

Make Mealtime Family Time* from Foodhero.org

Check off the ones you do already.

1. Eat meals together when possible

Start eating meals together as a family when your kids are young. This way, it becomes a habit.

- Plan when you will eat together as a family. Write it on your calendar.
- Try to have family meals most days of the week.
- Focus on the meal and each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But don't lecture or force your child to eat. Go to Foodhero.org for more tips about feeding picky eaters.

2. Make family meals enjoyable

- Involve your child in conversation. Ask questions like: What made you feel really happy today?
 - What made you laugh today?
 - What did you have to eat at lunch today?
 - What's your favorite veggie? Why?
 - Tell me one thing you learned today.

3. Get kids involved

- Have your child help you get ready for meals, or clean up afterward. Depending on age, your child may:
 - Put down place mats.
 - Help set the table.
 - Pick flowers for the table.
 - Put pets, toys or books in another room.
 - Turn off the TV.
 - Clear the table.
 - Wipe the table.

*Adapted from ChooseMyPlate.gov Make Mealtime a Family Time