



*Advocating the views of convenience stores, supermarkets,
independent grocers, wholesalers and consumer product vendors.*

FOR IMMEDIATE RELEASE

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Gov. Tom Wolf and state Rep. Greg Rothman take action to designate September 2019 as Family Meals Month in Pennsylvania

CAMP HILL (Aug. 30, 2019) – Elected officials in Pennsylvania have come together to designate September 2019 as Family Meals Month in Pennsylvania, and in doing so, encourage families to eat together at home.

Gov. Tom Wolf issued a proclamation in August and state Rep. Greg Rothman, who serves part of Cumberland County, introduced House Resolution 455 which would establish Family Meals Month in the Commonwealth in line with the national campaign spearheaded by the Food Marketing Institute (FMI).

“Family meals are fun, affordable, and healthier than other dining options,” the governor wrote in the proclamation. “Ninety-two percent of United States consumers say they want to eat healthier meals, yet only 30 percent of American families share dinner every night. Conversations around dinner tables establish closer relationships and increase parental involvement.”

The goal of Family Meals Month is for families to pledge to have one more meal together, at home, per week from items purchased at the grocery store. This educational program is supported by the FMI Foundation.

“In today’s on-the-go world, it can be challenging to find the time to eat together as a family. However, the benefits of family meals are overwhelmingly positive,” Pennsylvania Food Merchants Association President & CEO Alex Baloga said. “We thank Gov. Wolf and Rep. Rothman for their commitment to helping improve Pennsylvania families through their recognition of this important campaign.”

According to FMI, the data on why family meals matter is positively overwhelming. Studies show again and again the significant, measurable scientific proof about the positive, lifelong benefits of family meals. Family meals nourish the spirit, brain and health of all family members. Research shows:

- Regular family meals are linked to higher grades and self-esteem.
- Children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect.
- 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 behavior or delinquent acts.
- Adults and children who eat at home more regularly are less likely to suffer from obesity.
- Increased family meals are associated with greater intake of fruits and vegetables.

For more information on the campaign, visit www.fmi.org/family-meals-month.

About PFMA

The Pennsylvania Food Merchants Association, a statewide trade association, advocates the views of nearly 800 convenience stores, supermarkets, independent grocers, wholesalers and consumer product vendors. PFMA members operate more than 3,500 stores and employ more than 200,000 Pennsylvanians. For more information on PFMA, visit www.pfma.org.