

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

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4040, 4150, 4160, 8060

1.2.3; 2.3.4; 3.4.5; 4.5.6

Gain insight into the benefits to eating family meals together.

Understand the most common obstacles to family mealtime.

Identify creative strategies aimed at helping families increase the frequency of eating meals together.



BENEFITS OF FAMILY MEALS

- ✓ Better eating habits
- ✓ Healthier body weight
- ✓ Greater academic performance
- ✓ Less disordered eating
- ✓ Decrease substance abuse















CHAPTER 1: MEMORIES





DEC • 70

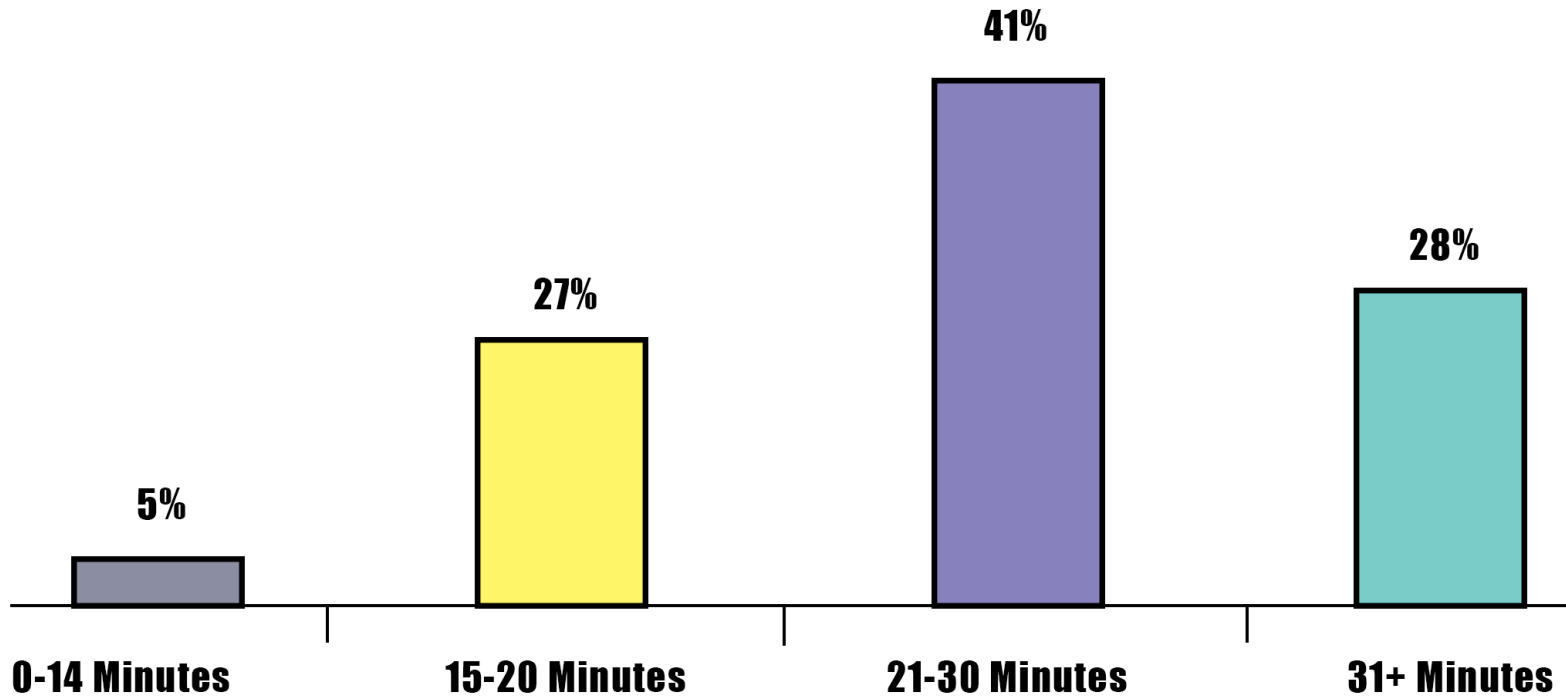


Family Dinner Frequency



87%	at least once a week
29%	every night
31%	4 to 6 nights / week
22%	2 to 3 nights / week
8%	< 1 night / week
6%	1 night / week
5%	never

Teens Report Length of Family Dinners



Routine

LHT
Survey

Bonding

Sunday
Suppers
&
Holidays

Responsibility

Longing



We always had dinner at 7pm. Mom cooked a meat, a vegetable, and a couple of side dishes. We were taught how to properly set the table during those meals.


