



Surviving Family Mealtime

Families need time together to reconnect. Regular family mealtime provides the opportunity to learn, to grow, and to teach. Even 15 minutes a day will add up to hours over time, and those hours will add up to stronger family unity, and healthier, happier kids.

How to survive family mealtime in 5 easy steps:

Keep It Simple – Your focus should be more on the time spent together and less on fancy meals. Conversation had over a bowl of cold cereal can be just as enlightening as conversation over a larger meal. Pick simple, easy to cook meals that you know your family will enjoy.

Plan Ahead – Time together may take some extra thought. If dinner together as a family every night of the week isn't realistic, aim for a few nights a week.

Get Everyone Involved – You have probably heard the saying, “many hands make light work”. Don't let the burden of family mealtime fall on the shoulders of just one person. Assign each family member a task during preparation or clean up, ask family members to plan the menu for the week, or ask for help with grocery shopping to get the whole family involved.

Talk To Each Other – Attention on devices or T.V. shows won't help build family unity. Put electronics and other entertainment aside, and redirect your attention to each other. Focus on building each other up and learning more about each other.

Work on Family Goals – At the beginning of the month, set a goal as a family. As a family we want to exercise more, eat more fruits and veggies, read a book together, fight less, or take a family vacation all make great goals. More information on Family mealtime and ideas, attend our Create Better Health SNAP ED Program class every second week on Thursday at 7pm or go to <https://createbetterhealth.org/>; <https://www.nytimes.com/guides/well/make-most-of-family-table>; <https://thefamilydinnerproject.org/newsletter/mastering-the-split-shift-family-dinner/>

Best breakfast Sandwich Ever

1 whole wheat English muffin

2 Tablespoons jam of choice

1 fried egg

1 slice of bacon or ham, cooked

Slices of avocado

Toast English muffin. Spread jam, Top with fried egg, bacon or ham, avocado slices