



PURDUE EXTENSION

EAT BETTER FOR LESS

Family Nutrition Program

Family Meal Time, More Important Than You Ever Knew...

It is difficult to take the time to eat together when parents have varying work schedules, teens don't want to eat at home, and children want to eat as soon as they feel hungry. It may seem unrealistic to make time for a family meal. However, family meals are worth the effort !

Family Other Important Benefits Include:

a better diet,	AND	decreased substance abuse,
more balanced diet,		deceased smoking,
and closer relationships for all family members		decreased risk of eating disorders and better grades for children and teens

Other Important Benefits Include:

Basic cooking and food preparation are important skills to learn before children leave the home and have to cook for themselves. Helping prepare a family meal can be fun for small children and even though older children may groan, they will learn how to plan a meal and create a balanced meal by themselves. They will also learn family traditions and culture centering around food.

Tips on getting the family together:

- Have a set time for meals
- Share meal preparation and clean up so no one has to do everything
- Turn off the TV and talk to each other during the meal
- Do not allow teens to skip out, they are part of the family too
- Talk about a movie or book that a family member has just seen or read

What can we talk about?

- Ask everyone to share the best part or worst part of the day
- Talk about a plan for the upcoming weekend
- Plan the next evening's meal
- Talk about a movie or book that a family member has just seen or read
- Share a memory about a family member or your childhood



For more information on nutrition, food budgeting, and food safety, contact the FNP assistant at the Purdue Extension office in your county.

• FNP Web site: www.ces.purdue.edu/cfs/topics/FNP •

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.



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