

September 2024

EAT BETTER FOR LESS

EatGatherGo.org

Dining with Family, Friends Comes with a Side of Benefits

Something special happens when we share a meal with the people we love. Studies show eating together can improve our mental and physical health and strengthen our relationships.

If children and teens are around the table, the effects are even greater. They tend to eat more fruits and vegetables, get better grades, and are less likely to fall prey to obesity, drug abuse and teen pregnancy.

Call your family to the table during National Family Meals Month and beyond!

Plan ahead



Schedule a set time for meals, make a menu, and assign age-appropriate tasks to everyone. Cooking and cleaning should be shared.



Ban electronics at the table

Phones and tables distract from the conversation and food and prevent people from connecting with each other.

Keep the conversation light

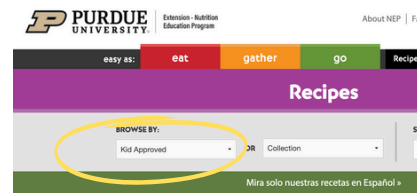


Keep the atmosphere pleasant by not disciplining at the table, avoiding criticism, and saving negative emotions for later. Try telling funny stories, sharing family history, and asking questions.

Family Dinner Meal Kit

It doesn't have to be picture perfect to be the best part of their day. Here are some resources to make your family meal special.

Recipes



Showing recipes that are Kid Approved



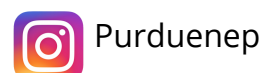
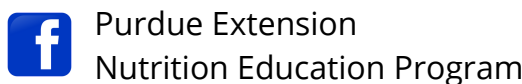
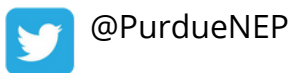
Need meal ideas? Find kid-friendly recipes at EatGatherGo.org. Just select "Kid Approved."

Conversation Starters



Don't know what to talk about? Find conversation starters at thefamilydinnerproject.org/conversation/.

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: thefamilydinnerproject.org