

EATING TOGETHER, EATING BETTER

With busy schedules, it can be hard to find time for family meals. **Making the time for family meals is worth it.**

Children who eat with an adult almost every day:

- Are more connected to their families and friends
- Do better in school
- Are less likely to engage in high risk behaviours like smoking, alcohol and drug use
- Have less risk of depression and suicide
- Make healthier food choices and are more likely to maintain healthy growth and weight

Not sure how to get started? Here are some ideas:

- Make family meals a priority. Schedule meals the same way you schedule other activities.
- Involve your children in planning, preparing and meal clean-up. Give everyone a job to do.
- Keep table talk positive and supportive. Focus on the good things that happened in everyone's day, such as things learned at school, good deeds done, a book you are reading or a joke you have heard.

For more ideas and resources, check out [Better Together!](#)

Children and teens say eating together as a family is one of the things they like to do with their parents. Eating together is good for the whole family.

For more information:

- Your local [Public Health Unit](#)
- [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- [Ellyn Satter Institute](#)