

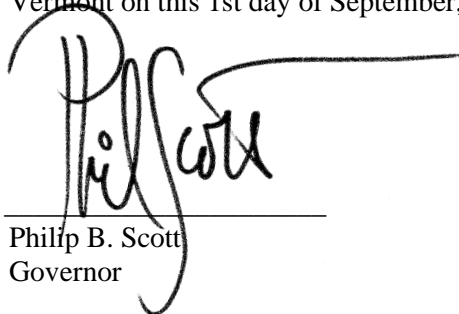
**State of Vermont  
Executive Department  
A Proclamation**

- 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 United States consumers say they want to eat healthier meals, and increased family meals are associated with greater intake of fruits and vegetables; 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 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,** young 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,** 90 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, making family cooking simpler.
- NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim September 2019 as

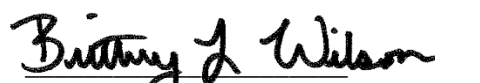
**FAMILY MEALS MONTH**

in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 1st day of September, A.D. 2019.

  
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Philip B. Scott  
Governor



  
Brittney L. Wilson  
Secretary of Civil and Military Affairs