

# Family Mealtimes Make a Big Difference

## Need more information about this month's topics?

Here are four sites where you can find more family mealtime resources for families and staff:

### **ENRICHING FAMILY MEALTIMES:**

For a comprehensive kit on family meals, go to <http://www.school-wellness.org/AtHome.aspx>. You can download all resources as PDFs and/or order a hard copy of the colorful kit, including 8 tasty beef recipes. Check out the mealtime conversation cards for three different age groups - guaranteed to get them talking!

### **CELEBRATING HEALTHY FAMILIES:**

The April 2008 issue of Eat Right Montana's (ERM) *Healthy Families* covers all the benefits of slowing down and enjoying dinner ([http://www.eatrightmontana.org/PDF/ERMNewsletter\\_\(2008-04\).pdf](http://www.eatrightmontana.org/PDF/ERMNewsletter_(2008-04).pdf)). The free packet includes handouts about family mealtimes and the joys of planting a garden with children.

### **MEALS MATTER™ - RECIPES AND MORE:**

This non-commercial website (<http://www.mealsmatter.org/>) is developed and supported by the Dairy Council of California. It offers extensive family nutrition information and a massive, searchable database of recipes, as well as dozens of quick meal ideas (including a long list with just 6 ingredients or less).

### **MEALTIMES ARE MORE THAN THE FOOD ON THE TABLE:**

The documented benefits of regular family mealtimes extend beyond improved nutrition and better school performance. According to the US Center for Substance Abuse Prevention, eating dinner together proves to be a simple, effective way to reduce the risk of youth substance abuse and to raise healthier children. Read more about this critical connection at <http://family.samhsa.gov/get/mealtime.aspx>.