- Kim



I am the oldest of six, so we literally sat elbow to elbow at the table. My Dad often waited until most of us kids had finished eating to pull up a chair and eat himself. My fondest memory is deliberately eating slowly so I would still be "eating dinner" when my Dad finally sat down at the table.

- Crystal





On Sundays, we ate around the table as a family. During the week we just ate where we landed most of the time. Sundays were special, because of the love I felt listening to people talking and sharing about life while we ate our meal.
- Laura

CHAPTER 2: BENEFITS



BENEFITS OF FAMILY MEALS: DIET QUALITY

3 + family meals per week vs. few or no meals

✓ **24%** more likely to eat healthy foods:

- Fruits
- Vegetables
- Multivitamin
- Breakfast

✓ **20%** less likely to eat unhealthy foods:

- Soda
- Fast food
- Fried food
- Candy
- Skip breakfast

BENEFITS OF FAMILY MEALS: BODY WEIGHT / DISORDERED EATING

3 + family meals per week vs. few or no meals

✓ **12%** less likely to be overweight

5 + family meals per week vs. few or no meals

✓ **35%** less likely to engage in disordered eating

BENEFITS OF FAMILY MEALS: SUBSTANCE ABUSE

< 3 family meals per week vs. 5 to 7

- ✓ Almost 4 times likelier to use tobacco
- ✓ More than twice as likely to use alcohol
- ✓ 2.5 times likelier to use marijuana
- ✓ Four times likelier to say they expect to try drugs in the future

BENEFITS OF FAMILY MEALS: ACADEMIC PERFORMANCE

✓ 5 to 7 dinners weekly

- 64% mostly As & Bs
- 9% mostly Cs or below

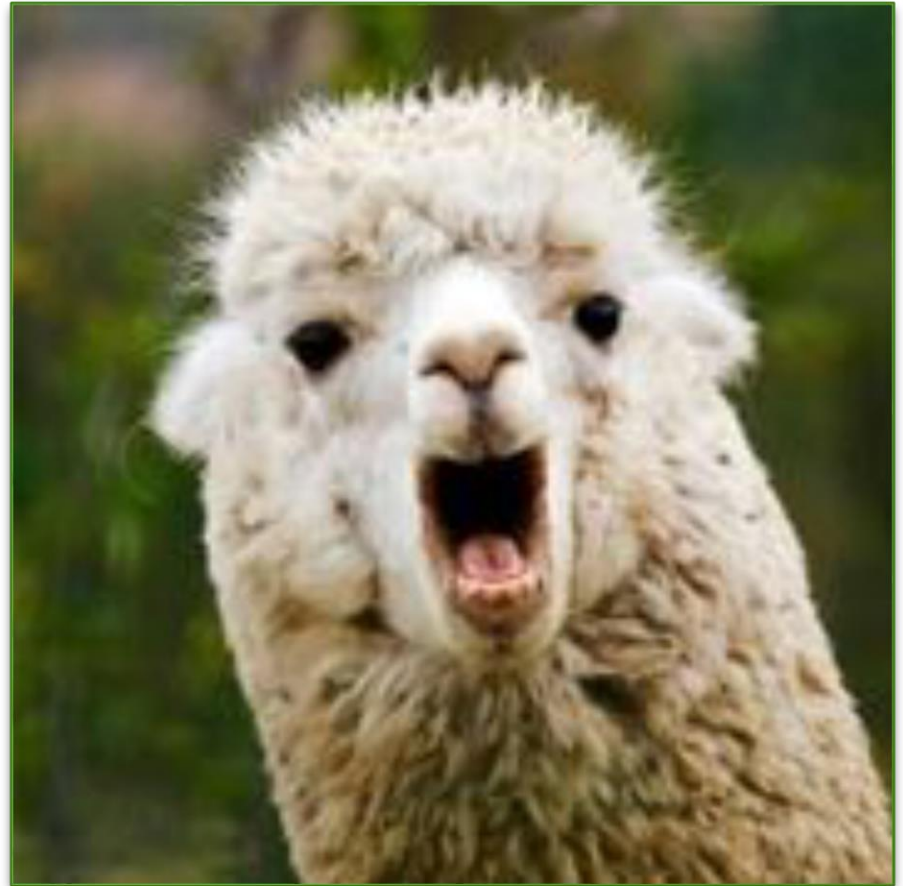
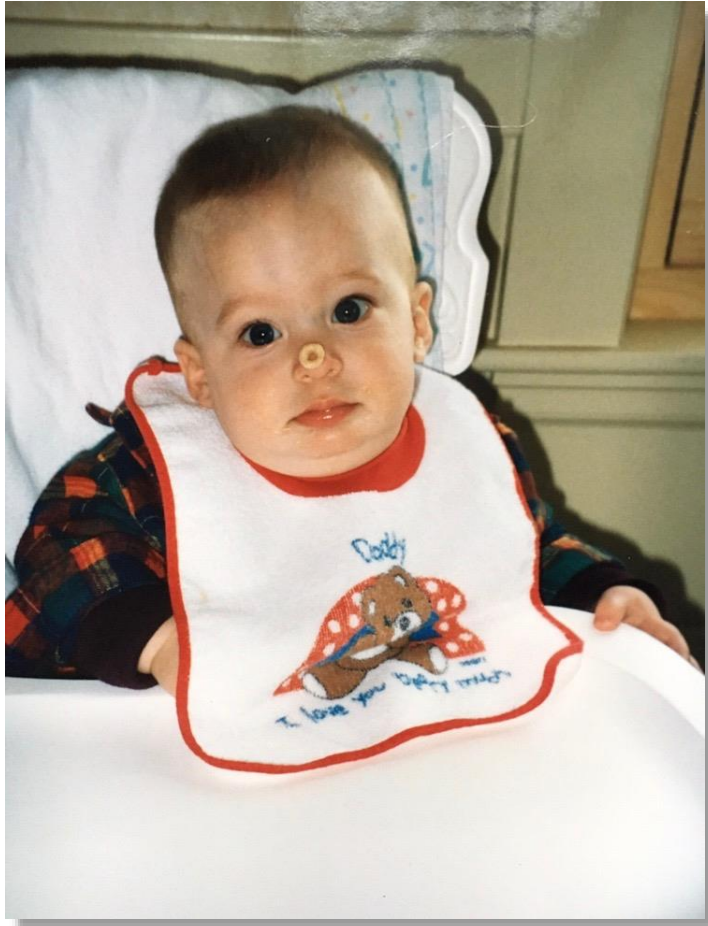
✓ 0 to 2 dinners weekly

