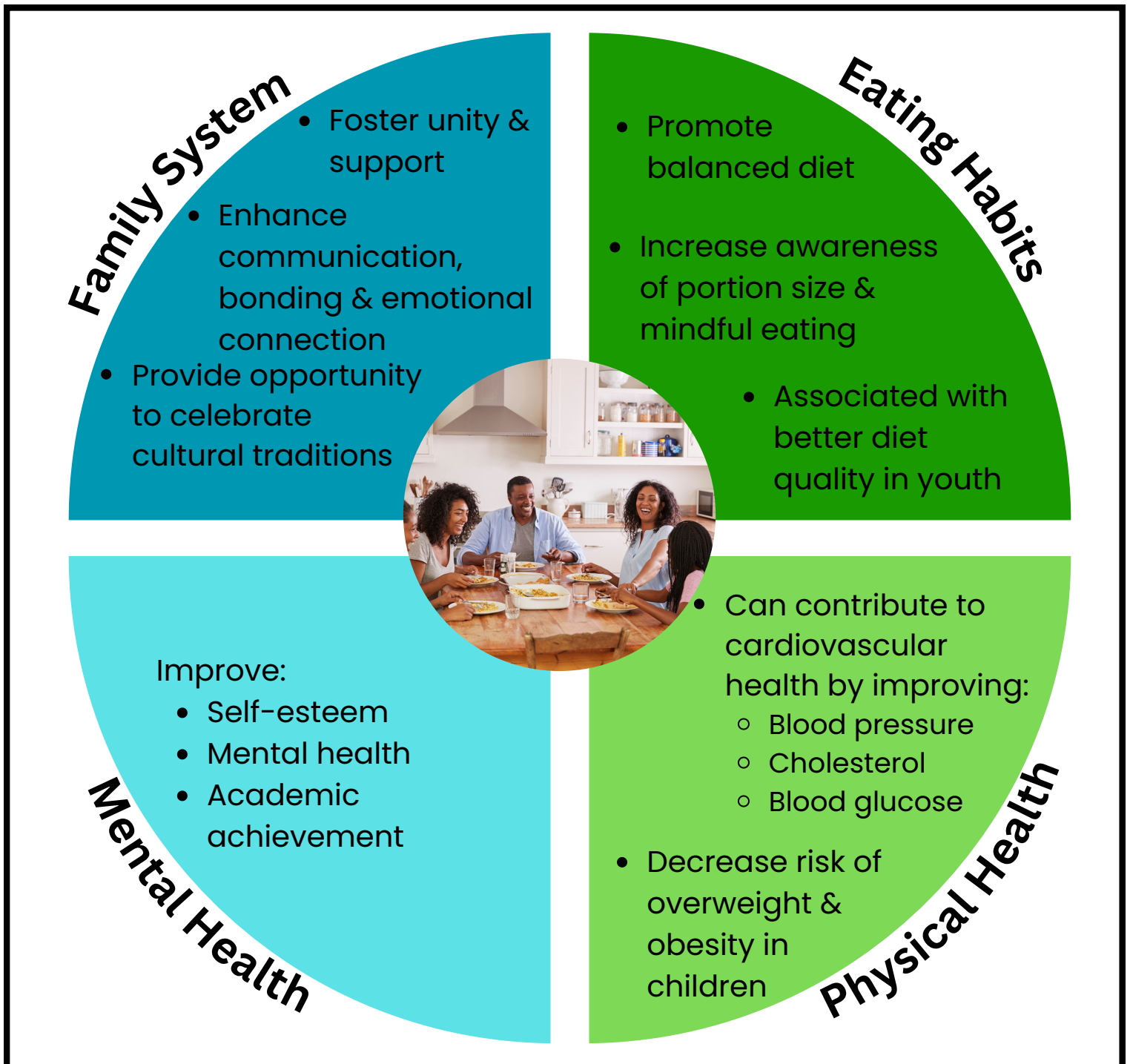


## WHY focus on family meals?

Family meals play an important role in eating habits, but they're about more than just food. Research proves that family meals are associated with emotional, cultural, and health benefits!

**Take a look at the numerous benefits of family meals below:**



# HOW can I to plan for family meals?

We know that life is busy and getting everyone to sit down together is hard enough! Try some of these strategies to help with family meals

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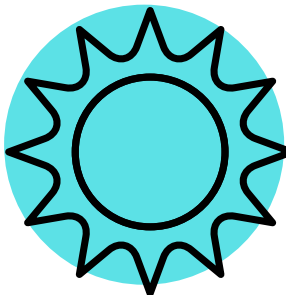
## Set the Stage

Consider **setting a designated time** for your family meals and making them a **no technology zone**



## Meal Prep Magic

If short on time, try **prepping ingredients on the weekend** for quick weekday dinners



## Be Flexible

Maybe dinners only work twice a week, but you can **plan for a quick breakfast or simple lunch**, which count as family meals too!



## Team Effort

**Involve other family members in the cooking process!** This can ease the load, strengthen family bonds, and demonstrate how to cook nutritious meals



## Theme Nights

Increase interest by **trying a theme night**, like Taco Tuesday or Pasta Thursday, or take requests from family members!

# WHAT small changes can I make during family dinners ?

## Diet Quality

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*Consider how to incorporate additional nutrients into your beloved and traditional recipes*

- ✔ Consider reducing the amount of sugar or oil
- ✔ Swap a saturated fat for a heart-healthy fat
- ✔ Opt for whole grains
- ✔ Look for opportunities to add more vegetables

## Portion Size

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*You can continue to make small changes to portion size without making significant changes to your favorite dishes!*

- ✔ Try using smaller plates or bowls
- ✔ Make your plate in the kitchen and cover serving dishes or put additional food away
- ✔ Eat together at the table instead of in front of the TV to reduce mindless eating

## Set yourself up for **SUCCESS**

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- ★ Try to select strategies that are **aligned with your values** and **realistic** for YOU  
.....
- ★ Think about how these concepts align with your **current** family dynamics and practices. Our goal is to make family meals **enjoyable** and **sustainable**  
.....
- ★ **Plan** for an upcoming family meal by selecting a recipe. After, we encourage you to **reflect** on the process!