Legislation Details

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File created:	6/10/2025	**In control:**	Board of Commissioners
On agenda:	6/12/2025	**Final action:**	6/12/2025
Title:	PROPOSED RESOLUTION		

RECOGNIZING JUNE 18TH AS KEFIR DAY IN COOK COUNTY

WHEREAS, Kefir is a fermented milk drink similar to a thin yogurt or ayran that is made from kefir grains; and

WHEREAS, Kefir dates back to the Bronze Age. Traditional kefir was made in goatskin bags that were hung near a doorway; the bags would be knocked by anyone passing through to keep the milk and kefir grains well mixed; and

WHEREAS, the name Kefir comes from the Turkish word “keyif,” which refers to the “good feeling” a person gets after drinking it; and

WHEREAS, Kefir is rich in probiotics, B vitamins, vitamin C, and calcium; and

WHEREAS, Kefir also contains antioxidants and is said to improve nutrient absorption. The list of health benefits associated with probiotic-rich foods grows consistently year after year; and

WHEREAS, Kefir supports skin health by promoting a balanced gut micro biome which can reduce inflammation and improve conditions like acne, eczema and dryness; and

WHEREAS, Kefir supports mental health by nourishing the gut microbiome which plays a key role in regulating mood, stress response, and cognitive function through the gut-health axis; and

WHEREAS, Kefir is a high-quality protein source, providing all nine essential amino acids needed for muscle repair and overall body function: and

WHEREAS, Kefir is one of the best cultured foods to enjoy and is easy to use. Kefir is correlated with a wide range of health benefits, including an improved digestive system, a healthy gut, lower blood pressure and cholesterol, cancer prevention, improved immune systems, and reduced asthma and allergies; and

WHEREAS, Cook County is the kefir capital of the world producing more kefir here for global consumption than anywhere else: and

WHEREAS, promoting awareness of kefir and its benefits can encourage healthier dietary choices and contribute to improved public health; and

WHEREAS, establishing a dedicated 'Kefir Day' will serve as an annual opportunity to educate the public about kefir, celebrate its cultural significance, and highlight its nutritional and health advantages; and

NOW, THEREFORE BE IT RESOLVED, by the Cook County Board of Commissioners recognizes that food is medicine and that June 18th officially be declared Kefir Day in Cook County; and

BE IT FURTHER RESOLVED, that 'Kefir Day' shall be an occasion to promote education and

awareness regarding the numerous benefits and importance of kefir; and

BE IT FURTHER RESOLVED, That a suitable copy of this resolution be presented to Lifeway Foods, Inc.

Sponsors: JOSINA MORITA

Indexes:

Code sections:

Attachments:

Date	Ver.	Action By	Action	Result
6/12/2025	1	Board of Commissioners	approve	Pass

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