

BLAST OFF TO HEALTHY LIVING

four

Eat together as a family 4 times a week

5

Eat five servings of fruits or veggies every day.

4

Eat together as a family four times a week.

3

Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

0

Cut sugar-sweetened drinks to zero.

You can make it happen! Make meal time family time. There are REAL benefits in eating together. In research studies, eating as a family has been tied to:

- Eating more fruits and veggies
- Getting better grades
- Building your vocabulary
- Having fewer problems with mental health

Plus this added benefit – eating together at home is usually less expensive than take-out.

Tips for making family meals easier

- Plan ahead. Make double recipes on slower days and freeze the extras.
- Get everyone involved in meal selection and cooking.
- Younger kids can wash veggies while older kids can peel.
- Keep things simple. Add canned sauces or simple sides to a rotisserie chicken.
- Make a “no media” rule. Cellphones should be off and no computers or TVs.
- Get creative! For example, a picnic is a great way to bring the family dinner to soccer practice. Try to think beyond a big meal at the dining room table.

It's not just about the food. Meals provide a chance for everyone to connect. Turn meal time into family time at least 4 times a week.

Dinner checklist

- Lean meat, fish, poultry & beans
- Low-fat dairy
- Fruit and veggies
- Whole grains

The family meal is coming back! Studies show that kids who eat with their parents are healthier, happier and better students.

