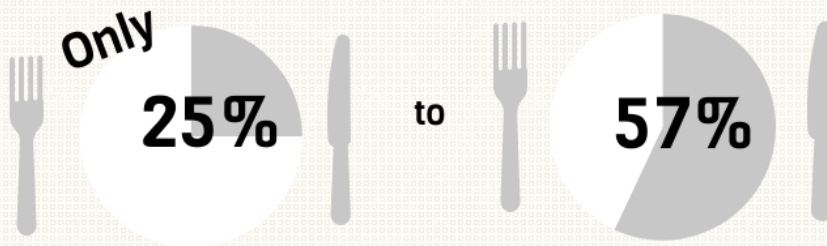


Table Talk

Bring your teen back to the dinner table!



of teens report eating meals with their family 5x/week.

Frequent family meals have been shown to...



Family meals provide an opportunity for TEENS to learn about...



Healthy eating



Food preparation



Communication skills



Bring your teens back to the table by...

- ✓ Serving delicious and healthy meals.
- ✓ Avoiding distractions like cellphones and TVs.
- ✓ Providing an atmosphere for open communication.

Source: Woodruff, SJ & Hanning RM (2008). A Review of Family Meal Influence On Adolescents' Dietary Intake. Canadian Journal of Dietetic Practice and Research, 69(1), 14-22. doi: 10.2148/69.1.2008-14

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