

# EAT & PREPARE MEALS

OCTOBER

## TOGETHER

### DID YOU KNOW...

There are many scientifically proven benefits to eating meals together as a family? Check out these:

- Better nutrition
- Increased family unity
- Fewer behavior problems at home & away
- Enhanced academic success
- Healthy weight promotion for kids



### TIPS

HAVE 5-7 FAVORITE MAIN DISHES IN MIND FOR THE WEEK

STOCK THE PANTRY WITH QUICK-TO-FIX SIDES LIKE RICE, BEANS, AND CANNED FRUIT & VEGGIES

MAKE MULTIPLE BATCHES OF MAIN FOODS AT ONCE & FREEZE (GROUND BEEF, BEANS, CHICKEN, PORK)

GET EVERYONE TO HELP OUT FROM PLANNING, TO SHOPPING, TO PREP & CLEAN-UP

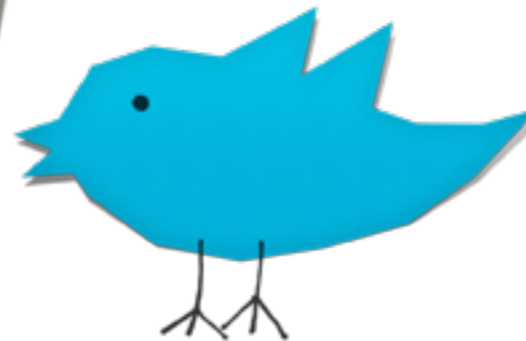
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### Make Meal Time a Priority

- Add one family meal to your weekly schedule. If evenings won't work, consider a weekend breakfast or lunch.
- Create a calm, pleasant environment where adults and kids and talk together. Turn off the TV and eat around the dinner table.

### KIDS CAN HELP

Assign age appropriate tasks to each of your children. Even very small ones can help out by choosing a fruit for dessert. Older kids can mix pre-cut veggies, set the table, or help clean up. Let teens help plan the menu & cook.



For more information, visit:

<http://www.eatright.org/Public/content.aspx?id=6742&terms=family+meal>

<http://www.eatright.org/Public/content.aspx?id=6750&terms=family+meal>