
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 455 Session of
2019

INTRODUCED BY ROTHMAN, GLEIM, KORTZ, SCHLEGEL CULVER, HILL-
EVANS, DIGIROLAMO, FREEMAN, MURT, LONGIETTI, KINSEY, MILLARD,
ZIMMERMAN, YOUNGBLOOD, SONNEY, CALTAGIRONE, BURNS AND
HEFFLEY, SEPTEMBER 3, 2019

REFERRED TO COMMITTEE ON AGRICULTURE AND RURAL AFFAIRS,
SEPTEMBER 3, 2019

A RESOLUTION

1 Recognizing the month of September 2019 as "Family Meals Month"
2 in Pennsylvania.

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

6 WHEREAS, Family meals are fun, affordable and healthier than
7 other dining options; and

8 WHEREAS, Despite 92% of consumers in the United States saying
9 they want to eat healthier meals, only 30% of American families
10 share dinner every night; and

11 WHEREAS, Conversations around the dinner table establish
12 closer relationships between family members and increase
13 parental involvement with children; and

14 WHEREAS, Regular family meals are linked to kids earning
15 higher grades, improving self-esteem and resisting negative peer
16 pressure; and

1 WHEREAS, With every additional family meal shared each week,
2 adolescents are less likely to show symptoms of violence,
3 depression and suicide, use or abuse drugs or run away and
4 engage in risky behaviors; and

5 WHEREAS, Children who grow up sharing family meals are more
6 likely to exhibit prosocial behavior as adults, including
7 sharing, fairness and respect; and

8 WHEREAS, Kids and teens who share meals with their family
9 three or more times per week are significantly less likely to be
10 overweight, more likely to eat healthy foods and less likely to
11 have eating disorders; and

12 WHEREAS, Ninety percent of supermarkets offer fresh, prepared
13 foods, 95% offer cooking demos, 86% offer cooking classes and
14 100% offer recipes and meal ideas; therefore be it

15 RESOLVED, That the House of Representatives recognize the
16 month of September 2019 as "Family Meals Month" in Pennsylvania;
17 and be it further

18 RESOLVED, That the residents of this Commonwealth be
19 encouraged to add one more family meal per week in September and
20 throughout the year.