



Laurie Bates

Create Better Health

Family Mealtimes

Did you know? September is Family Mealtime Month! Eating meals together just two or three times a week can help families in big ways. It can lead to healthier eating, better grades in school, good behavior, and stronger family relationships. Family mealtime can be any time that works for you—breakfast, lunch, dinner, or even snack time!

Tips for Successful Family Meals

Follow these helpful tips to make family mealtimes more realistic and enjoyable:

Plan meals ahead of time.

Schedule a set time for meals.

Involve all family members in the meal planning, preparation, and cleanup.

Unplug your dinner! No television, phones, or other devices allowed.

Keep conversation at family meals positive.

Bored of the same old meals?

Add some theme nights to your week. Taco Tuesdays, Waffle Wednesday (breakfast for dinner), or Sandwich, Soup, and Salad Sundays are fun for the whole family. Let kids choose a theme!

Not sure what to talk about/ Try one of these conversation starters!

If you could only eat one food for the rest of your life, what would it be?

If you opened a business, what kind of business would it be?

What is the strangest dream you've ever had?

What would be your perfect weekend?

Scan the QR code to download the

Create Family Mealtime Recipe Book!

Meal Planning 101

Recipes

Table Etiquette

Conversation Starters

<https://extension.usu.edu/fscreate/files/2023-25-staff/Create-Family-Meals-Recipe-Book.pdf>

Join our virtually led Create Better Health classes to learn how to cook healthier meals for your family while sticking to a budget. **Visit: bit.ly/cbh-virtual-class** to register.