

Family Meals

Materials Instructions

Feel free to edit this bulletin board (e.g., you can change the font size or shrink slides to meet your needs).

- Pages 2-4 are the title pages (slide 4 can be cut in ½ and put on 1 line).
- Page 5 is the instruction page.
- Place page 6,9 and 12 on the outside of a folder and pages 7,10, 11and 13 on the inside of the folder (**the questions are on the outside of the bulletin and the answers on the inside**). Staple the back flap of the folder to the bulletin board. IDEA: decorate the border with fruit and vegetables, shiny paper, or light 3-D objects!
- Research tells us that most of our clients use the Internet for information. Page 14 has the websites that are referenced on the bulletin board. You can cut them out and place them in a 1/2 envelope and staple it to the bulletin board for participants to take.
- Here are some ideas for using this bulletin board:
 - Group education
 - Waiting room activity
 - Clerks can engage people while they are waiting for their appointment. IDEA: have them complete the 4 questions for a raffle ticket or a prize!
- Page 15-16 are handouts.

*NOTE: Research also tells us that most of our WIC clients learn from each other. Encourage interaction through this bulletin board. Also, emotional based messages work. Try them.

Family

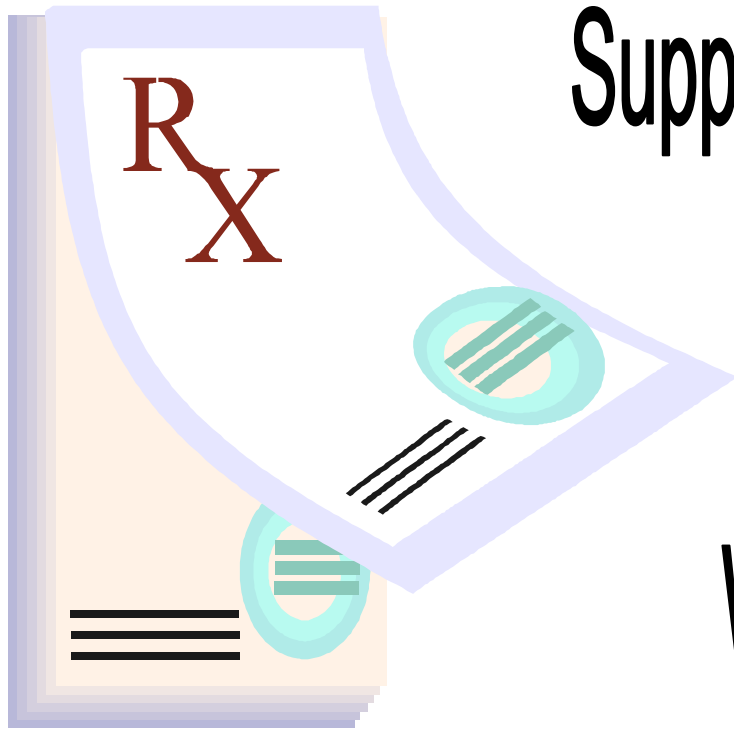
Meals

More than just
eating together.



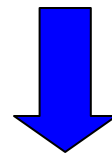
**Hey great parents...
yes that means you!**

**Ready for a quiz? Answer the
next 4 questions and then lift
for the answer!**



Suppose I could write a prescription
for something that would
help protect your child.
Would you be interested?

Lift if interested

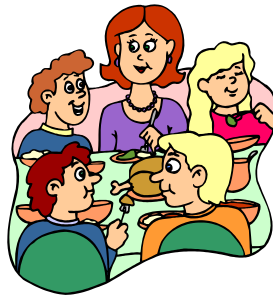


The solution is simple:

Eat meals together as a family.

Family meals have a lot of power. They can keep families going during hard times. Eating together gives you and your children a sense of belonging and strength.

