

Eating Together Matters

www.EatTogetherPA.org

Studies Show:

Kids who eat family meals are:

- 4 times **less likely** to **smoke**
- 3 times **less likely** to **use marijuana**
- 2 times **less likely** to **drink alcohol**.

Kids Get:

Better grades: In studies, kids—from elementary school to high school age—who ate dinner with their families more than 4 times a week had better test scores. As babies listened to parents around the table, they developed better language too.

Kids Have:

Healthier body weights: Children who eat dinner together, limit their TV time and get enough sleep tend to be more confident and stay at a healthy weight!

Here are Some Quick Tips:

Your kids will learn from watching you: Smile when you eat your fruits and vegetables, and your kids will too! You may not know it, but your child is looking at the foods you eat. Choose healthy, and they will eat like you!

Make time to talk: Dinner is time for everyone to talk—a chance to chat positively, yet honestly—even if you don't have all the answers!

Have technology-free time: Silence your cell phones. Turn off your computer and TV. Most people spend a big part of their day watching TV, playing video games, using a computer or cell phone. Why not share a meal and a nice conversation?

Make mealtime a family experience: Cooking family favorites, sharing a meal, food shopping with the family, or cleaning up dishes are a part of mealtime. Everyone can help!

Give kids the chance to choose: Let them decide on what vegetable to include with meals at times. They will want to eat the foods they picked.

Make the healthy choice, the easy choice: Have fruits and vegetables on hand for snacks. If you eat healthier as a family, it teaches everyone to choose and prepare better foods during dinner and beyond.

Enjoy each other while enjoying meals: Eating meals together helps to improve connections with one another.