- 49% mostly As & Bs
- 20% mostly Cs or below



– CASA, The Importance of Family Dinners VII, September 2011

CHAPTER 3: BARRIERS





“My biggest challenge is the different ages of my kids along with meltdowns at 5pm and trying to get dinner ready. I have my 18 month old pulling on me and my 6 year old playing and asking me questions. I have not had much success. One kid does not like meat or any vegetable and is very particular. One is always starving at dinner and whining even with a snack. My husband gets home close to 7PM so we do not eat together often. I eat on the go.” - Diedre

OBSTACLES TO FAMILY TIME AT THE TABLE

- ✓ Distractions
- ✓ Too little time
- ✓ Food Planning, Procurement, and Preparation
- ✓ Child/adult schedule challenges



OBSTACLE: DISTRACTION / SCREEN TIME

✓ 37% eat family meals in front of the TV

– Harris Poll, 2016

✓ Children who watch TV during meals consume fewer fruits and vegetables and more pizzas, snack foods, and soft drinks.

– Coon & Goldberg, Pediatrics, 2011



HOW AMERICANS SPEND THEIR TIME

- ✓ **1 hour and 8 minutes** consuming food and drink per day
- ✓ **34 minutes** on food prep and cleanup
 - ✓ 37 minutes on weekends
- ✓ **2 hours and 28 minutes** watching TV per weekday
 - ✓ 3 hours and 19 minutes on weekends

– 2016 American Time Use Survey

CHAPTER 4: MAKING FAMILY MEALS MORE DOABLE



Our family of six always sat down to eat together with classical music playing in the background. And we drank Earl Gray tea after dinner. I'm so glad my mom made this our family norm. When I got married, the first thing I wanted to buy was a dining room table for sitting down to eat meals together.
- Courtney

NO TIME? NO PROBLEM! OFF TO THE SUPERMARKET WE GO

- ✓ Find a list (printed / app)
- ✓ Shop during off hours
- ✓ Without kids
- ✓ Shortcut ingredients
- ✓ Meal kits – delivered or instore

