

CITY OF LOS ANGELES  
CALIFORNIA

**JUNE LAGMAY**  
City Clerk

**HOLLY L. WOLCOTT**  
Executive Officer

When making inquiries relative to  
this matter, please refer to the  
Council File No.



**ANTONIO R. VILLARAIGOSA**  
MAYOR

Office of the  
CITY CLERK

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**SHANNON HOPPES**  
Council and Public Services  
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November 13, 2012

To All Interested Parties:

The City Council adopted the action(s), as attached, under Council File No. 12-1721,  
at its meeting held November 9, 2012.

City Clerk  
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9 12-1721

WHEREAS, in 2007, the City of Los Angeles adopted GREEN LA: a progressive action plan to lead the nation in fighting global warming, which includes the goals of reducing greenhouse gas emissions, promoting clean technology, reducing air pollution, conserving water, and more 2; and nation in fighting global warming, which includes the goals of reducing greenhouse gas emissions, promoting clean technology, reducing air pollution, conserving water, and more; and

WHEREAS, the United Nations recognizes that "Livestock are one of the most significant contributors to today's most serious environmental problems"; 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, a plant-based diet helps preserve our grasslands, wetlands and wildlife habitat and reduces pollutants of our waterways, including the Los Angeles River; and

WHEREAS, more than half of the adult population is overweight or obese in Los Angeles County, according to the County's Department of Health Services. 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, statistics show that low-income areas in Los Angeles are at higher risk for preventable diseases linked to obesity, including heart attacks, strokes, diabetes and cancer; and

WHEREAS, low-income neighborhoods in Los Angeles have less access to healthy foods; and

WHEREAS, health disparities exist in various groups, with African-Americans and Latinos at a higher risk of diseases linked to poor nutrition habits; 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, a growing number of people are reducing their meat consumption to help prevent animal cruelty; and

WHEREAS, in 2008, Californians overwhelmingly supported Proposition 2, the Prevention of Farm Animal Cruelty Act, which banned some of the cruelest forms of farmed animal confinement; and

WHEREAS, Compassion Over Killing, a nonprofit organization with an office in Los Angeles, encourages people to choose vegetarian foods as a way to help build a kinder, cleaner, and healthier world, and works with businesses throughout Los Angeles County to ensure vegetarian meals are readily available to consumers; and



WHEREAS, several colleges and universities in California and nationwide have added Meatless Monday menus in their cafeterias including the University of California-Davis and the University of California-San Diego; and

WHEREAS, the Baltimore City Public School System in Maryland, became the first school district in the U.S. to adopt a 100% Meatless Monday policy in 2009, the Oakland Unified School District adopted this policy in 2010, along with other school districts in Arlington, VA, Oneida, NY, and Longmont, CO; and

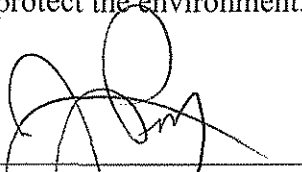
WHEREAS, the Council of the District of Columbia has designated Mondays as "Meat Free Mondays" highlight the benefits of diets high in fruits and vegetables; and

WHEREAS, the City of San Francisco has designated every Monday as "Veg Day" to encourage restaurants, grocery stores, and schools to offer a greater variety of healthier and more sustainable plant-based options; and


WHEREAS, a growing number of cities, including Takoma Park, MD, Annapolis, MD, and Marin County, CA, have passed resolutions encouraging residents to explore vegetarian eating to help protect their health, the environment, and animals and the Green Cincinnati Plan recommends going meatless one day a week; and

NOW, THEREFORE, BE IT RESOLVED, that the Council of the City of Los Angeles 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.

PRESENTED BY:

  
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JAN C. PERRY  
Councilwoman, 9<sup>th</sup> District

CO-PRESENTED BY:

  
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ED P. REYES  
Councilman, 1<sup>st</sup> District

SECONDED BY:

  
\_\_\_\_\_  
Bernard L. Parker

NOV 07 2012 - CONTINUED TO NOV 9, 2012

**ADOPTED**

NOV 9 2012

**LOS ANGELES CITY COUNCIL**

OCT 31 2012

**ORIGINAL**