

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 can be fun, affordable, and healthy, yet studies suggest that a steadily decreasing percentage of American families share dinner every night; and

WHEREAS; research also suggests that 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 can 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; supermarkets across our state are valuable resources for families wishing to share more meals at home, with many offering fresh, prepared foods, as well as cooking demonstrations, cooking classes, recipes, and meal ideas; and

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

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim September 2021 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 13<sup>th</sup> day of August 2021.



TONY EVERS, Governor

By the Governor:



DOUGLAS LA FOLLETTE, Secretary of State