FAMILY MEALTIME

TEXAS A&M AGRILIFE EXTENSION

Join us September 2018: Texas A&M AgriLife Extension Celebrates Family Mealtime by Connecting for Better Health!

Proclamation

WHEREAS **EATING MEALS TOGETHER PROMOTES QUALITY TIME FOR CHILD AND ADULT INTERACTION!** Family dinner provides time to share activities from the day or discuss upcoming events; and

WHEREAS **EATING MEALS TOGETHER PROMOTES A FOOD-HEALTH CONNECTION!** Eating together provides an opportunity to talk about and model good nutrition and health behaviors, and

WHEREAS **EATING MEALS TOGETHER PROMOTES PASSING DOWN CULTURAL AND FAMILY IDENTITY!** Family dinners are a good time for sharing family stories and creating memories.

NOW, THEREFORE I, Dan A Gattis, Williamson County Judge,

DO HEREBY PROCLAIM the month of September **FAMILY MEALTIME 2018: Connecting for Better Health!** In Williamson County, Texas, and I encourage all citizens to observe this month by the adoption of healthy behavior through family mealtime.

Done at the Williamson County Courthouse on this the 4th day of September, 2018.

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_____, Judge

Williamson County