



## The Challenge

Eat and enjoy food with others this week.

### Why enjoy food together?

Spending time with family and friends can help develop self-esteem and social skills, allowing everyone to talk about what is important to them. Eating occasions can be a great opportunity to spend time together.

When we are trying to eat healthily, enjoying food together can help with motivation. Spending time with others can also be beneficial for mental health and can be a great opportunity to have fun with friends or family and try new dishes.

### Enjoying preparing and cooking food together

Enjoying food does not mean just eating. Everyone can help plan, shop, prepare and cook the food. This is not only great socially, but can help us learn and develop new food skills for life!

Get family and friends involved in suggesting ideas – they may have a recipe they would like to share, cook or teach to someone else. Whatever the reason, cooking together has many great benefits!

Try to avoid mealtimes in front of the TV as this can draw attention away from others around you. Distractions can also delay hunger cues so may encourage us to eat more than we need.

### Some ideas of ways to enjoy food together

- Have a traditional Sunday lunch, a picnic or barbecue.
- Invite family or old friends for a meal, or how about helping those locally that may be lonely?
- Plan what you are going to eat – try something new.
- Prepare and cook food together – share a food skill.
- Make time to eat together – plan a meal date.
- Get everyone to help plan, prepare, cook and serve.

#enjoyfoodtogether