

# EAT BETTER FOR LESS

## Dinnertime! Invite Family, Friends to Table This Month

For many of us, August is a great time to get back to our regular routine and schedule. What a great time to introduce food, fun and conversation through family meals!



### Why eat together?

Research shows eating with other people benefits everyone. It is a

simple, accessible and highly effective way to improve your health and boost your happiness.

Eating together has a particularly strong impact on the well-being of teens and young adults. Studies point to higher grade-point averages, resilience and self-esteem and lower rates of substance abuse, teen pregnancy, eating disorders and depression.

### Tips for a successful mealtime

- Let each family member choose a recipe they love and add it in to the weekly meal plan.
- Have fun trying new ingredients.
- Serve at least one food you know family members will eat with each meal.
- Over dinner, play a fun game like “Would You Rather,” or “Waiter, Waiter.” Find these games and more at <https://thefamilydinnerproject.org/fun/>



Special doesn't have to mean hard. This recipe is easy and fun.

### My Personal Pizza

#### Ingredients

- 1/2 English muffin
- 1 1/2 tablespoons spaghetti or pizza sauce
- 1 tablespoon grated cheese
- 4 tablespoons chopped vegetables, fruits, and/or cooked meat

#### Directions

1. Preheat oven to 400 degrees.
2. Lightly toast English muffin.
3. Spread with spaghetti sauce or pizza sauce. Add cheese and pizza toppings of your choice.
4. Bake 5-7 minutes until muffin is lightly browned and cheese is melted.
5. Allow to cool slightly before eating. Refrigerate leftovers within 2 hours.

**Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.**

Resources: <https://thefamilydinnerproject.org>  
<https://eatgathergo.org/recipe/my-personal-pizza/>



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