

make **mealtime** family time

Our family mealtime goal:

The idea we will try first:

Once an idea you try becomes easy to do, pick a new one from the list inside.

Visit the Promoting Family Meals Web site at

www.cfs.purdue.edu/CFF/promotingfamilymeals

for these helpful resources:



- Calendars for menu planning and goal setting
- Menu ideas and recipes
- Conversation starters
- Ideas to eliminate mealtime battles
- Fact sheets and reference lists for family meal research findings

This material was developed by Purdue University's Center for Families Promoting Family Meals Project, Purdue Extension, and the Indiana State Nutrition Action Plan (SNAP) Team, reaching participants served by the Family Nutrition Program (FNP), the Expanded Food and Nutrition Education Program (EFNEP), the Supplemental Food Program for Women, Infants, and Children (WIC), the Indiana Department of Education, and the Parent Teacher Association.

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11/06

Let's Talk About Mealtime ...

**Mealtime
can be your
family's time
for sharing
good food,
laughter,
and love.**



A "family meal" is when the people you live with come together to eat and talk. It can include everyone or it can be just you and your child. Family meals don't

have to be fancy, and they can be eaten at home or away. They are best when you can talk and listen to each other away from the noise of the television.

Would you like your family's meals to be easier? More often? More pleasant?

Discover how meals can be a wonderful time to stay close to your family.

Sharing meals builds stronger, healthier families in many ways.

What do these benefits mean to YOU?



Closer families

Family meals are a great place to share your daily lives and laughter, and to pass down your values and traditions. Family meals make children feel like they belong and are loved. Families who eat together enjoy it and discover that it becomes easier the more often they do it.

Smarter children

Children who eat with their families do better in school. They learn how to be polite and get along with others. Talking at meals teaches children new words, how to express ideas, and how to talk with others.



Stronger children

Children who eat with their parents are less likely to smoke, drink, take drugs, get into fights, become sexually active, or commit suicide. Start the family meal habit when your children are young and keep it up through their teen years.



Healthier children

Children who eat with their families eat better, learn better eating habits, and are less likely to develop eating disorders. Eating family meals can help children reach a healthy weight.



Set a goal to make family meals work for you.

Chose a goal from this column.

Choose an idea from this column that goes with your goal.

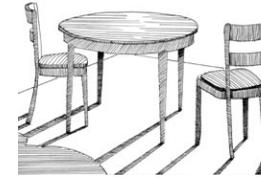
Write your goal and idea on the next page.

Find time for family meals.



1. Think about when your family could eat together this week.
2. Plan days and times to eat together.
3. Eat together ____ times this week.
4. Commit to eating together as a family ____ times every week.

Find good places to eat together.



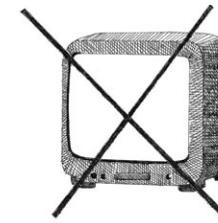
1. Think of where you can eat meals together at home and away.
2. Get a place ready to eat as a family.
3. Eat ____ meals this week at your place for family meals.
4. Try a new location for a meal this week.

Eat easy, healthy, and tasty meals.



1. Think of a meal your family likes that's quick and healthy.
2. Make a shopping list for a family meal.
3. Get your family to help with shopping, cooking, and cleanup.
4. Try a new recipe or menu idea.

Focus on our family, not the TV.



1. Think of why it's good to eat away from the TV and talk together.
2. Pick ____ meals to eat away from the TV this week.
3. Try conversation starters to get your family talking.
4. Turn off the TV during meals ____ times this week.

Enjoy family time together.



1. Think about what makes family meals pleasant.
2. Learn about parent and child roles to avoid mealtime battles.
3. Be a role model for how you want your child to behave.
4. Have a special theme meal.