

NUTRITION NIBBLES

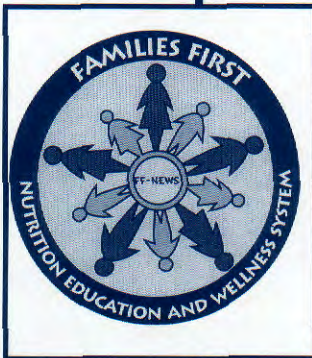
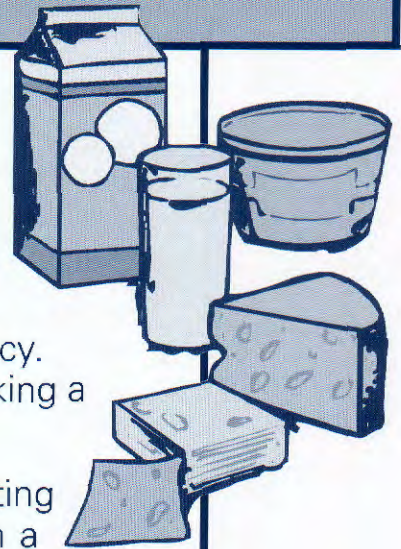
FAMILIES FIRST: NUTRITION EDUCATION AND WELLNESS SYSTEM

Nutrition Nibbles

MAKE MEALTIME FAMILY TIME

Our lives can get very busy. So busy that having family meals may seem impossible. So here are some tips to help you make meal time family time.

- 👉 Keep it simple! Meals do not need to be fancy. You want to spend time with your family, not cooking a large meal.
- 👉 Start slowly! If your family is not used to eating together, start by planning 1 to 2 family meals in a week.
- 👉 Ignore family protests. If someone in your family does not want to take the time to eat together, insist that they eat with the family. They will be glad later.
- 👉 Ask everyone to help prepare the meals. Cooking will be quick, and children like to eat what they help to cook.
- 👉 Let your family cook! Have special nights where family members can plan and cook a meal. Even young children can plan and prepare a meal with your help. Ask your young child what he would like to plan for dinner. Help him cook the meal.
- 👉 Start family meals when your children are young. It will become a habit for them. Family meals will make those later teenage years easier. Your teenager will be used to eating together and sharing their life stories.
- 👉 Create special family meal times. Make homemade pizza, grilled hamburgers or special family casseroles.



**VERY SOON MEALTIME WILL GROW TO BE
A VERY SPECIAL EVENT THAT YOU AND YOUR
FAMILY WILL CHERISH FOR YEARS TO COME.**

—“Linking Citizens of Louisiana with Opportunities for Success”