



Academy of  
Nutrition  
and Dietetics

# EAT MEALS TOGETHER AS A FAMILY

The potential benefits include:

**Better nutrition**

**Parents model healthy eating**

**Kids more likely to eat fruits  
and vegetables**

**Family bonding time**

If you find yourself stuck at home with your family, one healthy way to fill the time is eating more meals together. Eating together as a family usually promotes healthier food choices and a chance to communicate and develop a closer relationship with your parents and siblings. This is a good time to practice your cooking

skills or try some new recipes. Here are a few ideas to get started:

- 1) Offer to cook or help prepare a dinner for your family.
- 2) Plan something simple that includes fruits and vegetables. Try a salad with grilled chicken; tacos with ground turkey, salsa, and avocado; bean soup with cut up fruit; or frozen ravioli with tomato sauce.
- 3) Reduce distractions by turning off the TV and phones.
- 4) Make it fun by planning a picnic outdoors or a barbecue.

For more healthy meal ideas check out

<https://www.eatright.org/food/nutrition/eating-as-a-family/family-dinners-in-a-flash> or contact the dietitian for your **School-Based Health Center at #302-285-9661**. Eating healthy can help you stay healthy!