

Talk Together



Using the *Talk Together* poster, and what you know about your family, take a few minutes and answer these 3 questions:

1. What are some things that distract your family from talking together at mealtime?
2. What are some life skills you can teach your children at mealtime?
3. What can you do to make mealtime less stressful with your family?

Talk Together

Focus on each other, relax, laugh and talk.
Keep it simple and light-hearted.

Try to make mealtime a stress-free time. Talk about what makes you happy.

Say thank you or compliment at least one person you are eating with.

Remove distractions like TV, phones, and games. Turn electronics off and talk about your day – what made you laugh or what you did for fun.

Relax, Laugh and Talk

For young children, mealtime talks are a way to teach table manners, social skills, and family values. Mealtime is a time to talk about positive things – favorite foods, good behavior, funny stories.

For teens, improved family communication leads to greater trust, and a decrease in risky behaviors.

Sharing meals means more than just eating together, what goes on at the table is also important! Mealtime conversation has benefits for everyone, no matter your age.

For seniors, especially those living alone, company at mealtime gives them a pleasurable focus and many show an increased interest in food, improved nutritional status, and spend more time eating.

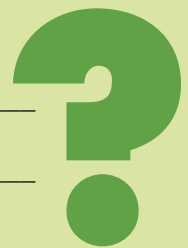


Talk about:

What was the best part of your day? _____

What new thing did you learn today? _____

What is your favorite food at this meal? _____



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