LIZ'S HEALTHY TABLE GROCERY LIST

PRODUCE 🍏

- | | | |
|---|---|--|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Cole Slaw/Broccoli Slaw | <input type="checkbox"/> Melon |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Grapes | <input type="checkbox"/> Onions/Garlic |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Oranges/Grapefruit |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Greens: Kale, Spinach, Swiss Chard | <input type="checkbox"/> Pears/Peaches |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Potatoes/Sweet Potatoes |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Herbs | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Lemons/Limes | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mango | |

FROZEN FOODS ❄️

- | | | |
|---|---|---|
| <input type="checkbox"/> Berries | <input type="checkbox"/> Garlic, minced | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Ice Cream/Frozen Yogurt | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mangos | <input type="checkbox"/> Sweet Potato Fries |
| <input type="checkbox"/> Chicken Nuggets, all natural | <input type="checkbox"/> Peas | <input type="checkbox"/> Vegetables, mixed |
| <input type="checkbox"/> Corn Kernels | <input type="checkbox"/> Potatoes, hash browns | <input type="checkbox"/> Waffles, whole grain |
| <input type="checkbox"/> Edamame | <input type="checkbox"/> Ravioli/Tortellini | <input type="checkbox"/> Winter Squash |
| <input type="checkbox"/> Fish Sticks | <input type="checkbox"/> Sausage, low-fat breakfast | |

CANNED FOODS 🥫

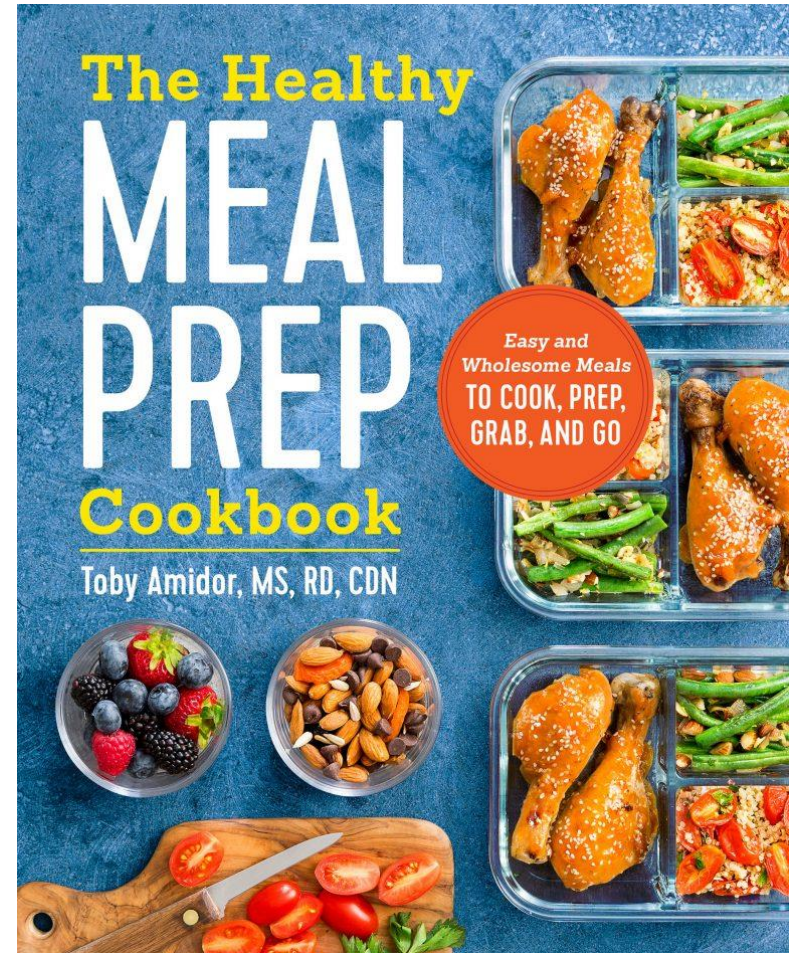
- | | | |
|--|---|---|
| <input type="checkbox"/> Beans: Black/Pinto/Cannellini | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Soup |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Refried Beans | <input type="checkbox"/> Tomato Sauce |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Salmon, boneless, skinless | <input type="checkbox"/> Tomatoes, crushed, diced |
| <input type="checkbox"/> Pears/Peaches/Pineapple | <input type="checkbox"/> Shrimp/Sardines/Crab | <input type="checkbox"/> Tuna |

