



Spencer J. Cox

Governor

Declaration

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

Whereas, Disagree Better is our initiative as chair of the National Governors Association to show that as Americans, we can work through our differences to find solutions to difficult problems facing our country without showing contempt for one another;

Whereas, regular family meals are linked to kids earning higher grades, improving self-esteem and resisting negative peer pressure;

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;

Whereas, children who grow up sharing family meals are more likely to exhibit pro-social behavior as adults, such as sharing, fairness, and respect;

Whereas, our country is deeply divided on many issues and most Americans are tired of the division;

Whereas, Utahns desire more civil discourse from their political leaders, neighbors and most importantly their family members;

Whereas, in addition to the many social, emotional and economic benefits, shared family meals represent an essential time to discuss issues of the day, including ideas that may generate disagreement;

Whereas, conversations around dinner tables establish closer relationships, increase parental involvement and provide an opportunity for constructive disagreement; and,

Whereas, the state of Utah encourages Utahns to invite family members, neighbors, or friends, with whom you disagree, to join you for a family meal and discuss an issue of disagreement without exhibiting contempt while actively expressing warmheartedness;

Now, therefore, I, Spencer J. Cox, governor of the great state of Utah, do hereby declare September 2023 as

Family Meals and Disagree Better Month in Utah

Spencer J. Cox
Governor