

118TH CONGRESS  
2D SESSION

# H. RES. 1571

Supporting the recognition of November as “National Bread Month” and celebrating bread as a nutritious, affordable, and culturally significant staple food.

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## IN THE HOUSE OF REPRESENTATIVES

NOVEMBER 14, 2024

Mr. JOYCE of Pennsylvania (for himself and Mr. DAVIS of North Carolina) submitted the following resolution; which was referred to the Committee on Energy and Commerce

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## RESOLUTION

Supporting the recognition of November as “National Bread Month” and celebrating bread as a nutritious, affordable, and culturally significant staple food.

Whereas bread has been a staple food enjoyed by cultures worldwide for centuries, with its versatility, nutrition, and affordability making it an essential part of diets across the United States;

Whereas enriched and whole grain breads provide essential nutrients, with grain foods like bread contributing to nearly 40 percent of dietary fiber in the American diet and delivering vitamins, including folate, thiamine, niacin, vitamin B<sub>6</sub>, riboflavin, and vitamin A;

Whereas bread also provides minerals necessary for good health, such as iron, zinc, manganese, copper, magnesium, phosphorus, and selenium;

Whereas the Centers for Disease Control and Prevention credits enriched grains for reducing neural tube birth defects by nearly one-third in the United States;

Whereas bread can be paired with a variety of foods, making it an adaptable, nutritious choice that complements proteins, vegetables, soups, and salads for balanced and satisfying meals;

Whereas bread varieties such as loaves, boules, naan, roti, baguettes, pita, tortillas, and many more reflect the culinary diversity of cultures around the globe, underscoring the universal role of bread in bringing communities together; and

Whereas grain foods like bread are affordable, shelf-stable, and accessible, offering vital nutrition and helping to combat food insecurity by being a dependable food source for households of all incomes: Now, therefore, be it

1       *Resolved*, That the House of Representatives—

2               (1) recognizes “National Bread Month” as an  
3       opportunity to celebrate bread’s role as a nutritious,  
4       versatile, and culturally significant food;

5               (2) highlights the contributions of grain foods  
6       like bread to public health and balanced diets;

7               (3) commends the American commercial baking  
8       industry for providing a wide variety of affordable  
9       and accessible grain foods; and

1           (4) encourages all Americans to celebrate the  
2           diversity and benefits of bread and grain foods dur-  
3           ing “National Bread Month”, exploring new vari-  
4           eties and pairing them with nutritious foods for a  
5           well-rounded diet.

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