

Hungry to Connect? Discover the Power of Eating Together!

Do you desire deeper connections?

Consider that for all time and in all cultures, people have connected while eating and enjoying food. Human connections promote health and longevity. Shared meals nourish bodies, minds, and spirits.

Sharing meals has the potential to benefit singles, families, workplaces, and communities.

In this session you will consider the common barriers to eating together and discover benefits and strategies for making shared meals a priority and a reality.

Discover the power of eating together!



This session makes a great keynote presentation, concurrent session, or half-day or full-day workshop. To fully delve into the research and practice surrounding this topic, allow 90 minutes. A shorter keynote can hit the high points and pairs well with a follow-up concurrent or general session to dig deeper. A workshop allows participants to make action plans to promote and/or implement shared meals within families, workplaces, schools, neighborhoods, and other community settings.

Potential content:

- What do we mean by “shared meal”?
- What is the prevalence of sharing meals?
- Does eating together make a difference?
- How does technology affect shared meals?
- What has research shown us and what other research is needed?
- How can we help people be successful at planning shared meals?

Learning Objectives: Following the session, participants will be able to...

1. Describe 3 or more benefits to sharing meals. Identify one or more with personal relevance.
2. Describe 3 or more barriers to sharing meals and/or having meaningful connections during shared meals. Identify a barrier with personal relevance and a potential solution.
3. Describe 2 or more strategies to promote shared meals in a setting in which the participant lives or works. Determine one strategy to implement.