



FAMILY MEALS

WHY EATING TOGETHER IS IMPORTANT:

Cooking and eating together teaches children life skills such as hand washing, kitchen safety, preparing food, and how to use utensils and cups. Children are also more likely to eat what they have participated in preparing and seeing those around them modeling healthy eating.

Eating meals together also provides a time to connect with one another. This is a great opportunity to expand your child's vocabulary and communication skills. Talk about your day, point out the colors and flavors and names of the food you are eating.

TIPS:

Start with 1 meal per week and increase as you can

- Involve children in planning, shopping and preparing for meals
- Choose simple and familiar recipes, this will help you enjoy your time together more
- Use meal times to teach your children about your values and traditions
- Turn off distractions like TV, phones, tablets...
- Keep meal time conversations fun and positive



ACCESS FOOD
PANTRY
LOCATIONS



FOR TIPS ON
HEALTHY
EATING/FEEDING



NO KID HUNGRY:
FIND FREE MEALS



FOOD HERO



FREE RECIPES