

**PROCLAMATION  
APPLE CRUNCH DAY  
October 29, 2008**

***WHEREAS**, Apple Crunch Day encourages healthy snacking for youth and families; and*

***WHEREAS**, Lewistown, Pa – across America, youth and families will be celebrating Apple Crunch day on Wednesday, October 29, 2008; and*

***WHEREAS**, Indian Valley High School and Mifflin County will be joining in this nationwide event celebrated during National Apple Month; and*

***WHEREAS**, Apple Crunch is designated to encourage youth, families, schools and communities to make the apple, and other fruits and vegetables, a regular part of a nutritious diet by emphasizing healthy snacking; and*

***WHEREAS**, Schools have such a dramatic impact on children’s attitudes, behaviors, and habits. By making fruits and vegetables fun for kids, our message of healthy snacking is going home and influencing the entire family; and*

***WHEREAS**, This event is a program of the Penn State Hershey Center for Nutrition & Activity Promotion, organization advancing knowledge and strategies for achieving energy balance by exploring how environments and social groups influence healthy choices and engages communities in improving access to healthy eating and active living options*

***NOW, THEREFORE**, we, the Mifflin County Commissioners hereby proclaim October 29, 2008 as: “Apple Crunch Day” in Mifflin County*

*Proclaimed this 16<sup>th</sup> day of October, 2008*

*MIFFLIN COUNTY COMMISSIONERS*

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*Mark A. Sunderland*

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*Otis E. Riden, Jr.*

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*Robert A. Reck*