

A resolution recognizing September 2022, 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, U.S. consumers say they want to eat healthier meals, yet few 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, With each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behaviors; 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

Resolved by the Jack County Commissioners Court, That September 2022, be hereby recognized as Family Meals Month; and be it further

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

Now, Therefore, I, Keith Umphress, Jack County Judge,

Do Hereby Proclaim the month of September FAMILY MEALTIME 2022. In Jack County, Texas, and I encourage all citizens to observe this month by the adoption of healthy behavior through family mealtime.

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Judge Keith Umphress, Jack County Judge

**FILED FOR RECORD**

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SEP 12 2022

VANESSA JAMES, County Clerk  
JACK COUNTY, TEXAS

BY \_\_\_\_\_ DEPUTY