

RESILIENCY

BENEFITS OF FAMILY MEALS

Research has discovered that children and teens who regularly eat with their families consume more fruits and vegetables, have higher self-esteem and body image, and have lower rates of substance abuse, pregnancy, depression, and eating disorders.

Here are a few ways to create a successful family meal routine.

Mealtime is an opportunity to create space to connect.

Talk about your days, laugh together, and allow a chance to reflect on what is truly important.

Keep conversations light.

Think of this as a time to collectively relax. The day is done; it's time to enjoy your meal and each other.

Get the family involved with mealtime tasks to make it easier.

Distribute the tasks: finding recipes, grocery shopping, assembling and preparing meals, and cleaning up.

Simple meals with just a few ingredients can go a long way.

Salad kits, frozen ingredients, canned goods, crock pot or one pan sheet meals are all helpful to ensure everyone can be involved in meal prep, regardless of kitchen skills.

Build the routine.

If you currently do not eat meals as a family, start with one and grow from there.



#RAFORLIFE

FORLIFE
Cultivating wellbeing practices for life