

MEAL TIME IS FAMILY TIME

- Prepare healthy meals for your family and eat them together.
- Use family meal time to find out about your children's day and to share your culture and values with them.
- Do not let children watch television or play video games during meal time.
- Sharing family meals help families stay strongly bonded.
- **Children who eat with their family on a regular basis are healthier and do better in school.**
- **Children who share regular meals with their family stay more closely connected to their family.**

