



8 Tips for Easy and Fun Family Meals

★ Just remember that eating together as a family is more than just a meal; the goal is to get everyone to the dinner table and to spend quality time together. Here are some strategies that can help you get started.

★ Try to keep family meals fun; include children in the meal preparation and in the decision about what foods will be offered for dinner. Children feel important if they contribute to family meals.

★ Make shared family meals a priority. Make Meals Interactive.

★ Be a good role model by eating healthy foods and proper table manners.

★ Keep nutritious, whole fruits and vegetables in the house.

★ Build-your-own meals like tacos, pizzas, wraps, or bowls. Serve food family-style so everyone can share and choose.

★ Try to eliminate distractions, like TV, and cell phones during mealtimes.

★ Use conversation starters, plan theme nights, or let kids help choose the menu once a week.

Remember: Family meals don't need to be fancy connection is the goal

