

# MAKE THE MOST OF MEALTIME

## BUILDING HEALTHY COMMUNITIES



Mealtimes provide opportunities for all of us to nourish our bodies and make emotional connections with the people we love.

### BENEFITS OF SHARING MEALS:

- Increases intake of healthy foods
- Promotes positive weight status
- Strengthens emotional bonds
- Improves communication skills
- Provides exposure to healthy role models
- Decreases the likelihood of experiencing mental health issues
- Lowers the risk of engaging in unhealthy behaviors



### MAKE MEALS ENJOYABLE FOR EVERYONE:

- Plan meals in advance to avoid last-minute stress
- Schedule a specific time for meals so everyone can be there
- Turn off electronics during mealtimes



### CONVERSATION STARTERS:

*Take turns asking each other questions!*

*Here are some prompts to spark your exploration:*

- What was your rose (favorite thing) and thorn (least favorite thing) about today?
- If you could have a superpower, what would it be?
- What is your favorite book / song right now? Why?
- What is something new you would like to learn?
- If you had the opportunity to change the world, what would you do?