Enjoy Meals Together

Eating and cooking together with family and friends gives children and youth a chance to try new foods and develop healthy eating habits while learning about different cultures and traditions.

**Eat together more often**

Making time to enjoy meals with others takes some planning.

- Think about when your family is together. If evenings are too rushed to find time, plan to eat together at breakfast or on weekends.
- Plan a weekly meal with friends or neighbours.
- Participate in community meals and feasts.

**Make it enjoyable**

When eating with others:

- Take your time. Enjoy the social time together.
- Avoid distractions. Put down phones and toys. Be mindful of your time together.
- Connect and talk with those around you. Share what is going on in everyone’s lives.
- Offer family foods without pressure. Enjoy the time together rather than worrying about who is eating what.
- Try out some conversation starters at thefamilydinnerproject.org

Written by Public Health Nutritionists (2022)
populationhealth@saskhealthauthority.ca