DAIRY PRODUCTS 🧀

- | | | |
|---|--|---|
| <input type="checkbox"/> Butter/Spreads | <input type="checkbox"/> Grated Parmesan Cheese | <input type="checkbox"/> Shredded Reduced-Fat Cheddar |
| <input type="checkbox"/> Cheese Sticks | <input type="checkbox"/> Meat-free Grounds | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Milk: Cow, Soy, Coconut, Almond | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Cream Cheese | <input type="checkbox"/> Orange Juice | |
| <input type="checkbox"/> Eggs, omega-3 | <input type="checkbox"/> Shredded Part-Skim Mozzarella | |

NO TIME? NO PROBLEM! MEAL PREPPING

- ✓ Weekends or the night before
- ✓ Slow cooker
- ✓ Electric pressure cooker
- ✓ Freezer cooking
- ✓ Sheet pan suppers
- ✓ Cook once, eat twice (or thrice)
- ✓ One meal – served two ways



DISTRACTIONS? REFOCUS! MEALTIME ROLES

- ✓ Meal prep – pint-size sous chefs
- ✓ Set the table
- ✓ Clean up

- ✓ Activity appetizers for little ones



DISTRACTIONS? REFOCUS! IXNAY THE CELL PHONES & TV



- ✓ Set boundaries
- ✓ Turn off devices as a family
- ✓ Cell phone jail
- ✓ Make phubbers pay: dish duty; \$1 in a jar; pay for dinner

DISTRACTIONS? REFOCUS! QUALITY TIME AT THE TABLE

- ✓ Serve food family style
- ✓ Serve food in courses
- ✓ Conversation / Games
- ✓ Make-your-own pizzas, tacos, bowl meals
- ✓ Taco Tuesday and beyond



Vegetarian Stir-fry Salad
Slow-Cooker
Pressure-Cooker
Pork Chinese Burger Leftovers
Pasta Soup Eggs
Breakfast
Italian Bowls Noodle
Sandwich
TACO Pancake Pizza
Seafood

CONFLICTING SCHEDULES GAME-DAY STRATEGY

✓ Be flexible:

Breakfast
Sunday suppers
Holidays
Picnic
Eat out

✓ One adult is AOK

✓ Advocate for community
change or cut back on
activities

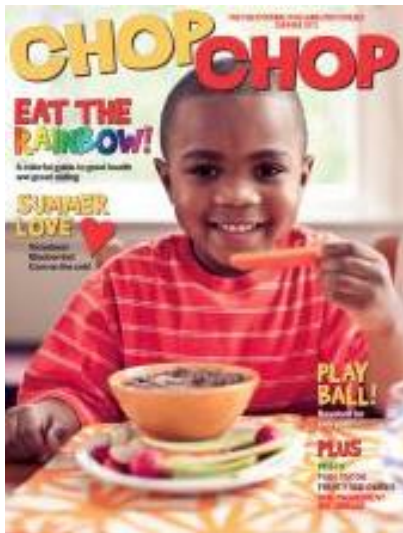


RDN - BRAINSTORM

“As a mom to teenagers with jobs and busy schedules, it’s tough to have family meals. Every Sunday, we try to pick 2 nights during the week when we can all be home. I put it on our family calendar. Sometimes we eat pretty late and only get 15 minutes, but it’s better than nothing.”

“Sometimes I think people get bogged down in believing a meal must be complex and take a long time to prepare in order for it to be considered "cooking" or "healthy." I suggest getting the protein from somewhere and then pairing it with quick options that you have at home such as microwaveable brown rice or potatoes, steamable veggies, or fresh fruit with yogurt dip. I think even the smallest change such as this promotes a sense of confidence when feeding families.”

“We have contests for each child with one of us parents to plan an entree of choice and include a fruit and/or vegetable for a balanced meal. The child cooking goes with the parent to the store to help buy ingredients needed and tries to keep it a secret. Then at meal time, each person rates the meal 1 - 10 and explains why they like it or what they would do to make it taste better. Even though this itself doesn't happen weekly it keeps the kids asking when they will do it again, so I make it a priority to have these special family meals and to try new things.”



QUESTIONS

✓ Liz@LizsHealthyTable.com

✓ Twitter: @lizweiss

✓ Instagram: @lizweiss

CREDIT CLAIMING

You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for one year; you do not need to complete it on February 21, 2018.

Credit Claiming Instructions:

1. Go to CE.TodaysDietitian.com/FamilyMeals **OR** log on to CE.TodaysDietitian.com, go to “My Courses” and click on the webinar title.
2. Click “Take Course” on the webinar description page.
3. Select “Start/Resume Course” to complete and submit the evaluation.
4. Download and print your certificate.