



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