational development, and efforts to alleviate  
19 child hunger and to promote healthy eating habits contribute  
20 immeasurably to the well-being of children and society alike; now,  
21 therefore, be it

22 RESOLVED, That the 83rd Legislature of the State of Texas  
23 hereby recognize March 2013 as Child Nutrition Month and call on all  
24 citizens to learn more about the importance of good child nutrition

1 and how they can help to promote it.