2. True.

Proof: Pick an arbitrary integer n, then five consecutive integers start from n can be written as $n, n+1, n+2, n+3, n+4$.

We will show that the sum of $n, n+1, n+2, n+3, n+4$ is divisible by 5 (without remainder)

The sum of above five consecutive integers is $5n+10$, which is divisible by 5 and with no remainder. The result is n+2, which is also a integer since n is an arbitrary integer.

So, the statement has been proved.