

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

WHEREAS; preparing and sharing a meal with family is fun, affordable, and healthy, yet only 30 percent of American families share dinner every night; and

WHEREAS; kids and teens who share meals with their families 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; conversations around dinner tables establish close relationships within families and increase parental involvement in kids' lives; and

WHEREAS; regular family meals are linked to kids earning higher grades, improving self-esteem, and resisting negative peer pressure, and kids who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness, and respect; and

WHEREAS; this month, the state of Wisconsin encourages families throughout our state to share more meals at home per week;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim September 2020 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 17th day of September 2020.



TONY EVERS, Governor

By the Governor:



DOUGLAS LA FOLLETTE, Secretary of State