

WHEREAS; what is best for kids is what is best for the state, and every kid in Wisconsin deserves to grow up healthy and have consistent access to nutritious food; and

WHEREAS; preparing and sharing a meal with family can be fun, affordable, and healthy, yet studies show that the number of American families that have dinner together every night is declining; and

WHEREAS; family meals are linked to a variety of benefits for kids and teens, including higher grades, improved self-esteem, better ability to resist negative peer pressure, and higher likelihood to exhibit prosocial behavior as adults; and

WHEREAS; regularly eating family meals can help instill good lifelong food practices, including better nutrition through home-cooked vitamin-rich foods, a healthy relationship with eating, increased knowledge of food and cooking safety and preparation, and the ability to recognize and address food allergies; and

WHEREAS; conversations around dinner tables can also establish close relationships within families and increase parental involvement in their kids' lives; and

WHEREAS; this month, the state of Wisconsin reaffirms its commitment to ensuring all Wisconsinites have access to quality, affordable food and encourages families across the state to share the social and health benefits of togetherness through nutritious family meals at home;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim September 2023 as

FAMILY MEALS MONTH

throughout the State of Wisconsin and I commend this observance
to all our state's residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 18th day of August 2023.

TONY EVERS, Governor

By the Governor:

SARAH GODLEWSKI, Secretary of State