

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
4 families to pledge to share more meals at home per week; and

5 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
9 dinner every night; and

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

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

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

12 Whereas, Children who grow up sharing family meals are more
13 likely to exhibit prosocial behavior as adults such as sharing,
14 fairness, and respect; and

15 Whereas, Children and adolescents who share meals with their
16 family three or more times per week are significantly less likely
17 to be overweight or have eating disorders, and more likely to eat
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

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