

THE IMPORTANCE OF FAMILY MEALTIME

WHAT IT TAKES TO MAKE FAMILY MEALTIME

1. Eating at a Table
2. Served Family- Style
3. Television is off
4. Parents eat with children



FOOD RELATED BENEFITS

- Reduced risk of obesity
- Lower risk of excessive weight gain
- Healthy eating habits
- Greater fruit and vegetable intake



NON-FOOD RELATED BENEFITS

- Children are more prone to go to their parents with a serious problem
- Improved emotional well-being of all family members
- Less likely to smoke, drink, or use drugs

HIGHER ACADEMIC ACHIEVEMENT

40%

Teens who have dinner with their families seven times a week, are 40% more likely to receive mostly A's and B's on their report card compared to teens that have dinner with their families two or less times a week.

TIPS FOR MAKING FAMILY MEALTIME A REALITY

1. Prioritize your week and shoot for at least 3-4 family meals per week.
2. Be creative with time and place (e.g., Saturday morning breakfast, picnic before sports practice.)
3. Make meal time a distraction-free zone and turn off all electronics.
4. Encourage all family members to help in meal preparation.
5. Be creative and make family meals fun.



References

1. Kasper N. Deconstructing the Family Meal: Are Characteristics of the Mealtime Environment Associated with the Healthfulness of Meals Served? *eatright*. [https://jandonline.org/article/S2212-2672\(19\)30029-2/fulltext](https://jandonline.org/article/S2212-2672(19)30029-2/fulltext). Published August 1, 2019. Accessed April 20, 2021.
2. Fruh SM, Fulkerson JA, Mulekar MS, Kendrick LAJ, Clanton C. The Surprising Benefits of the Family Meal. *The Journal for Nurse Practitioners*. https://www.sciencedirect.com/science/article/pii/S1555415510002503?casa_token=6nG_VRaL_ugAAAAA%3A85N8Dwth9eSbz0kC5fPGjVfPcrZ0Ye_dZTe7IMCrdYtWzq-06oto1-De7VPI2T6BfQWkV7uTn8. Published January 1, 2011. Accessed April 20, 2021.