

**Join us September 2021: Texas A&M AgriLife Extension
Celebrates Family Mealtime by Connecting for Better Health!**

Proclamation

WHEREAS EATING MEALS TOGETHER PROMOTES QUALITY TIME FOR CHILD AND ADULT INTERACTION! Family dinner provides time to share activities from the day or discuss upcoming events; and

WHEREAS EATING MEALS TOGETHER PROMOTES A FOOD-HEALTH CONNECTION! Eating together provides an opportunity to talk about and model good nutrition and health behaviors, and

WHEREAS EATING MEALS TOGETHER PROMOTES PASSING DOWN CULTURAL AND FAMILY IDENTITY! Family dinners are a good time for sharing family stories and creating memories.

NOW, THEREFORE I, Keith Umphress, Jack County Judge, Jack, Texas

DO HEREBY PROCLAIM the month of September **FAMILY MEALTIME 2021: Connecting for Better Health!** In Jack County, Texas, and I encourage all citizens to observe this month by encouraging the adoption of healthy behavior through family mealtime in Jack County.

IN WITNESS WHEREOF I have hereto set my hand and caused the Official Seal of the County Jack, Texas to be affixed.

Done at the Jack County Courthouse on this the 13th day of September, 2021.

FILED FOR RECORD

_____ O'CLOCK

SEP 14 2021

VANESSA JAMES, County Clerk
JACK COUNTY, TEXAS

BY _____ DEPUTY



[Handwritten signature]
_____, Judge
Jack County