

Cook Together. Eat Together. Talk Together.

Make mealtime a family time.

A series of WIC group sessions designed for parents who value family mealtime

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

Spending time in the kitchen with your children teaches them skills they will use for the rest of their lives. Choosing fast and fun recipes makes all the difference. During this group session you'll get ideas from other moms about what has worked for them and be introduced to an online resource for kid friendly recipes and tips for cooking with kids.

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

They're watching you! Children take their lead from you. Eat fruits and veggies and your kids will too. Come to this session and explore ways to teach your children about new foods and how to serve themselves at mealtime. You'll teach them skills they'll use for life.

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

Want to find ways to make family mealtime fun and relaxing? You're not alone! Come hear how other families are successfully connecting with each other during meals. In this group session you'll get ideas for getting the whole family talking and how to avoid the common mealtime distractions.

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

You have a great family. You look forward to spending time together. Mealtime is the perfect time for family time. Come to this session and create a special plan for your family for mealtimes.