



ENJOY FAMILY MEALS

Family meals are more than just a time to eat – they are a time when everyone can be together. They are also fun! Having meals together teaches children healthy eating habits that will last a lifetime.

MAKE MEALTIME FAMILY TIME:

- Remove distractions. Turn off the TV and put away phones and tablets.
- Keep mealtime pleasant and stress free. Talk about happy things. Do not scold or talk about problems. Here are some ideas for positive table talk:
 - What was the best part of your day?
 - Ask about a time in the day the child helped someone or received help.
 - What is your favorite food?
 - Share your happy childhood memories with your child.

TIP

Plan “theme cuisine” nights. For example, Tacos on Tuesdays, Leftovers on Thursdays, and Fish on Fridays.

Involve the whole family in the meal planning and preparation!

- Ask your child to choose the vegetable for supper.
- Teach your child how to set the table.
- Include your child in simple food preparation. Kids love to stir, pour, and add ingredients.



MAKE MEALS A PRIORITY

Eating meals together as a family is not always easy, especially when schedules are busy! A family meal can be breakfast, lunch, or supper. Help bring your family together at the table. Add milk, fruits, and vegetables to balance these quick-and-easy meal ideas:

- **Muffin Pizza:** Top an English muffin half with tomato sauce, chopped bell peppers, broccoli, and shredded cheese. Heat in a toaster oven or broiler.
- **Fun shaped sandwiches:** Make a sandwich with whole wheat bread, deli meat, cheese, or peanut butter. Cut into fun shapes with cookie cutters.
- **Lunch Pockets:** Stuff half a pita pocket with sliced chicken, shredded lettuce and carrot.
- **Quick Chili:** Heat canned black beans, canned diced tomatoes, and canned corn over the stove.



FAMILY MEALS ARE IMPORTANT:

- When families eat together, they make better food choices.
- Sitting down together for a meal is a great time for families to connect and talk.
- Studies show that children who eat family meals usually do well in school and have better grades.
- Eating together creates great family memories.

