$\begin{array}{c} LRB\text{--}4087/1 \\ CMH\text{:}cjs \end{array}$

2023 SENATE JOINT RESOLUTION

1	Relating to: recognizing September 2023 as Family Meals Month.
2	Whereas, Family Meals Month is a national effort to encourage families to
3	pledge to share more meals at home per week; and
4	Whereas, family meals are fun, affordable, and healthier than other dining
5	options; and
6	Whereas, 92 percent of U.S. consumers say they want to eat healthier meals,
7	yet only 30 percent of American families share dinner every night; and
8	Whereas, conversations around dinner tables establish closer relationships
9	and increase parental involvement; and
10	Whereas, regular family meals are linked to kids earning higher grades,
11	improving self-esteem, and resisting negative peer pressure; and
12	Whereas, children who grow up sharing family meals are more likely to exhibit
13	prosocial behavior as adults, such as sharing, fairness, and respect; and

12

1	Whereas, kids and teens who share meals with their family three or more times
2	per week are significantly less likely to be overweight, more likely to eat healthy
3	foods, and less likely to have eating disorders; and
4	Whereas, Wisconsin's retail food industry offers fresh and prepared foods,
5	cooking demos and cooking classes, and recipes and meal ideas; now, therefore, be
6	it
7	Resolved by the senate, the assembly concurring, That the Wisconsin
8	Legislature hereby recognizes September 2023 as Family Meals Month; and, be it
9	further
10	Resolved, That the people of the state of Wisconsin are encouraged to add one
11	more family meal per week during this month and throughout the year.

(END)