

8 Tips for Easy and Fun Family Meals



Just remember that eating together as a family is more than just a meal; the goal is to get everyone to the dinner table and to spend quality time together. Here are some strategies that can help you getting started eating together as a family unit:

- ★ Try to keep family meals fun. Include children in the meal preparation and in the decision about what foods will be offered for dinner. Children feel important if they contribute to family meals.
- ★ After-school activities have to be chosen carefully in order to protect the dinner routine for most days of the week. Make shared family meals a priority.
- ★ Set specific mealtimes by writing them on the calendar and let everyone in the family knows when dinner is served and when they must be home.
- ★ Be a good role model by eating healthy foods and proper table manners.
- ★ Keep nutritious, wholesome foods in the house.
- ★ Limit the availability of high-calorie, high-sugar, high-fat foods that have few other nutrients.
- ★ Try to eliminate distractions, like TV, telephone, and cell phones during mealtime.
- ★ Remember that it is never too late to start a routine family dinner. Just find an appropriate time that works best for your family.

