

# NEWS RELEASE



FOR IMMEDIATE RELEASE

Contact:

Jamie Pfuhl, President  
Minnesota Grocers Association  
(651) 228-0973  
jpfuhl@mngrocers.com

## **Governor Tim Walz Proclaims September 2019 Family Meals Month**

### ***Minnesota Grocers Commit to Helping Families Eat at Home More Often During National Family Meals Month™***

St. Paul, MN – September 4, 2019 – The proven health and societal benefits of family meals inspire a month-long event aimed at helping families get back to the table. Governor Tim Walz has proclaimed the month of September 2019 as Family Meals Month™. Grocers all across Minnesota are encouraging families to share one more meal together per week at home, and highlighting simple, healthy meal resources to make it easier for them to raise their mitt to commit to making these meals happen.

“With each additional family meal shared in a 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,” reads the proclamation issued by Governor Walz.

Numerous studies underscore the long-term health, academic, and societal benefits of consistently eating together as a family, yet, according to a 2013 Harris poll, only 30 percent of American families share dinner every night. In addition, recent research proves that people who frequently cook at home eat fewer and healthier calories. And the Family Meals Month™ movement works! Research from the 2016 campaign shows that 85% of shoppers said they took action after seeing the campaign. Further, 95% of those who saw the campaign on social media and/or email said that their consumption and/or shopping behavior changed.

“September is the perfect month to showcase the proven health and social benefits of family meals, and start a conversation that encourages and inspires people to return to the table,” said Jamie Pfuhl, president of the Minnesota Grocers Association. “Juggling the demands of modern life—school, sports, jobs, and long commutes— can sabotage the best laid plans for home-cooked meals. We want to help Minnesotans make wholesome meals together, at home, a modern family tradition.”

“Interest in creating more opportunities for families to eat meals together is at a critical point in our society,” said Leslie Sarasin, president and CEO of the Food Marketing Institute, creator of Family Meals Month™. “The will to return to the table exists, but families need a friendly, familiar voice to encourage, guide, and help them. That voice comes from organizations they know and trust. Join us as we work collaboratively with retailers, food manufacturers, and health organizations from across the country to bring families back to the table to share one more meal at home per week.”

#### **Raise Your Mitt to Commit™ to One More Meal at Home per Week**

The MGA is encouraging our community to join the Family Meals Month™ movement by pledging to one more meal at home per week. Make it official, and shareable, by posting a selfie wearing your favorite oven mitt with the hashtag #familymealsmonth. Follow the MGA on Facebook and Twitter @MNGrocers to join the conversation this September.

#### ***About National Family Meals Month™***

*As the voice of food retail, the Food Marketing Institute created National Family Meals Month™ as a nationwide, annual event to highlight the mealtime solutions offered by grocers and to encourage families to share one more meal at home per week.*

#### ***About The Minnesota Grocers Association***

*The Minnesota Grocers Association (MGA) is the only state trade association that represents the food industry of Minnesota from farm to fork. We are one of the oldest trade associations in the state, celebrating over 120 years of advancing industry. We have over 300 retail, manufacture, and wholesale members supporting nearly 1,300 locations statewide. Our member companies employ over 150,000 union and non-union Minnesotans. We actively advance the common interest of all those engaged in any aspect of the retail food industry as a leader and advocate in government affairs.*

###



## STATE of MINNESOTA

# Proclamation

- 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: Ninety-two percent of U.S. consumers say they want to eat healthier meals, yet only thirty 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: 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 pro-social 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: Ninety percent of supermarkets offer fresh, prepared foods; ninety-five percent offer cooking demos; eighty-six percent offer cooking classes; and one hundred percent offer recipes and meal ideas.

NOW, THEREFORE, I, TIM WALZ, Governor of Minnesota, do hereby proclaim September 2019, as:

## FAMILY MEALS MONTH

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 29<sup>th</sup> day of August.

Handwritten signature of Tim Walz in black ink.

GOVERNOR

Handwritten signature of Steve Pimm in black ink.

SECRETARY OF STATE