



HR0398

LRB104 13965 ECR 26915 r

1 HOUSE RESOLUTION

2 WHEREAS, Kefir is a cultured, fermented milk drink with
3 ancient origins in the Caucasus Mountains that is now embraced
4 around the globe for its probiotic benefits, refreshing taste,
5 and role in promoting digestive health; and

6 WHEREAS, Kefir is a nutrient-rich drink containing high
7 levels of calcium, protein, magnesium, and essential B
8 vitamins, and it provides a unique combination of live and
9 active probiotic cultures that support gut health and immune
10 function; and

11 WHEREAS, The probiotics in kefir have been shown to help
12 restore gut flora, reduce gastrointestinal symptoms, including
13 bloating and constipation, and improve overall digestive
14 function, which is particularly important for individuals
15 recovering from antibiotic use or living with chronic gut
16 conditions; and

17 WHEREAS, Regular consumption of kefir has been associated
18 with enhanced immune response, reduced inflammation, improved
19 metabolic markers, including cholesterol and blood pressure,
20 and strengthened bone density, contributing to the prevention
21 of osteoporosis and chronic disease; and

1 WHEREAS, Kefir is naturally lower in lactose due to
2 fermentation and is therefore often well tolerated by
3 individuals with lactose intolerance, providing a dairy option
4 rich in bioavailable nutrients for a wider range of consumers;
5 and

6 WHEREAS, Early research has also linked kefir and other
7 fermented foods to mental health benefits via the gut-brain
8 axis, opening new avenues for dietary support of mood,
9 cognitive function, and emotional well-being; and

10 WHEREAS, The kefir industry supports domestic agriculture
11 by sourcing milk from American dairy farms, drives innovation
12 in the growing probiotic and plant-based food markets, and
13 sustains high-quality jobs in food manufacturing and
14 distribution, particularly in the Midwest; and

15 WHEREAS, Recognizing June 18 as Kefir Day celebrates the
16 health, economic, and cultural contributions of kefir and the
17 accomplishments of kefir manufacturers that are employing
18 thousands of people and promotes greater awareness of gut
19 health, nutrition, and functional foods across all
20 communities; therefore, be it

21 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE
22 HUNDRED FOURTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that

1 we declare June 18, 2025 as Kefir Day in the State of Illinois;
2 and be it further

3 RESOLVED, That we encourage individuals, institutions, and
4 public health leaders across the United States to recognize
5 and celebrate the vital role kefir plays in nourishing bodies,
6 supporting farmers, growing the economy, and improving lives.