



Proclamation

By the Governor of Alabama

WHEREAS, Family Meals Month is a national effort to encourage families to share more meals together and recognize the important role family meals play in supporting healthier, stronger families; and

WHEREAS, research shows that enjoying meals together as a family is associated with improved physical health, mental health, emotional wellbeing and stronger family relationships; and

WHEREAS, more frequent family meals are associated with improved overall diet quality, including increased consumption of fruits and vegetables and better weight management; and

WHEREAS, spending more time together around the table can make a meaningful difference, with research showing that extending family mealtimes by just 10 minutes can improve children's diet quality and eating behaviors; and

WHEREAS, increasing the frequency of family meals is associated with lower rates of disordered eating, alcohol and substance use, violent behavior and feelings of depression among adolescents; and

WHEREAS, family meals provide parents and caregivers with valuable opportunities to influence food choices, model good nutrition, strengthen family relationships and teach respectful interactions; and

WHEREAS, the benefits of family meals extend to the entire family, with research showing nutritional, physical, emotional and social benefits for parents as well as children; and

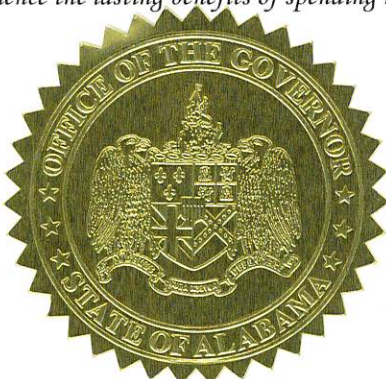
WHEREAS, family meals today can provide benefits for years to come, with research showing that youth who enjoyed up to five family meals per week were less likely to be overweight or obese 10 years later; and

WHEREAS, Alabama's supermarkets and grocery retailers help make family meals possible by providing nutritious foods, convenient meal solutions, recipes, meal inspiration and resources that help families gather around the table:

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim September 2026, as

Family Meals Month

in the state of Alabama. I encourage families throughout our state to make family meals a priority and experience the lasting benefits of spending more time together around the table.



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 31st day of August 2026.

Kay Ivey
Kay Ivey, Governor