



Get your State to Proclaim September as *Family Meals Month*

Launched in September 2015, by the Food Marketing Institute Foundation, **National Family Meals Month™** is an industry-wide movement in the food retail industry to raise awareness of the benefits of frequent family meals and to encourage one more family meal at home per week. Join the food retailers in your state and manufacturers from across the country to bring families back to the table to share one more meal at home each week.

Two states, [Michigan](#) and [Utah](#) have been successful at proclaiming September as Family Meals Month. This is an excellent way to support the family meals programs that are being implemented by the retailers and suppliers in your state.

How to get started:

Included is a sample Family Meals Month State Proclamation for your reference. You can easily edit this to meet the needs of your state.

Compelling reasons to make family meals proclamation in your state:

- Research shows that family meals have numerous health and societal benefits for everyone who eats together
 - Children and teens who eat more meals with their family are more successful in school;
 - Frequent family meals increase self-esteem and positive social behaviors;
 - Meals at home tend to be healthier,
 - Meals at home are associated with lower Body Mass Index (BMI) and.
 - Meals prepared and eaten at home are more economical.

For additional information visit: www.fmifamilymeals.com



Utah Lieutenant Governor Spencer J. Cox enjoying a meal at home with his family



This is a sample Family Meals Month State Proclamation that you can make unique to your state.

Need Assistance: Contact Mike Green, mgreen@fmi.org at FMI

DRAFT RESOLUTION

A resolution recognizing September 20[xx], 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 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 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, Ninety percent of supermarkets offer fresh, prepared foods, 95 percent offer cooking demos, 86 percent offer cooking classes, and 100 percent offer recipes and meal ideas; now, therefore, be it

Resolved by the [xx], That September 20[xx], be hereby recognized as Family Meals Month; and be it further

Resolved, That the people of the state of [xx] are encouraged to add one more family meal per week during this month and throughout the year.

Adapted from [Michigan SR83](#), adopted by Michigan Senate, September 6, 2017