

# Family Meal Time: TIME AND PLACE CAN VARY

## FAMILY MEALS HELP CHILDREN!

Studies have shown that family meals help children in many ways.

### SHARING EVEN ONE MEAL A WEEK MAY HELP YOUR FAMILY MEMBERS TO...

- ✓ Create a healthy eating pattern.
- ✓ Feel connected.
- ✓ Feel happier and healthier.
- ✓ Develop strong social skills.
- ✓ Resist risky behaviors.
- ✓ Be more successful learners.

## HOW DID OTHER FAMILIES START SHARING MEALTIMES TOGETHER?

I work double shifts, so my family is never together for supper. I figured if we couldn't eat supper together, why eat any meal together. Then I talked with a friend who has a work schedule like mine. **He told me that instead of family suppers, his family eats family breakfasts and snacks together.** Soon my family was sharing snack time!"

~Drake, father of 3

My family does not have a table. I thought there was no way we could have family meals together if we did not have a table. One day, on our way home from school, we stopped and picked up take out. When we got home, instead of getting out, I turned in my seat. **We ate together in the car. It was comfortable and convenient. And, there were no distractions.** It went so well! Now, we do this about once every two weeks."

~Tabitha, mom of 1

I had no idea even how to start having family meals. I didn't grow up with family mealtime, so we never ate together. Often, I would feed the kids separately while cleaning up the house. After they were in bed, I would eat something by myself. One day, my son was playing at a friend's house. He told me that his friend's family had an after-school snack together. It made me wonder if it could work for us too. **Now we have snacks together on Tuesdays after school.** It's working so well I want to try and add another family mealtime soon."

~Karla, mom of 2



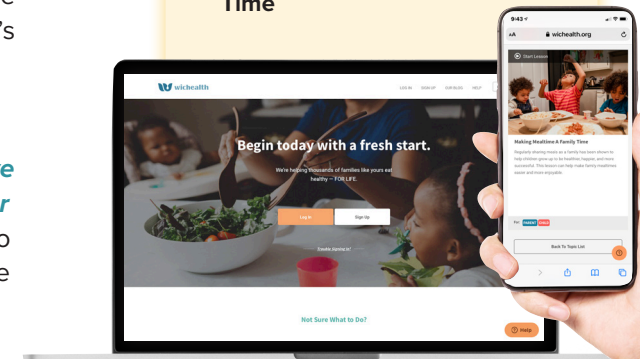
LESSON:  
MAKING  
MEALTIME A  
FAMILY TIME

## Take This Lesson to Learn:

- Ways to get your family involved and excited for mealtimes.
- Ideas and activities to get your family talking and enjoying mealtimes.
- Tips to get your kids involved in planning and making meals.

## To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Feeding Your 2 To 5-Year-Old**
- Choose the lesson: **Making Mealtime A Family Time**



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