

## 2015-J4708

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim April 2016 as Pecan Month in the State of New York, in conjunction with the observation of National Pecan Month

WHEREAS, With American adults and children snacking more, the National Pecan Shellers Association (NPSA) thinks it is time to spotlight the natural, healthy, fuss-free pecan; and

WHEREAS, It is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim April 2016 as Pecan Month in the State of New York, in conjunction with the observance of National Pecan Month; and

WHEREAS, A one-ounce serving of 15 to 20 pecan halves packs a nutritious punch; pecans contain more antioxidants than any other nut variety according to ORAC values, can help reduce the risk of heart disease and lower cholesterol levels, contain more than 19 vitamins and minerals, and are a natural, high-quality source of protein and are naturally sodium free; and

WHEREAS, The healthy, buttery-sweet taste of pecans becomes even more attractive in light of research on rising snack consumption; today, Americans are snacking more, and the need for healthy snacks is greater than ever; and

WHEREAS, A Hartman Group Eating Occasions 2010 survey of a nationally representative sample of 2,115 adult United States consumers (18 to 70 years of age) showed that 48% of all adult eating occurs between meals, creating a "snacking culture" in the United States; and

WHEREAS, Children are also part of the snacking trend; UNC-Chapel Hill researchers Carmen Piernas and Barry Popkin found nationally representative surveys of food intake in United States children which showed large increases in snacking among kids, with between-meal munching

moving toward three snacks per day compared to around one snack per day 30 years ago; and

WHEREAS, More than 27% of children's daily calories come from desserts, sweetened beverages and salty snacks; and

WHEREAS, The National Pecan Shellers Association is inviting everyone to "think outside the pie" and snack on pecans; savvy cooks can boost the nutritional values of regular meals by adding pecans to the morning cereal or lunchtime salads and both kids and adults can stir them into muffins or sprinkle them on top of a vegetable or brunch casserole; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim April 2016 as Pecan Month in the State of New York, in conjunction with the observation of National Pecan Month; and be it further

RESOLVED, That copies of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York, and to the National Pecan Shellers Association.