

# The State of Washington



## 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**, children 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**, ninety percent of supermarkets offer fresh, prepared foods, 95 percent offer cooking demos, 86 percent offer cooking classes, and 100 percent offer recipes and meal ideas;

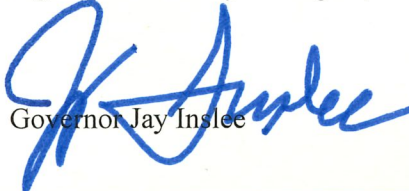
**NOW, THEREFORE**, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim September 2021 as

### *Family Meals Month*

in Washington, and I encourage all families in Washington to add one more family meal per week during this month and throughout the year.



Signed this 31<sup>st</sup> day of August, 2021

  
Governor Jay Inslee