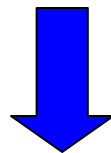
**What is one
memory you have
about a family meal?**



**Share your answer with
someone in the room.**

**Why do you think
eating together is
a good idea?**

Lift for answer

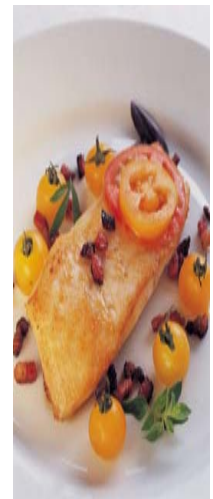


Family meals promote healthy lifestyles



If you eat together 5-7 days a week your child will be:

- 70% less likely to abuse **drugs and alcohol**.
- Half as likely to try **cigarettes or marijuana**.
- 1/3 less likely to try **alcohol**.
- Half as likely **to get drunk monthly**.
- More focused at **school**.
- **Closer** to their family.



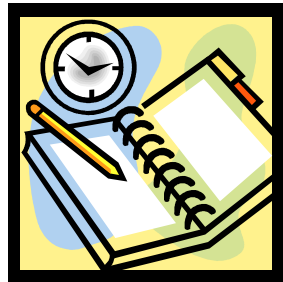


Family Meals promotes healthy eating

- Regular meals and snacks provide structure
 - Children come to the table hungry when they don't eat between meals and snacks
- Healthier eating habits
 - Families eat more fruits, vegetables, whole grains, lean meats and low fat dairy
 - Lower risk of child overweight
- Parents role model
 - Teaching feeding skills, table manners and promote eating new foods

How can busy parents find time to eat together with their families?

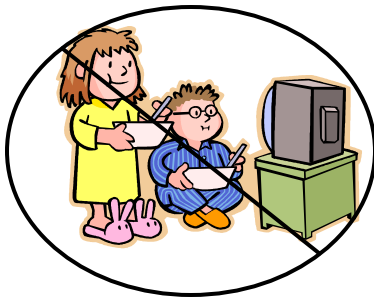
- A. Prepare meals for the week on Sunday. Freeze them for quick meals throughout the week.



- C. Kids love a picnic anytime, even in the winter. Spread a blanket on the floor.

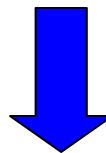


- B. Turn off the TV so you can focus on your family.



- D. All of the above

Lift for answer



The answer is D. All of the above.



You can also ask older children to wash vegetables. They will enjoy eating them more if they helped prepare them.



Try using the crock-pot to slow-cook stews, soups and roasts. Come home to great smells and tastes. Pressure cookers will also cook food faster.



Photo and message from
www.touchingheartstouchingminds.com

**Set the table for
the entire family.**

Set roots for a lifetime.

**You eat. You talk. You laugh.
You listen. You learn.**

Websites referenced on the bulletin board

(cut out cards for distribution. Title above may be placed on the outside of card envelope.)

Center on Addiction and Substance Abuse

(CASA): www.CASAFamilyDay.org

Ellyn Satter Associates:

www.ellynsatter.com

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FAMILY MEALS: more than just eating together

"When I was growing up, we didn't get called twice to the dinner table. Mom let us know that family meals were important and we'd better be there on time. That's when we connected as a family and got closer to each other."

I now have three children of my own. My life feels like it's stuck in fast-forward! But I want my children to have sweet memories of family meals so I make time for us to eat together at least once every day.

Nothing earth-shaking happens during our family meals. We talk. Laugh. Clean up spills. Share. Smile. But I know those tiny threads of togetherness weave us into a family.

Sometimes grandparents, aunts and uncles join us for meals. I'm thankful that we can celebrate the simple pleasure of eating together again. I want to give my children the same gift my parents gave me: a family that cares enough to enjoy each other daily."



Ygrita, with daughter Nabriroska

Ygrita's tips for making family meals easier:

- Prepare meals for the week on Sunday. Freeze them for quick meals throughout the week.
- Ask older children to wash vegetables. They will enjoy eating them more if they helped prepare them.
- Use the crock-pot to slow-cook stews, soups, and roasts. Come home to great smells and tastes.
- Kids love picnics anytime, even in the winter. Spread a blanket on the floor. [Hint: Even leftover food tastes great when served picnic style.]
- Turn off the TV so you can focus on your family.



1-800-WIC-1007

WIC Nutrition Program • Nutrition Division

MA Department of Public Health

TDD/TTY: 617.624.5992 • www.mass.gov/wic

"This institution is an equal opportunity provider."

**GOOD FOOD and
A WHOLE LOT MORE!**

1-11-15 12/15/16