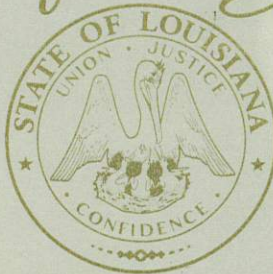


Office of the Governor



JOHN BEL EDWARDS

PROCLAMATION

- WHEREAS,** Family Meals Month is a national effort to encourage families to pledge to share more meals at home per week and 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 children 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,** 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, 95 percent offer cooking demonstrations, 86 percent offer cooking classes, and 100 percent offer recipes and meal ideas.
- NOW, THEREFORE,** **I, John Bel Edwards,** Governor of the State of Louisiana, do hereby proclaim September 2023 as

FAMILY MEALS MONTH
in the State of Louisiana.



IN WITNESS WHEREOF, I have hereunto set my hand officially and caused to be affixed the Great Seal of the State of Louisiana, at the Capitol, in the City of Baton Rouge, on this 1st day of September A. D., 2023.

John Bel Edwards
Governor