

Eat Together Eat Better

Busy schedules and lack of time can make family meals a challenge; but scheduling family meals into the day is important. Eating together improves the health of the entire family.



For recipes, tips and more, go to
<http://bettertogetherbc.ca/>

Children who eat with their families at least once a day:

- Have **better communication** with their parents
 - Have fewer behaviour problems
 - Have better school performance
 - Are less likely to smoke, use drugs, drink alcohol or have disordered eating
 - Develop a sense of belonging, feel more secure and stable
- Tend to eat more fruits and vegetables and less fried foods
- Are more likely to try new foods and enjoy a greater variety of foods

Benefits to parents:

- Mealtime provides a way to teach values and **traditions**
- You save money by eating out less often
- You eat healthier
- You model healthy eating to your children



Make meals and memories together.
It's a lesson they'll use for life.

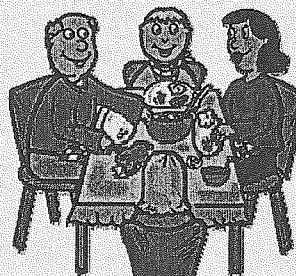


Cook together. Eat together. Talk together.
Make mealtime a family time.

- **Plan a weekly dinner menu** and post it on the fridge
- Use your weekly menu to create a shopping list
- Prepare the same meal for everyone in the family. Try theme nights like Mexican Mondays or Pasta Tuesdays
- **Involve children** in meal preparation, and **make it fun**. Children like to eat food they have helped prepare, and learn valuable skills like peeling, chopping, stirring and setting the table
- Allow children to eat like children, but still teach them appropriate table manners
- Turn off the TV and phones
- Keep conversation pleasant
- Schedule family meal time as often as possible and make it a routine

10 Great Things Your Family Can Do Around the Table

1. Talk about your "highlight-of-the-day".
2. Plan activities for the weekend.
3. "If I lived on a tropical island, I'd eat..."
4. "One thing I learned today was..."
5. "If I had 3 wishes, I'd..."
6. Plan an imagined vacation.
7. Discuss a good deed you or someone else did.
8. "If I could live today all over again, I would do this differently..."
9. Talk about a recent book you've read.
10. Tell jokes!



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*If you have questions about your child's nutrition, please contact
a Public Health Nurse at your local health unit, or call Dietitian Services at HealthLink BC
(formerly Dial-A-Dietitian) at 8-1-1 and ask to speak to a Registered Dietitian.*

Abbotsford 604-864-3400	Agassiz 604-793-7160	Burnaby 604-918-7605	Chilliwack 604-702-4900	Cloverdale, Surrey 604-575-5100	Guildford, Surrey 604-587-4750
Hope 604-860-7630	Langley 604-539-2900	Maple Ridge 604-476-7000	Mission 604-814-5500	New Westminster 604-777-6740	Newport, Port Moody 604-949-7200
Newton, Surrey 604-592-2000	North Delta 604-507-5400	North Surrey 604-587-7900	Port Coquitlam 604-777-8700	South Delta 604-952-3550	White Rock 604-542-4000