

enjoy family meals

Make family meals a priority in your home.

offer 3 meals at about the same times each day

- Invite everyone in your home to the family table.
- It may be only you and your child at some meals.

eat together

Plan a family meal with your entire family on most days.

start slow

- **Be flexible** - find a time when your family can eat together. It may be an evening meal, breakfast, lunch, or brunch.
- If your family is not used to eating together, start with 1 or 2 family meals each week.
- Gradually increase until your family is eating one meal together every day.

start early

- Start family meals when your child is young.
- He will want to continue to eat and talk with his family when he is a teenager.

Children never outgrow family meals.

keep it simple

Meals do not need to be fancy.

- Make quick and easy sandwiches, soups and salads.
- Plan to have leftovers. Cook enough to serve at 2 meals.
- Share the cooking. Let everyone have a night when they prepare the family meal.
- Cook together. Let others help prepare the meal.
- Children like to eat what they help to cook.

try something new...

- Have a **sandwich buffet** - serve breads, deli meats, cheese slices and raw vegetables on a platter.
- Make **homemade quesadillas** - layer cooked chicken or beef, pepper strips, beans and shredded cheese on a tortilla. Top with another tortilla. Heat in a skillet.



Families who eat together tend to eat healthier meals.

© Nutrition Matters, Inc.

develop healthy eating habits together

- Cook one meal for your family.
- Eat the same foods with your children.

• **Limit servings** to yourself.
• **Limit servings** to your child.
• **Decide** how much they will eat.
• **Eat together.**
• **Encourage** everyone to eat.

• **Eat together** in the kitchen, at the dining table, or on the counter.
• **Turn off** the television, computer, or cell phone.
• **Share** stories, traditions, foods and stories.



table talk

Share fun things that happened

• **Make sure** everyone has a chance to talk, and to be heard.

• **Be free.** Talk about problems, but not while eating.

talk about?

• **Ask** your child: Did you and your children go to the park, grandma's house, or a campground?

• **Ask** your child: What vegetable did you like to cook it?

• **Ask** your child: What did you do today?

• **Ask** your child: What would you like to eat tomorrow?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

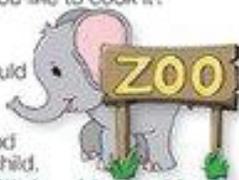
• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?

• **Ask** your child: What did you do today?



Share fun things that happened with laughter and love to create memories that last a lifetime!



For more nutrition information, visit www.choosemyplate.gov

FN429