## SENATE RESOLUTION NO. 72

Senator Daley offered the following resolution:

A resolution to recognize September 2019 as Family Meals Month.

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 United States consumers say they want to eat healthier meals, yet only 30 percent of families share dinner every night; and

Whereas, Meals made with locally grown produce contain more flavor and nutrients and therefore benefit families, local farms, and businesses; and

Whereas, All supermarkets offer recipes and meal ideas, 95 percent offer cooking demos, 90 percent offer fresh prepared foods, and 86 percent offer cooking classes; and

Whereas, Conversations around dinner tables establish closer relationships and increase parental involvement; and

Whereas, Regular family meals are linked to children 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, or suicide; 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 adolescents who share meals with their family three or more times per week are significantly less likely to be overweight or have eating disorders, and more likely to eat healthy foods; now, therefore, be it

Resolved by the Senate, That we recognize September 2019 as Family Meals Month; and be it further

Resolved, That we encourage the people of the state of Michigan to add one more family meal at home per week during this month and throughout the year.

