

EATING TOGETHER, EATING BETTER

With busy schedules, it can be hard to find time for family meals. **Making the time for family meals is worth it.**

Children who eat with an adult almost every day:

- ◆ Are more connected to their families and friends
- ◆ Do better in school
- ◆ Are less likely to engage in high risk behaviours like smoking, alcohol and drug use
- ◆ Have less risk of depression and suicide
- ◆ Make healthier food choices and are more likely to maintain healthy growth and weight

Not sure how to get started? Here are some ideas:

- ◆ Make family meals a priority. Schedule meals the same way you schedule other activities.
- ◆ Involve your children in planning, preparing and meal clean-up. Give everyone a job to do.
- ◆ Keep table talk positive and supportive. Focus on the good things that happened in everyone's day, such as things learned at school, good deeds done, a book you are reading or a joke you have heard.

For more ideas and resources, check out [Better Together!](#)

Children and teens say eating together as a family is one of the things they like to do with their parents. Eating together is good for the whole family.

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Dietitian Services at HealthLink BC](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [Ellyn Satter Institute](#)