



## Mealtime Matters!

For many, family mealtime has been lost in overscheduled lives. Juggling school, work schedules and extracurricular activities, it can be difficult to find time to enjoy a meal together. Researchers find that families who eat together on a regular basis, whether it's breakfast, lunch or dinner, reap **MANY** benefits.

Check out these helpful tips for eating more meals together:

- Start with **small steps**. Increase the number of family meals by one extra meal a week.
- Plan the menu for the week and make a **grocery list**.
- If you have kids, get them involved. Let them prepare food or set the table.
- Work as a family to clean up afterwards.
- Most importantly, turn **OFF** the TV and put away cell phones.