

Executive Proclamation
State of South Dakota
Office of the Governor

Whereas, Family Meals Month is a national effort to encourage families to pledge to share more meals together each week; and,

Whereas, family meals are fun, affordable, and healthier than other dining options. 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 multiple benefits for children, including earning higher grades, building self-esteem, and resisting negative peer pressure. Children growing up sharing family meals are more likely to exhibit positive behavior such as sharing, respect, and fairness; and,

Whereas, with each additional family meal shared each week, adolescents are less likely to show symptoms of aggression or depression, less likely to abuse substances, and less likely to engage in other risky behaviors; and,

Whereas, kids and teens who share meals with their family three or more times per week are more likely to eat healthy foods, less likely to develop eating disorders, and live more healthy lives; and,

Whereas, strengthening of family ideals and values begins at the dinner table and has a profoundly positive effect on student success and achievement:

Now, Therefore, I, Kristi Noem, Governor of the State of South Dakota, do hereby proclaim September 2023, as

FAMILY MEALS MONTH

in South Dakota.



In Witness Whereof, I have hereunto set my hand and caused to be affixed the Great Seal of the State of South Dakota, in Pierre, the Capital City, this Seventh Day of August in the Year of Our Lord, Two Thousand and Twenty-Three.

Kristi Noem, Governor

Attest:

Monae L. Johnson, Secretary of State