



# Proclamation

## By the Governor of Alabama

*WHEREAS, Family Meals Month is a national effort to encourage families to pledge to share more meals together at home every week; and*

*WHEREAS, conversations around dinner tables establish closer relationships and increase parental involvement, and regular family meals are linked to children earning higher grades, improving self-esteem and resisting negative peer pressure; and*

*WHEREAS, with each additional family meal shared, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use drugs or run away and less likely to engage in risky behavior; and*

*WHEREAS, children who grow up sharing family meals are more likely to exhibit pro-social behavior as adults; and*

*WHEREAS, children 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 a hundred percent offer recipes and meal ideas;*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim September 2023, as*

# Family Meals Month

*in the state of Alabama.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 29<sup>th</sup> day of August 2023.*

*Kay Ivey*  
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Kay Ivey, Governor