

# Eat, Share and Enjoy Together

## Benefits of having family meals

Family meals give the opportunity to share the values of a family between generations. Children can learn from parents and grandparents about what values are important to the family.

Even a few family meals per week can protect teenagers from becoming overweight or obese in their adulthood.

### Some of the specific benefits of family meals are:

- Higher self-esteem
- Better success in school
- Strengthened links between family members
- Lower likelihood of developing a negative relationship with food
- Lower rates of obesity



## Preparing family meals

Weekdays with children can be busy and we often lack time to cook home-made meals. One good way to make it easier is to cook big batches over the weekend and then freeze some for weekday dinners. Some meals can be thrown together quickly such as ham-and-cheese sandwiches, home-made pizzas, and raw and frozen country food.

It can also be hard to find meals that will please all family members. To make it easier, try to initiate your children early to eating the same food as the rest of the family, involve them in meal preparation and gather the recipes that everybody likes.

Try to make family meals frequent, fun and family-centred by limiting distractions, especially the TV or computer.

