

SENATE JOINT RESOLUTION 402

By Southerland

A RESOLUTION commemorating September 2019 as "Family Meals Month" in Tennessee.

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

WHEREAS, family meals are fun and often more affordable and healthier than other dining options; and

WHEREAS, ninety-two percent of United States consumers say they want to eat healthier meals; however, only thirty percent of American families share dinner at home every night; and

WHEREAS, the benefits of family meals at home are many and are not limited to financial and health advantages; and

WHEREAS, conversations around dinner tables establish closer relationships and increase parental involvement; and

WHEREAS, for children, regular family meals are linked to improved academic performance, increased self-esteem, and an increased ability to resist negative peer pressure; and

WHEREAS, with each additional family meal shared each week, adolescents are less likely to exhibit violent, depressive, or suicidal behaviors; they are also less likely to engage in risky behaviors, including drug abuse or running away from home; and

WHEREAS, children who grow up sharing family meals 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, resources are readily available at most grocery stores: ninety percent of supermarkets offer fresh, prepared foods; ninety-five percent offer cooking demonstrations; eighty-six percent offer cooking classes; and 100 percent offer recipes and meal ideas; and

WHEREAS, family meals have numerous benefits and are foundational to the well-being of every member of the family; now, therefore,

BE IT RESOLVED BY THE SENATE OF THE ONE HUNDRED ELEVENTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE HOUSE OF REPRESENTATIVES CONCURRING, that we hereby commemorate September 2019 as "Family Meals Month" in Tennessee and encourage Tennessee families to add one more family meal per week during this month and throughout the year.

BE IT FURTHER RESOLVED, that an appropriate copy of this resolution be prepared for presentation with this final clause omitted from such copy.