

# Enjoy Your Meal Experience



- Eat together. Families that eat together may eat better, talk more, build stronger family connections and help children learn healthy eating habits.
- Slow down! Take time to enjoy the meal that you prepare and the people you eat it with.
- Avoid distractions. Make meal times a screen free zone (no phones or electronic devices).
- Try [Conversation Cards](#) to encourage discussion.

# Savour the Flavour



- Cook and plan meals with your children. They will learn important cooking skills and be more likely to eat new foods.
- Use different herbs/spices to add flavour to your meals.
- Ask family members to choose a new recipe. You could find a new favourite. [Pita Pizzas](#) are easy to make.

For more recipes, see

[Inspiring Healthy Eating](#) at [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca).