Eat More Family Meals

Family Meals Are Important For Good Health
• Research shows that children who eat with their family make better health choices
• Regular family meals help kids have better nutrition and do better in school
• It’s a time to interact with family after a hectic work or school day
• Make family meals a stress free time

What Your Family Can Do
• Make family meals a top priority
• Ask the whole family to help plan, cook and clean up the meal
• Create weekly menus and post it on your refrigerator
• Create a grocery list from your weekly menu
• Include a variety of food groups with each meal
• Make your plate look like a rainbow of colors
• Make twice as much food and freeze it for those hectic days

For More Information
• www.kidshealth.org/parent
• www.choosemyplate.gov
• www.mealsmatter.org
• www.family.go.com
• www.organizedhome.com
• www.healthychildren.org
• www.thisweekfordinner.com

Quick Tips
• Involve the whole family
• Plan a weekly menu
• Include mealtime favorites along with new foods
• When eating out remember these helpful tips:
  – Choose broiled, baked, steamed, roasted, and grilled foods
  – Choose healthy sides like a salad, low-fat yogurt, baked potato, or fruit
  – Share meals or take half of your food home
  – Avoid sugary drinks such as soda or juice
  – Skip the mayo and full fat salad dressing or choose light mayo or dressing
  – Ask for condiments, like salad dressing, to be served on the side
  – Downsize instead of super-size at fast food restaurants

Information provided in this sheet was adapted from American Academy of Pediatrics, www.webmd.com, and www.kidshealth.org.
Goal
Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

☐ I will eat with my family (most nights of the week goal)
☐ I will help my Mom or Dad in planning or preparing 3 meals per week
☐ I will help plan the grocery list for the family
☐ I will help plan for a variety of foods from all the food groups to be eaten at each meal

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Week 1  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑
Week 2  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑
Week 3  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑
Week 4  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑  ❑

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