

# Enjoy Your Meal Experience

## Eating Together



- Builds traditions with family and friends.
- People eat healthier when they eat with others.
- Encourages sharing conversation and enjoying each other.

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## Avoid Distractions

- Make meal times a screen-free zone (no phones or electronic devices).
- Slow down! Take time to enjoy the meal and the people you are eating with.
- Be present and spend time with your family. Use Conversation Cards to encourage discussion.



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## Savour the Flavour



- Cook and plan meals with your children. They will learn important cooking skills and be more likely to eat new foods.
- Ask family members to choose a new recipe. You could find a new favourite.
- Use different herbs/spices to add flavour to your meals.