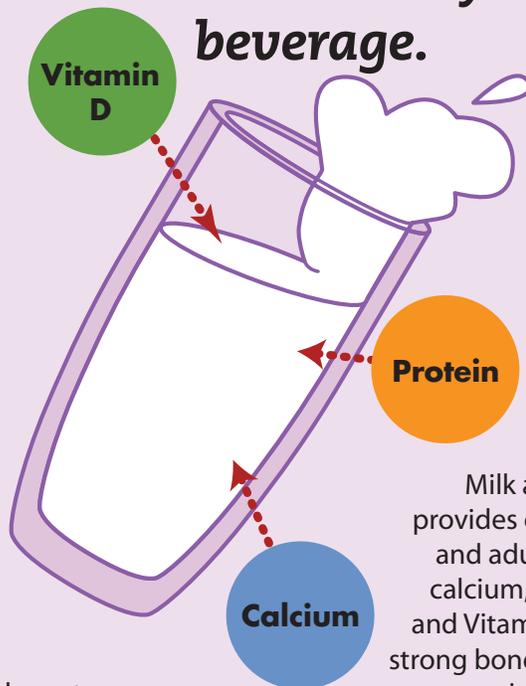


Eat Together

4
times
per week

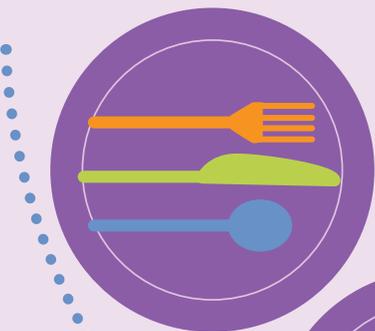
Plan when you will eat together. It can be breakfast, lunch, dinner or even a snack. Try to share meals at least four times each week.

Pour a healthy beverage.



Milk at meals provides children and adults with calcium, protein and Vitamin D for strong bones, teeth and muscles.

Sharing meals helps everyone learn to make healthy choices. Keep mealtime relaxed to help make stronger connections with the people around the table.



Serve meals and snacks at a table as often as you can. This reminds everyone that eating and other activities, like watching TV, do not go together.



Make eating together a habit! Start now, no matter our age. If you have young kids, start early and stick with the habit.



Think about:

When will you eat together? _____

What might get in the way of eating together? _____

What can you do to make sure mealtime happens? _____



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