**Family Meals**
Make family meals a priority!

**Make it a routine.**
Kids who eat family meals at a scheduled time:
- Make healthier food choices
- Have better nutrition
- Do better in school

**Enjoy time as a family:**
- **Talk** about what happened during the day at work or school.
- Make it a **stress-free**, fun time.

**Here’s how to make family meals happen:**
- Make eating together an important event.
- Get **everyone** involved – in planning, shopping, cooking and cleaning up.
- Let everyone have a say in the foods prepared for dinner.

**Once a week...**
- Make a weekly menu and keep it in a place where everyone can see it.
- Use your weekly menu to make a grocery list.
- Cook twice the amount of food and freeze it; now you have an easy meal for busy days.

**Choose a goal that’s right for you!**
- I will help my family make dinner
- I will eat meals with the family at least twice a week
- I will eat meals at the same time each day
- During family meals, I will talk to my family about my day’s activities

**PARENT CORNER**
**Try new foods together:**
It may take up to 10 times before your child accepts it, but keep trying.
Child's Name: ________________________________

Other Goal: __________________________________

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<th>Cross off the boxes you did today.</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>I will help my family make dinner</td>
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Awesome! Our family enjoyed a healthy meal and fun family time.