



## **Eat together!**

Enjoy each other's company while sharing meals together. Meal time is a chance to help children learn to make good choices about what and how much to eat. It's also a chance to slow down, relax and connect with one another.

### **Children learn by doing.**

Encourage everyone to help prepare, serve and clean up. Give small children small jobs to do like washing vegetables, mixing food or putting dishes away.

### **Enjoy each other's company and the meal.**

Turn off the TV and put phones and electronics away. Make mealtimes pleasant and relaxed for everyone. Enjoy talking with each other.



### **Let children make choices.**

Set a table with healthy foods and let everyone pick which foods to put on their plate and how much to eat from the choices provided.

***Cook Together  
Eat Together  
Talk Together***