



# *Proclamation*

## *By the Governor of Alabama*

*WHEREAS, Family Meals Month is a national effort to encourage families to pledge to share more meals at home each week; and*

*WHEREAS, conversations shared around the dinner table help establish stronger family bonds and increase parental involvement; and*

*WHEREAS, research shows that regular family meals are linked to improved academic performance, enhanced self-esteem in children, and a stronger ability to resist negative peer influences; and*

*WHEREAS, with each additional family meal shared weekly, adolescents are less likely to exhibit symptoms of violence, depression and suicidal ideation, less likely to engage in substance use or abuse, and they are less likely to run away or participate in risky behaviors; and*

*WHEREAS, children who grow up in homes where meals are regularly shared with family members are more likely to demonstrate pro-social behaviors as adults; and*

*WHEREAS, children and teens who eat with their families at least three times per week are significantly less likely to be overweight, are more likely to make healthier food choices and are less likely to develop eating disorders; and*

*WHEREAS, today's supermarkets support family meals by offering fresh, prepared foods (90 percent), cooking demonstrations (95 percent), cooking classes (86 percent) and recipes and meal ideas (100 percent);*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim September 2025, as*

# *Family Meals Month*

*in the state of Alabama.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 28<sup>th</sup> day of August 2024.*

*Kay Ivey*  
Kay Ivey, Governor