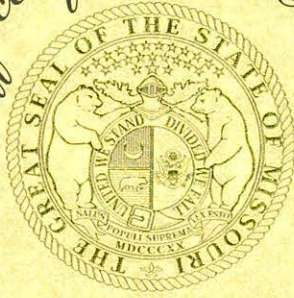


Office of the Governor



State of Missouri

Governor's Proclamation

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

WHEREAS, family meals are fun, affordable, and healthier than other dining options; and

WHEREAS, 92 percent of U.S. consumers say they want to eat healthier meals, yet only 30 percent of American families share dinner every night; and

WHEREAS, conversations around dinner tables establish closer relationships and increase parental involvement; and

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

WHEREAS, with each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behaviors; 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, 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, most supermarkets offer fresh prepared foods, cooking demos, cooking classes, and recipes and meal ideas.

NOW THEREFORE, I, Michael L. Parson, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim September 2020 to be

FAMILY MEALS MONTH

in Missouri.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 3rd day of August, 2020.



Michael L. Parson

Michael L. Parson
GOVERNOR

ATTEST:

Jay Ashcraft

SECRETARY OF STATE