SENATE RESOLUTION NO.72

Senator Daley offered the following resolution: 1 A resolution to recognize September 2019 as Family Meals 2 Month. 3 Whereas, Family Meals Month is a national effort to encourage families to pledge to share more meals at home per week; and 4 Whereas, Family meals are fun, affordable, and healthier than 6 other dining options; and 7 Whereas, 92 percent of United States consumers say they want 8 to eat healthier meals, yet only 30 percent of families share dinner every night; and 9 Whereas, Meals made with locally grown produce contain more 10 flavor and nutrients and therefore benefit families, local farms, 11 12 and businesses; and

- Whereas, All supermarkets offer recipes and meal ideas, 95 1 2 percent offer cooking demos, 90 percent offer fresh prepared foods, and 86 percent offer cooking classes; and 3 4 Whereas, Conversations around dinner tables establish closer 5 relationships and increase parental involvement; and 6 Whereas, Regular family meals are linked to children earning 7 higher grades, improving self-esteem, and resisting negative peer 8 pressure; and 9 Whereas, With each additional family meal shared each week, 10 adolescents are less likely to show symptoms of violence, 11 depression, or suicide; and Whereas, Children who grow up sharing family meals are more 12 likely to exhibit prosocial behavior as adults such as sharing, 13 14 fairness, and respect; and 15 Whereas, Children and adolescents who share meals with their family three or more times per week are significantly less likely 16 to be overweight or have eating disorders, and more likely to eat 17
- 18 healthy foods; now, therefore, be it
 19 Resolved by the Senate, That we recognize September 2019 as
 20 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.