

# State of Wisconsin



2023 Senate Joint Resolution 67

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## ENROLLED JOINT RESOLUTION

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**Relating to:** recognizing September 2023 as Family Meals Month.

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, children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness, and respect; 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, Wisconsin's retail food industry offers fresh and prepared foods, cooking demos and cooking classes, and recipes and meal ideas; now, therefore, be it

**Resolved by the senate, the assembly concurring, That** the Wisconsin Legislature hereby recognizes September 2023 as Family Meals Month; and, be it further

**Resolved, That** the people of the state of Wisconsin are encouraged to add one more family meal per week during this month and throughout the year.

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Representative Robin J. Vos  
Speaker of the Assembly

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Senator Chris Kapenga  
President of the Senate

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Date

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Richard A. Champagne  
Acting Senate Chief Clerk