

# Eat Together



Enjoy each other's company while sharing meals together.

Mealtime is a chance to slow down, relax, and connect with one another.

It's also a chance to help children learn to make choices

## Children learn by doing

Encourage everyone to help prepare, serve and clean up. Give 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 aside toys, phones and electronics while eating. Make mealtimes pleasant and relaxed for everyone. Enjoy talking with each other.

## Let children make choices

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

**SET** the Table for Success

**S**it together

**E**at together

**T**alk together



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://AHS.ca/HealthyEatingStartsHere)

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