

Eating as a family at least three times per week has been shown to:

- teach healthy food choices
- reduce risk of depression
- reduce picky eating
- improve academic performance
- increase self-esteem
- build family relationships
- reduce risk of developing eating disorders
- reduce risk of engaging in high risk behaviors
- improve sense of resilience
- prevent weight gain



How can busy families make time for family meals?

- If dinner doesn't work, eat breakfast together
- Have a standing weekend dinner together
- Use meal prep + planning strategies to save time, and make sure food is ready to go ahead of time
- Use a crockpot or instant pot to save time
- If three times/ week isn't possible, start with one or two
- Prep freezer meals ahead of time in order to reduce prep time on busy nights
- Include older kids in food preparation, cooking, and cleaning