

# Family meals

## Eat 4 family meals each week

Life can get really busy. This makes it hard to plan sit-down meals together with your family. Eating together is one of the most important things you can do for your family's health. Family meals help kids do better in school, feel better about themselves and have better social skills. Try these things:

- Make eating together a priority. Plan set days and times on the calendar to eat family meals.
- Gather all who are at home at meal times. Eat together in the same room, facing each other. Move to a table in a dining area, if able.
- As you get better with eating together, try focusing more on each other. Turn off screens so you can talk with one another.
- Plan set days and times on the calendar to eat together. Start with 4 times per week. This could be breakfast, lunch, dinner or even a snack time. Clear off an eating surface like a table so the family has a place to eat.

## Set a goal

Think about how many meals you eat together most weeks. Then set a goal for eating more family meals together. Try to eat at least 4 family meals each week.

1. Right now, how many meals do we eat together as a family each week? \_\_\_\_\_
2. Our goal is to eat \_\_\_\_\_ meals together as a family next week.

Put an X in each box for the meals that you will try to eat together as a family next week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

