

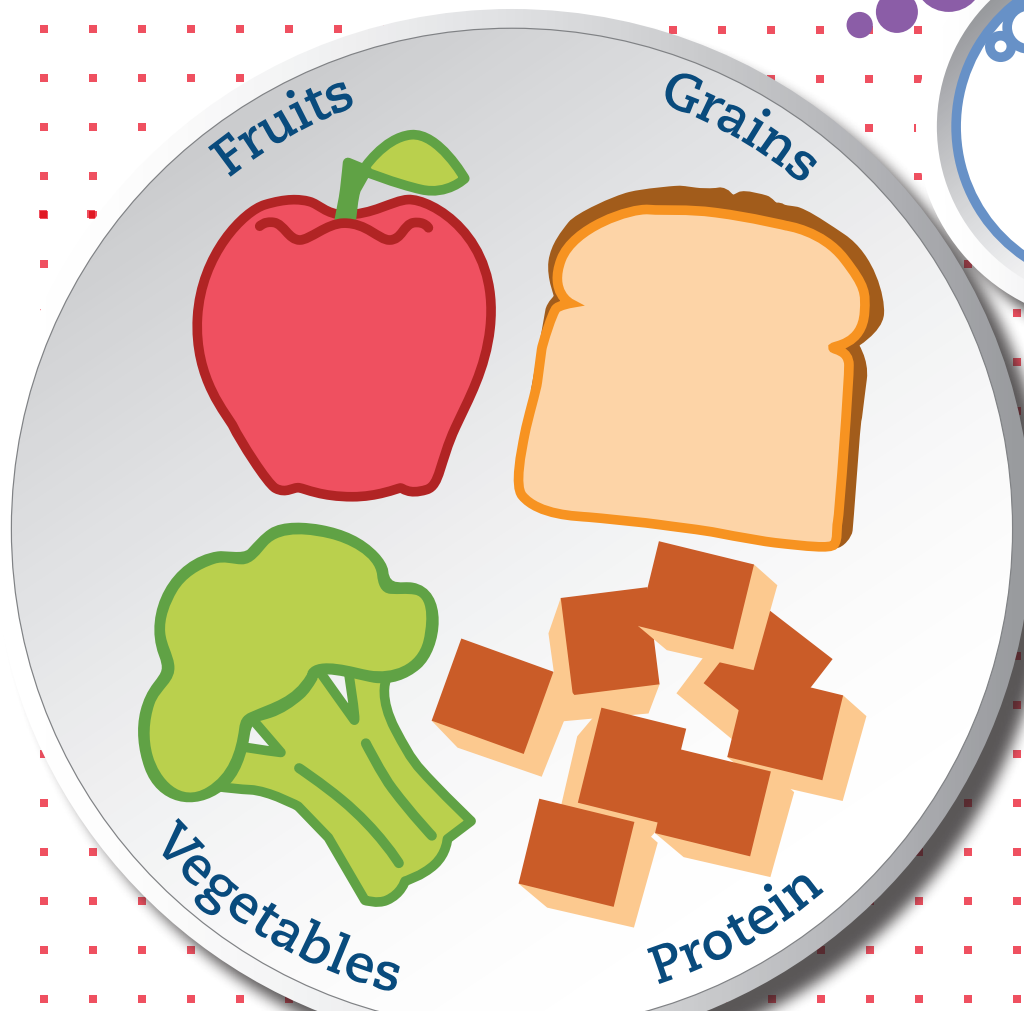
MEALTIME

Make Mealtime a Shared Time

"We're closer now than ever before. We talk. We listen. We are all making healthier food choices. When we share a relaxed meal together everyone benefits."

Mother of two USDA/FNS Child Feeding Tips and Advice

Think about how you can make shared meals happen. The benefits will be worth it!

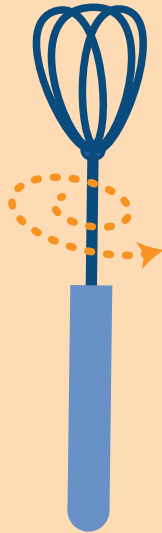


Fill your plate and glass with healthy foods.

Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.

Cook Together

- Cooking together helps make mealtime happen. When everyone shares the work, it is easy to do and the food may even taste better!
- Use the food groups as your guide to cooking a healthy meal. Plan meals that include at least 3 food groups: dairy, grains, fruits, vegetables and protein.



Eat Together

- Plan when you will eat together. It can be breakfast, lunch, dinner, or even a snack. Try to share meals at least four times each week.
- Sharing meals helps everyone learn to make healthy choices.



Talk Together

- Focus on each other, relax, laugh and talk. Keep it simple and light-hearted.
- Turn electronics off and talk about your day- what made you laugh or what you did for fun.



Share Mealtime

- Sharing meals helps pass on traditions and form positive food memories that last a lifetime.
- People of all ages eat more healthy foods and a wider variety of foods when they share meals with family and friends.



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