



State of Missouri
Governor's Proclamation

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

WHEREAS, family meals are fun, affordable, and healthier than other dining options; and

WHEREAS, ninety-two percent of United States consumers say they want to eat healthier meals, yet only thirty 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, ninety-five percent offer cooking demos, eighty-six percent offer cooking classes, and one-hundred percent offer recipes and meal ideas.

NOW, THEREFORE, I, Michael L. Parson, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim September 2023, to be

FAMILY MEALS MONTH

in Missouri.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 7th day of September, 2023.



Michael L. Parson
GOVERNOR

ATTEST:

SECRETARY OF STATE