



PROCLAMATION

05/09/2009

May 9, 2009, as "Cooking With Your Kids Day"

PROCLAMATION

by the
Governor of the State of California

One of our most key responsibilities is to ensure that our children grow up happy and healthy. It is vital that we give them the care and guidance that they need, as well the skills that will help them succeed. A great way to both spend quality time with our kids and teach them the importance of good eating habits is to cook together.

I am a big believer in maintaining a strong body and mind, and an essential part of meeting this goal is to prepare nutritious meals. By doing this with our young ones, we educate them about wholesome food and how to prepare it, empowering them to make good choices. Armed with this knowledge, our state's future leaders will be able to cook healthy meals with their families or on their own.

Many of us have busy schedules, balancing careers, family concerns and other duties, but it is more crucial than ever that we take time to be with our children and build strong relationships. Parents and guardians are their best teachers, and by taking time to show our kids how to maintain a healthy lifestyle, we make an invaluable investment in their future.

NOW, THEREFORE, I, ARNOLD SCHWARZENEGGER, Governor of the State of California, do hereby proclaim May 9, 2009, as "Cooking With Your Kids Day."

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 5th day of May 2009.

ARNOLD SCHWARZENEGGER
Governor of California

ATTEST:
DEBRA BOWEN
Secretary of State