

STATE OF NORTH DAKOTA

PROCLAMATION

FAMILY MEALS MONTH SEPTEMBER 2019

WHEREAS, family meals can be a fun, affordable and healthy dining option; and conversations around dinner tables help establish closer family relationships; and

WHEREAS, regular family meals are linked to kids earning higher grades, improving self-esteem and resisting negative peer pressure; and

WHEREAS, children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect; and

WHEREAS, with each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide and less likely to engage in risky behaviors; and

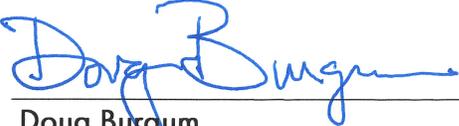
WHEREAS, kids and teens who share meals with their family three or more times per week are significantly less likely to be overweight, more likely to eat healthy foods and less likely to have eating disorders; and

WHEREAS, Family Meals Month is a national effort to encourage families to pledge to share more meals at home per week; and

WHEREAS, many supermarkets offer fresh, prepared foods, cooking demos, cooking classes, recipes and meal ideas to help families make family meals a part of their routine.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
September 2019, FAMILY MEALS MONTH in the State of North Dakota.





Doug Burgum

GOVERNOR

ATTEST:



Alvin A. Jaeger

SECRETARY OF STATE