

# Making Mealtime Matter

Kids who eat more family meals have better health.



## **BENEFITS FOR THE FAMILY:**

- 🍴 *Homemade meals are more likely to be nutritious.*
- 🍴 *Cooking and sharing a meal together is a great way to pass on cultural traditions.*
- 🍴 *Keeping mealtime important makes families stronger.*
- 🍴 *Family meals are a great time to explore new foods.*
- 🍴 *If children see you trying a new food, they are more likely to taste it themselves and like it!*

***Aim to have at least 4 family meals this week!***

## BENEFITS FOR CHILDREN INCLUDE:

- 🍃 Enjoying fruits and vegetables
- 🍃 Skipping unhealthy snacks
- 🍃 Doing better in school
- 🍃 Maintaining a healthy weight

“**ONE-DISH WONDERS,**” like soups, stews, and casseroles, are easy homemade meals, but make sure they are low in **SLOW** foods and high in **GO** foods.

## SIMPLE STEPS FOR ENJOYING HOMEMADE FAMILY MEALS:

- 🍃 Let your kids help with simple tasks, like washing produce or setting the table.
- 🍃 Try frozen vegetables—they cost less, cook quickly, and are just as nutritious as fresh veggies.
- 🍃 Keep it simple—salsa or pasta sauces are easy marinades for meat. To save time, make a big meal and save leftovers to use later.
- 🍃 Use family meals as a great opportunity to talk about what your child is learning about nutrition in the CATCH lessons at schools.
- 🍃 Turn off the TV to keep mealtime special and free of distractions!
- 🍃 Make mealtime matter anytime! Family meals can be breakfast, lunch, or dinner, on weekends or on weekdays.