

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



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.