

STATE OF NEBRASKA



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 have always been one of the best healthy practices. They keep us connected and are foundational to a healthy nation; and

WHEREAS,

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

WHEREAS,

Conversations around dinner tables establish closer relationships, reduce stress, 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,

Supermarkets offer fresh and convenient foods, recipe and meal ideas, cooking demonstrations, and other resources; and

WHEREAS,

During Family Meals Month, partners from across the state of Nebraska will collaborate to spread awareness of the benefits of cooking and eating together as a family.

NOW, THEREFORE,

I, Jim Pillen, Governor of the State of Nebraska, DO HEREBY PROCLAIM the month of September 2023 as

FAMILY MEALS MONTH


in Nebraska, and I do hereby urge all citizens to take due note of the observance.

IN WITNESS WHEREOF, I have hereunto set my hand, and cause the Great Seal of the State of Nebraska to be affixed this fifteenth day of September, in the year of our Lord Two Thousand Twenty-three.



Attest:


Secretary of State


Governor