

City of Ithaca Proclamation

Whereas, a whole food, plant-based diet reduces our risk of various ailments, including heart disease, high-blood pressure, stroke, various cancers, diabetes; and

Whereas, a plant-based diet helps protect the environment by reducing our carbon footprint, preserving forests, grasslands and wildlife habitats, and reduces pollution of waterways; and

Whereas, a growing number of people are reducing their meat consumption to help prevent animal cruelty; and

Whereas, since MeatOut was launched in 1985, more than 35 million Americans have explored a plant-based diet and reduced their consumption of meat, dairy, and eggs; and major food manufacturers and national franchises are marketing more meat-free options in response to this growing demand,

Now, therefore, I, SVANTE L. MYRICK, Mayor of the City of Ithaca, do hereby proclaim March 20, 2019 as:

“MeatOut Day” In the City of Ithaca

and call upon all of Ithaca’s residents to consider exploring a meat-free wholesome diet of whole grains, vegetables, and fresh fruit,

In Witness whereof, I have hereto set my hand and caused the great seal of the City of Ithaca to be affixed this the 20th day of March in the year 2019.




Svante L. Myrick, Mayor