

COMPLIMENTARY WEBINAR PRESENTATION

# Family Meals Matter:

Barriers, Benefits,  
And Strategies  
For Eating Together

1 FREE CPEU

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PRESENTED BY LIZ WEISS, MS, RDN, ON WEDNESDAY, FEBRUARY 21, 2018, 2:00-3:00PM ET

**Date: Wednesday, February 21, 2018**

**Time: 2-3 pm Eastern Time (ET)**

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*Suggested CDR Learning Needs Codes: 4040, 4150, 4160, 8060; Level 2*

*Suggested CDR Performance Indicators: 8.1.3, 8.4.1, 8.4.3, 12.2.1*

Eating family meals together is the best recipe for encouraging good eating habits, healthy body weight in children and adolescents, and reduced risk for eating disorders. Kids who break bread with their families also get better grades in school, eat more fruits and vegetables, and consume fewer soft drinks. Despite the benefits to both body and soul, just 30% of families eat dinner together every night.

In this session, **Liz Weiss, MS, RDN**, explores the benefits of, barriers to (some of them may surprise you), and creative and doable strategies for nurturing family mealtime

### Learning Objectives:

After completing this continuing education course, nutrition professionals should be able to:

1. List and discuss to evidence-based benefits to eating family meals together.
2. Understand the five most common barriers to family mealtime.
3. Identify and implement creative strategies aimed at helping families increase the frequency of eating meals together.

### How to Join the Webinar

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## Handouts

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## System Requirements

Operating System	Internet Browser	Media Playback	Audio
Windows 10	Google Chrome 55+	HTML5 streaming enabled browser	Audio must be streamed through computer speakers or mobile device.
Windows 8.1+ Pro	Internet Explorer 11+	Apple iOS http streaming enabled browser	
Windows 7	Firefox 51+	Android http streaming enabled browser	We recommend using Firefox or Google Chrome for optimal experience.
Android 4.4+	Safari 9+		
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