
HOUSE CONCURRENT RESOLUTION

DESIGNATING SEPTEMBER 2019 AS FAMILY MEALS MONTH.

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

5 WHEREAS, family meals are generally healthier and more
6 affordable than other dining options; and
7

8 WHEREAS, ninety-two percent of United States consumers say
9 they want to eat more healthy meals, yet only thirty percent of
10 American families share dinner together every night; and
11

12 WHEREAS, conversations around dinner tables establish
13 closer relationships and increase parental involvement in the
14 lives of children; and
15

16 WHEREAS, regular family meals are linked to higher grades,
17 increased self-esteem, and strengthened resistance to negative
18 peer pressure in children; and
19

20 WHEREAS, with each additional family meal shared each week,
21 adolescents are less likely to show symptoms of violence,
22 depression, and suicide, and they are less likely to use or
23 abuse drugs, run away, or engage in other risky behaviors; and
24

25 WHEREAS, children who grow up sharing family meals are more
26 likely to exhibit prosocial behavior such as sharing, kindness,
27 and respect; and
28

29 WHEREAS, children who share meals with their family three
30 or more times per week are significantly more likely to eat
31 nutritious foods, maintain a healthy weight, and resist eating
32 disorders; and
33



H.C.R. NO. 216

1 WHEREAS, the obesity rate among Hawaii's children has
 2 increased from eleven percent in 2016 to fourteen percent in
 3 2017; and
 4

5 WHEREAS, ninety percent of supermarkets offer fresh,
 6 prepared foods, ninety-five percent offer cooking
 7 demonstrations, eighty-six percent offer cooking classes, and
 8 one hundred percent offer recipes and meal ideas; now,
 9 therefore,
 10

11 BE IT RESOLVED by the House of Representatives of the
 12 Thirtieth Legislature of the State of Hawaii, Regular Session of
 13 2019, the Senate concurring, that September 2019 is designated
 14 as Family Meals Month in the State of Hawaii; and
 15

16 BE IT FURTHER RESOLVED that the people of the State of
 17 Hawaii are encouraged to add an additional family meal each week
 18 during this month and throughout the year; and
 19

20 BE IT FURTHER RESOLVED that certified copies of this
 21 Concurrent Resolution be transmitted to the Chairperson of the
 22 Board of Education, the Superintendent of Education, the
 23 Director of Health, and the Governor of the State of Hawaii.
 24
 25
 26

OFFERED BY: 

	
	
	
	

