

WHEREAS; ensuring access to healthy, fresh foods improves the quality of life for everyone, including Wisconsin’s kids, and the state remains dedicated to ensuring all Wisconsinites have reliable and consistent access to nutritious food; and

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

WHEREAS; despite the profound benefits of regularly eating together as a family, families today are less likely to gather for a meal, with family time at the dinner table having declined by roughly 30 percent over the past three decades; 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, decreased likelihood of obesity, 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 according to the American College of Pediatricians, implementing a positive family meal experience may include allowing kids to help with food preparation, designating a consistent location in the home to have family meals, turning off the television or other digital devices and distractions, and serving a variety of healthy foods during the week; 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 benefits of togetherness through nutritious family meals at home;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim September 2026 as

NATIONAL 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 26th day of August 2026.

TONY EVERS, Governor

By the Governor:

SARAH GODLEWSKI, Secretary of State