



STATE of MINNESOTA

Proclamation

- WHEREAS: Family Meals Month is a national effort to encourage families to pledge to share more meals at home per week; and
- WHEREAS: Family meals are fun, affordable, and healthier than other dining options; and
- WHEREAS: Ninety-two percent of U.S. consumers say they want to eat healthier meals, yet only thirty percent of American families share dinner every night; and
- WHEREAS: Conversations around dinner tables establish closer relationships and increase parental involvement; and
- WHEREAS: Regular family meals are linked to kids earning higher grades, improving self-esteem, and resisting negative peer pressure; and
- WHEREAS: With each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression, and suicide; less likely to use or abuse drugs or run away; and less likely to engage in risky behaviors; and
- WHEREAS: Children who grow up sharing family meals are more likely to exhibit pro-social behavior as adults, such as sharing, fairness, and respect; and
- WHEREAS: Kids and teens who share meals with their family three or more times per week are significantly less likely to be overweight, more likely to eat healthy foods, and less likely to have eating disorders; and
- WHEREAS: Ninety percent of supermarkets offer fresh, prepared foods; ninety-five percent offer cooking demos; eighty-six percent offer cooking classes; and one hundred percent offer recipes and meal ideas.

NOW, THEREFORE, I, TIM WALZ, Governor of Minnesota, do hereby proclaim September 2019, as:

FAMILY MEALS MONTH

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 29th day of August.

GOVERNOR

SECRETARY OF STATE