

STATE OF ILLINOIS



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, 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, 90 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;

*THEREFORE, I, JB Pritzker, Governor of the State of Illinois, do hereby proclaim September 2023 as **Family Meals Month** and encourage the people of the State of Illinois to add one more family meal per week during this month and throughout the year.*

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.

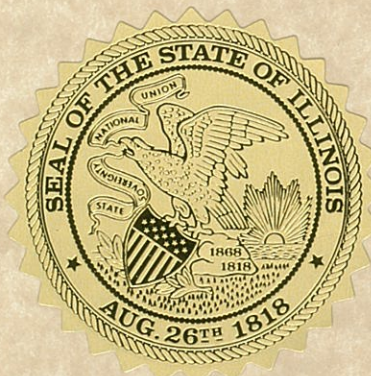
Done at the Capitol in the City of Springfield,

this ELEVENTH day of AUGUST, in

the Year of Our Lord, two thousand and

TWENTY-THREE, and of the State of Illinois,

two hundred and FIFTH.



Alexi Giannouli
SECRETARY OF STATE

JB Pritzker
GOVERNOR