

## Eat Together and Eat Better!



**Children** who eat with their family at least once a day:

- Eat more nutritious foods
- Perform and behave better at school
- Enjoy greater vocabulary
- Observe their parents modeling healthy eating
- Understand their family's values and traditions
- Deepen their sense of belonging and security
- Are less likely to smoke, use drugs, drink or attempt suicide

**Grown-ups** who eat with their family at least once a day:

- Tend to eat more vegetables and fruit and fewer fried foods
- Drink less pop
- Get more important nutrients such as calcium, fibre and iron
- Save precious family time because the family only prepares one meal
- Have the opportunity to model healthy eating to their children
- Save money by eating out less often



Turn off the TV, and take phone calls later  
– you're enjoying dinner together!

## Had a Busy Day?



### Family Meals Help Us Re-Connect

- Plan simple meals to prepare easily and eat slowly. Crock-pots can be very helpful.
- Include the children when grocery shopping. Young children can count apples and look for colourful vegetables. Older ones can weigh fruit and choose the cheese.
- According to their ability, have children assist with preparing the meal.
- Keep plates, cutlery, cups and napkins where children can reach them to set the table.
- Learning to eat takes practice. Young children are messy when learning and most children tend to have short attention spans at the table.
- Share pleasant conversation and laugh a lot.
- Make sure everyone has a chance to speak and be heard.
- Turn off the TV and take phone calls later.
- Involve everyone with the kitchen clean up so that children learn valuable skills and you all finish together.