



Family Meals

nutrition
nipples

Family Identity – Family meals nurture security and feelings of belonging.

Are you listening? – Tell me about your day? Taking time to listen to details tells children they are valued and builds self-esteem.

More nutritious – Meals prepared at home tend to include less salt, fat and sugar.

Improves behavior – Eating together at least five times a week is linked with lower rates of smoking, drinking and illegal drug use in pre-teens and teens.

Lift those grades – Kids who eat dinner with their family at least four times a week get better grades.

Yes to new foods – It can take 8 to 10 exposures to a new food before a child tries it. Offer new foods with meals. Be patient-don't force or bribe.

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Model Manners – Family meals are a great time for children to learn manners and social skills.

Electronics Off – Turn off the TV and telephones. Nothing is more important than family time!

Always communicate – Talk, listen, laugh and tell your stories. No one enjoys them more than your family.

Lower food costs – Meals purchased away from home usually cost more.

Self-sufficiency – Build skills for life by including children in meal planning and preparation.

Brought to you by:
The Community Nutritionists at the Winnipeg Regional Health Authority and the
Registered Dietitians at Dairy Farmers of Manitoba.