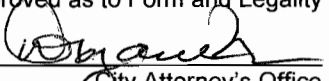


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City Attorney's Office

## OAKLAND CITY COUNCIL

Resolution No. 84473 C.M.S.

INTRODUCED BY COUNCILMEMBERS LIBBY SCHAAF & DESLEY BROOKS

### **A RESOLUTION DECLARING MONDAYS TO BE "MEATLESS MONDAYS" IN THE CITY OF OAKLAND**

**WHEREAS**, the City of Oakland is dedicated to the preservation of the environment and natural resources; and

**WHEREAS**, the City of Oakland is committed to the well-being and good health of its citizens; and

**WHEREAS**, in 2011, Oakland passed a landmark Energy and Climate Action Plan with the goals of reducing greenhouse gas emissions; and

**WHEREAS**, the United Nations recognizes that "Livestock are one of the most significant contributors to today's most serious environmental problems" and recommended individuals "replace meat with another source of protein" as a way to celebrate its World Water Day; and

**WHEREAS**, recent studies and reports have demonstrated that we can lower our carbon footprint simply by reducing the amount of animal-based foods we eat; and

**WHEREAS**, 42 percent of children in Oakland are overweight or obese and studies show that obese children tend to grow up to be obese adults, and those who are obese are at increased risk of developing many chronic diseases, including heart disease, stroke, high blood pressure, diabetes, arthritis, and many types of cancer; and

**WHEREAS**, the economic costs associated with obesity in Alameda County are estimated at \$1 billion; 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 mellitus and some types of cancer;" and

**WHEREAS**, the EPIC-PANACEA Study published in 2010 by the American Society for Nutrition concluded, "...a decrease in meat consumption may improve weight management;" and

**WHEREAS**, a special report from the Spring 2013 [Kaiser] *Permanente Journal* states, "Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed foods. ... Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity;" and

**WHEREAS**, 9 billion birds, pigs and cows, most of whom are raised on massive factory farms, are slaughtered for food each year in the United States and The Humane Society of the United States estimates that "if all Americans participated in Meatless Monday, more than a billion animals would be spared from factory farms each year;" and

**WHEREAS**, numerous schools, colleges, and universities in California and nationwide have implemented Meatless Mondays in their cafeterias, including Oakland Unified School District and Mills College; and

**WHEREAS**, the City Council encourages residents to join them in enjoying plant-based meals one day a week to help improve health, lower blood pressure, blood sugar, and cholesterol; now, therefore, be it

**RESOLVED:** That the Council of the City of Oakland hereby declares all Mondays as "Meatless Mondays" in support of comprehensive sustainability efforts as well as to further encourage residents to eat a more varied plant-based diet to protect their health, protect animals, and protect the environment and to encourage restaurants, grocery stores, and schools to offer a greater variety of healthier and more sustainable plant-based options.

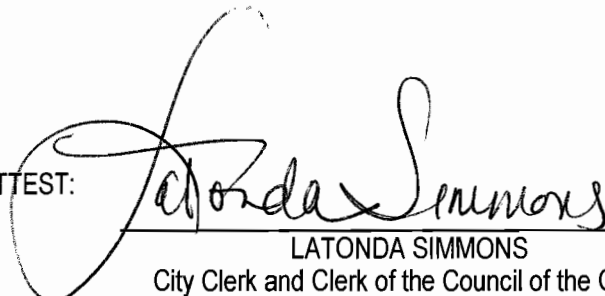
IN COUNCIL, OAKLAND, CALIFORNIA, JUL 2 2013

PASSED BY THE FOLLOWING VOTE:

AYES - BROOKS, GALLO, GIBSON MCELHANEY, KALB, KAPLAN, REID, SCHAAF, AND PRESIDENT KERNIGHAN - 8

NOES - 0  
ABSENT - 0  
ABSTENTION - 0

ATTEST:

  
LATONDA SIMMONS  
City Clerk and Clerk of the Council of the City of  
Oakland, California