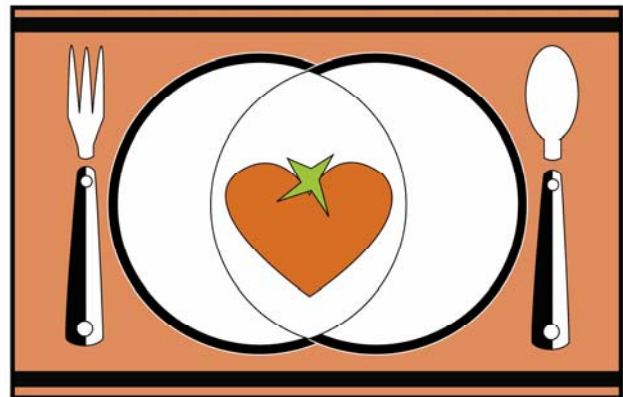


Why EAT TOGETHER

1. Worried About the 'Teen Years'? Eating family meals together enhances the health and well being of adolescents. More frequent family meals are strongly associated with decreased substance abuse, sexual intercourse and suicidal ideation among teens.
2. Are you Becoming a Short Order Cook? Eating family meals together discourages picky eating because care providers role model variety. Role modeling is the most powerful influence on the eating behaviors of kids.
3. Do You Want Well-Behaved Kids? Family meals offer routine and consistency and provide an opportunity to socialize children. The act of eating a family meal together accomplishes this: Teaches kids good communication skills; teaches kids good manners; teaches kids nutrition and good eating habits.

EAT TOGETHER



FAMILY MEALS MATTER!

4. Do You Want Healthy Kids? Family meals are associated with better nutritional intake, and decreased risk for unhealthy eating & weight control habits.

5. Do You Want Your Kids To Do Well In School? Family meals improve language and cognitive skills because longer conversations allow more rare words to be introduced in conversation and allow kids to process the information.