



City of Berkeley Proclamation

PROCLAIMING MARCH 2022 AS THE 20th 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; and¹
- WHEREAS,** the 2022 observance of March for Meals celebrates 20 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,** Berkeley Meals on Wheels, a program providing home-delivered meals, have served our communities admirably for 49 years in Berkeley, CA increasing their deliveries to homebound seniors by 50% during the COVID pandemic with 140 receiving meals daily in February 2020 to 210 seniors receiving meals in February 2022; and
- WHEREAS,** volunteers for Berkeley Meals on Wheels, a program in Berkeley, CA 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,** Berkeley Meals on Wheels, a program in Berkeley, CA provide nutritious meals to seniors throughout Berkeley that help them maintain their health and independence, thereby preventing unnecessary falls, hospitalizations and/or premature institutionalization; and
- WHEREAS,** Berkeley Meals on Wheels, a program in Berkeley, CA 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,** Berkeley Meals on Wheels, a program in Berkeley, CA 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 Arreguín, Mayor of the City of Berkeley,** does hereby declare March proclaim March 2022 as the 20th 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 2022 March for Meals can enrich our entire community and help combat senior hunger and isolation in America.

Jesse Arreguín
Mayor



March 22, 2022