

Family Mealtime

Sharing a family meal has many benefits.

Some good reasons to eat together:

- **Communication.** Sitting down together lets family members talk and listen to each other.
- **Connection.** Eating together allows everyone to spend time with each other and build strong bonds.
- **Health.** Sharing healthy, home-cooked meals together helps kids learn good eating habits.
- **Learning.** Family meals are a great time for kids to practice manners. Parents can set a good example.



Tips for eating meals together as a family:

- **Have a plan.** Set a time for the meal so everyone knows when to expect it.
- **Limit distractions.** Turn off phones, TVs, and electronics during meals. This helps everyone focus on eating and talking to each other.
- **Keep it simple.** Family meals don't have to be fancy. Even if it's a simple snack or a quick dinner, eating together still counts.
- **Start slow.** Start by having one family meal a week. You can try to add more as it becomes part of your routine.



Making family meals fun for kids:

- **Choose a theme.** Have different theme nights like “Taco Tuesday” or “Pizza Night.”
- **Play games.** Play simple games at the table, like “I Spy” or “20 Questions,” to make the time together more fun.
- **Let kids help.** Give kids small jobs like setting the table, stirring the food, or choosing a dessert.
- **Decorate the table.** Let kids get creative and make the table look fun by using things like colorful napkins or small centerpieces.



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