

A holiday from Food Equality Initiative...



National Food is Medicine Day

September 14

Here's how to request a proclamation for Food is Medicine Day from your local municipality.

Why should you proclaim?

Requesting a proclamation day in your city, county, or state is an important way to raise awareness of the barriers to healthy food faced by under-resourced families every day. By proclaiming this day in communities across the nation, we reiterate that healthy food is medicine that can improve public health.

Contact your Local Government Office



Determine which level of government you would like to contact about recognizing Food is Medicine Day (city, county, or state). Locate the appropriate website. Proclamation request guidelines are usually under "Ceremonial" or "Forms." You can also use the "Contact Us" option to ask the office for proclamation request guidelines.

Draft your Proclamation

Food Equality Initiative has created a free template for use in creating a proclamation! To download, visit www.foodequalityinitiative.org/food-is-medicine-day. Government offices typically request proclamation applications 2-8 weeks prior to the desired proclamation date.



Follow Request Guidelines

Most offices will require a cover letter to expedite the process, describing:

1. The purpose of the proclamation
2. The date the proclamation is needed
(September 14)
3. Why YOU think Food is Medicine is important for your community (a personal story always helps!)
4. Your contact information



Publicize the Day

Here are 3 ways to spread the word about National Food is Medicine Day:

- **Notify** the local media outlets and friends & family about your proclamation day. Contact the newspaper, radio, and/or television stations.
- **Tag** #FIMDAY #foodismedicineday #foodismedicine with pictures of your proclamation day event and/or certificate, whatever that might look like.
- **Donate** to Food Equality Initiative or other organizations that support access to nutritious food. Encourage your friends and family to give.

