

Family Meals

Families Who Eat Together:

- Have better nutrition
- Have higher self-esteem
- Have a lower risk of depression
- Have lower rates of obesity
- Do better in school

What You Can Do:

- Create a space for your family to sit together. This could be a table or other flat surface in your home.
- Turn off the TV during mealtime. This helps family members focus on each other and the food they're eating.
- Make a no cell phone policy at meals. All phones should be kept in another room.
- Connect by talking. Start by saying what the best part of your day was. Ask others to share too.
- Have children help with mealtime tasks when they can. Younger children can set the table, make a salad or help measure ingredients. Older children can cook simple items with an adult watching and helping.
- Make a plan for the days and times to eat family meals. If it is hard to eat dinner together, try lunch on the weekends, or breakfast during the week. If you cannot get the entire family together, choose a time that works for most family members. Answer the questions below to get started.

Currently, how many meals does your family eat together per week? _____

Our goal is to eat _____ meals together as a family next week.

Check the boxes below for meals below that you will eat together during the week.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |



