Family Meal Time Suggestions
from the
"Taking It to the Streets" Team

Make Mealtime a Priority
• Eat a meal together at least four times a week
• Make Sundays family day (no outside activities)

Get Family Members Involved
• Plan meals as a family
• Cook meals as a family
• Give young children jobs such as setting the table, making salad, pouring milk, washing vegetables

Avoid Disruptions
• Turn off the T.V.
• Don’t answer phones, use message services, NO TEXTING!

Use Time Saving Tips
• Plan Meals ahead for the week
• Prepare extra portions (plan-overs) to freeze for next time
• Prepare items such as ground beef, pasta and salad ahead
• Use a slow cooker

Plan Ahead
• Use a planning list for groceries
• Stock up on basic items
• Use the ChooseMyPlate.gov site to plan nutritious family meals

Have Positive Conversation
• Focus on family news and life