

Peralta Community College District
Resolution 12/13-27
In Support of Oakland Vegetarian Week

Whereas, the Board of Trustees of the Peralta Colleges through the establishment of our Peralta Wellness Center is dedicated to assisting students to achieve and maintain optimum physical, mental, and emotional health; and

Whereas, the Peralta Community College District has established a Sustainability Policy to protect the environment and our natural resources; and

Whereas the District is committed to ensuring the health and well-being of our students, faculty, staff, and administration; and

Whereas, healthcare benefit costs for the District employees and their families continue to increase by double digits without any immediate relief in sight; and

Whereas, the Oakland Unified School District is practicing Meatless Monday each week to introduce students to healthy vegetarian options and to benefit the environment; and

Whereas, the American Dietetic Association recognizes that reduced meat consumption decreases the risk of various health problems, stating, "scientific data suggests positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions including obesity, hypertension, diabetes, and some types of cancer," and according to Harvard medical School's Health Publications, vegetarians have a lower risk of Type 2 diabetes; and

Now, therefore, be it resolved that the Peralta Community College District endorses and supports Oakland Vegetarian "Veg" Week on April 22-28, 2013, and encourages students, staff, and faculty to participate in Veg Week, and encourages our culinary arts programs, restaurants, campuses, and food suppliers to provide vegetarian options and educational materials in recognition of Veg Week.

Passed and adopted this 9th day of April, 2013, by a unanimous vote of the Board, unless the meeting minutes reflect otherwise.

José M. Ortiz, Chancellor
Secretary, Board of Trustees
PERALTA COMMUNITY COLLEGE DISTRICT