



Wellness Buddy Wednesday Tip

Appreciate “Family Meal” Time

Shared family meals have many benefits. Family meals are more likely to be more nutritious. Children who eat on a regular basis with their families are more likely to eat fruits, vegetables and whole grains, choose healthy snacks and drinks. The development of healthy eating habits help prevent the development of overweight, obesity and obesity related health conditions.

Shared meals also provide families opportunities for moments of calm, modeling good manners and patience, sharing the day’s events, and enjoyment of being together.

Steps to Consider in Making Family Meals Happen

- ◆ Plan—Identify barriers. Get the family’s ideas on how obstacles can be eliminated. Look at your calendar, plan around everyone’s schedule, plan menus, shop for those menus, prepare dishes ahead of time and freeze them.
- ◆ Prepare—Involve all family members in mealtime preparation. There’s a job for everyone: folding napkins, setting the table, pouring drinks, washing fruits and vegetables, mixing and stirring, serving, clearing the table.
- ◆ Enjoy—Sit down, relax, savor your meal and take pleasure in this time with your family. Don’t allow the pressures of life to interfere in opportunities to nurture and connect with your children and significant other.