  
**State of Iowa**  
**Executive Department**

IN THE NAME AND BY THE AUTHORITY OF THE STATE OF IOWA

**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

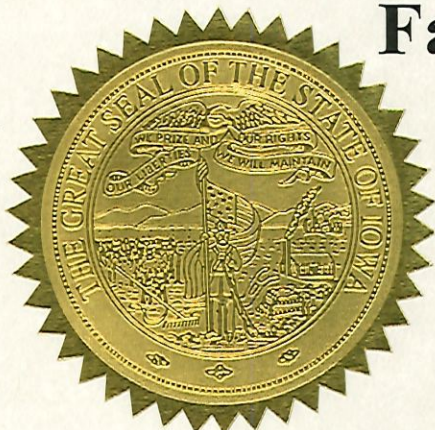
**WHEREAS**, with each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behaviors; and

**WHEREAS**, 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

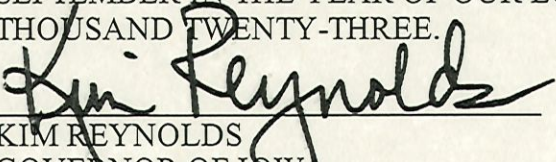
**WHEREAS**, ninety percent of supermarkets offer fresh, prepared foods, 95 percent offer cooking demos, 86 percent offer cooking classes, and 100 percent offer recipes and meal ideas.

**NOW, THEREFORE**, I, Kim Reynolds, Governor of the State of Iowa, do hereby proclaim September 2023 as:

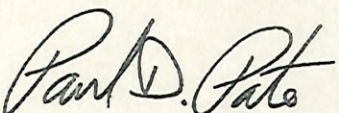
**Family Meals Month**



IN TESTIMONY WHEREOF, I HAVE HEREUNTO SUBSCRIBED MY NAME AND CAUSED THE GREAT SEAL OF THE STATE OF IOWA TO BE AFFIXED. DONE AT DES MOINES THIS 1st DAY OF SEPTEMBER IN THE YEAR OF OUR LORD TWO THOUSAND TWENTY-THREE.

  
KIM REYNOLDS  
GOVERNOR OF IOWA

ATTEST:



PAUL PATE  
SECRETARY OF STATE