

Eat Better Eat Together



Family Meal Pledge

Family meals are the perfect time to connect with each other and share your stories of the day. Mealtimes are also a wonderful opportunity to strengthen family ties and pass on family cultural traditions.

Why Family Meals?

Families who eat together:

- Have children who do better in school
- Tend to eat healthier, with higher daily intakes of fruits, vegetables and important nutrients like calcium, fiber and iron
- Have children who are well-adjusted with higher self-esteem and better vocabularies
- Create healthy habits and a positive relationship with food
- Can save time and money with meal planning



Your Family's Commitment

Strive for improvement versus perfection, even if this means adding one family meal per week.

- Commit to make time for family meals during the next four weeks
- Family meals can be anytime – breakfast, dinner, a weekend brunch – the only needed ingredients are food and family members
- Strive for well-balanced meals, including foods from all five food groups
- Minimize distractions (television, phones, computers) and maximize conversation
- Everyone plays a role in the family meal, whether planning, cooking, set-up or clean-up



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Our Family Meal Pledge

As a parent, I promise to ...

- Set a good example by making family meals an important part of our weekly schedule
- Be a healthy role model by not skipping meals or snacking mindlessly
- Prepare meals with foods from all five food groups (milk, fruit, vegetables, whole grains and lean meats, beans and nuts)
- Drink milk instead of soda
- Cook and prepare healthy foods along with, and for, my children
- Stock our kitchen with healthy options
- Try fresh fruit and yogurt for dessert
- Turn off my phone, computer and the television so I can focus on conversation with my family

As a child, I promise to ...

- Help plan meals
- Help prepare or clean up after a meal
- Pour glasses of milk and set the table
- Be open to trying new foods and flavors
- Turn off my phone, computer and video games and talk with my family

Our Family Meal Pledge

We, the members of the _____ Family, pledge to
Eat Better, Eat Together _____ times per week during the next four weeks
in hopes of making it a lasting habit!
