

Make Family Meal Time a Priority

Eat together as often as possible.

Turn off the TV and other distractions.

Enjoy learning about your child's day.

Have your children help you prepare meals at least once a week.

Benefits of eating together as a family:

- Family Conversations: meal time can be a special time for families to bond and connect.
- Nutrition: Meals prepared at home are usually more nutritious. Use this time to encourage your children to try new healthy foods.
- Teach Manners: family meal time is a perfect time to teach table manners.
- Model Healthy Behaviors: family meal time is an opportunity to be a healthy role model and teach your children to eat a variety of healthy foods.

Children who eat meals with their families:

- Have improved communication with their parents
- Have fewer behavior problems
- Have better school performance
- Have greater vocabulary
- Are less likely to smoke, use drugs, drink alcohol or have disordered eating
- Develop a sense of belonging, feel more secure and stable
- Tend to eat more fruits and vegetables and less fried foods
- Are more likely to try new foods and enjoy a greater variety of foods

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