

TIPS to CREATE FAMILY MEALTIME

	Ages 2-5	Ages 6-10	Ages 11-18
Meal Planning	<ul style="list-style-type: none"> • Color coordinate fruits and vegetables • Circle Foods they would like in the store advertisements • Help cut coupons 	<ul style="list-style-type: none"> • Help you make list of meals they like • Look at MyPlate diagram and come up with one meal that follows the diagram • Come up with fruits and vegetables to put on the side of the main courses you show them 	<ul style="list-style-type: none"> • Look up 3 new recipes on social media • Create a three-day menu using MyPlate as a reference for a complete meal
Benefits	<ul style="list-style-type: none"> • Learn about colorful healthy meals • You learn what foods kids are interested in • Exposure to coupons and cutting skills 	<ul style="list-style-type: none"> • You will learn some of the foods they are interested in, and the kids begin to learn the basics of menu planning • Learn components of a healthy plate • Learn importance of fruits and vegetables 	<ul style="list-style-type: none"> • Kids get to put their social media skills to good use • Kids develop menu planning skills and cut down the amount of planning you have to do • Kids learn what it takes to be in charge of a meal
Grocery Shopping	<ul style="list-style-type: none"> • Point out fruits and vegetables that are read off the list when you pass by it • Choose a fruit or vegetable as a 'treat' 	<ul style="list-style-type: none"> • Read the list to parent and cross the items off as they are put in the cart 	<ul style="list-style-type: none"> • Take a portion of the list and retrieve those items • If old enough to drive, do a small grocery trip on own • Keep track of the money saved each week
Benefits	<ul style="list-style-type: none"> • Build appreciation for healthy foods at a young age 	<ul style="list-style-type: none"> • Develop reading skills and learn basics of grocery shopping 	<ul style="list-style-type: none"> • Develop grocery shopping and money managing skills
Cooking	<ul style="list-style-type: none"> • Pour premeasured items into bowl to mix up • Tear up lettuce for a salad 	<ul style="list-style-type: none"> • Measure out ingredients and put them together with parent • Toss a salad • Knead dough • Put together sandwiches 	<ul style="list-style-type: none"> • Run the show as head chef! Put together a full meal and recruit family members as needed
Benefits	<ul style="list-style-type: none"> • Develop hand eye coordination • Exposure to cooking 	<ul style="list-style-type: none"> • Learn basic cooking skills • Saves time on cooking with help 	<ul style="list-style-type: none"> • Develop their cooking skills before they leave home
At the Table	<ul style="list-style-type: none"> • Discuss new things going on at school/work • Come up with an invention and sell it to family • Add on story-each person adds a couple sentences on to the previous statement to create a funny story • Two truths and a tale • Conversation Jar 		
Benefits	<ul style="list-style-type: none"> • Build up family relations through conversation and building memories 		