In such a busy world, mealtimes often revolve around our lifestyles. As a result of this, we miss meals or eat foods that are not the best for our bodies. Did you know experts have found that kids who eat regularly with their families are more likely to eat fruits, vegetables and whole grains? So, no matter how busy life may seem, it’s important to make family meals a priority.

To get started, try some of these ideas:

- Choose a time when everyone can enjoy at least one meal together—it may be breakfast, lunch or dinner.
- As the parent, you decide what time meals are served and what foods are prepared. Your children can then decide what to eat and how much.
- Include your children in preparing the meal and turn off the TV.
- Gather around the table for a meal.
- Make the meal pleasant by keeping the conversation positive.
- Help your child learn good manners and mealtime behaviors.
- Limit eating and drinking unhealthy snacks between meals.
- Role model the habits you want your children to develop.

This handout is adapted from Let’s Go! materials. www.letsgo.org