

STATE OF MICHIGAN



CERTIFICATE OF PROCLAMATION

ON BEHALF OF THE PEOPLE OF MICHIGAN,
I, Gretchen Whitmer, governor of Michigan, do hereby proclaim

September 2019
as
FAMILY MEALS MONTH

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, 92 percent of U.S. consumers say they want to eat healthier meals, yet only 30 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 regular family meals, adolescents are less likely to show symptoms of violence, depression, and suicide, and less likely to use or abuse drugs or engage in risky behaviors; and,

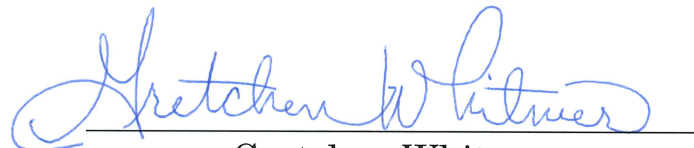
WHEREAS, children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness, and respect; and,

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, 90 percent of supermarkets offer fresh, prepared foods, 95 percent offer cooking demonstrations, 86 percent offer cooking classes, and 100 percent offer recipes and meal ideas;

NOW, THEREFORE, I, Gretchen Whitmer, Governor of Michigan, do hereby proclaim September 2019 as Family Meals Month in Michigan and encourage all families in our state to add one more family meal per week during this month and throughout the year.





Gretchen Whitmer
Governor

