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BENEFITS OF FAMILY MEALS

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



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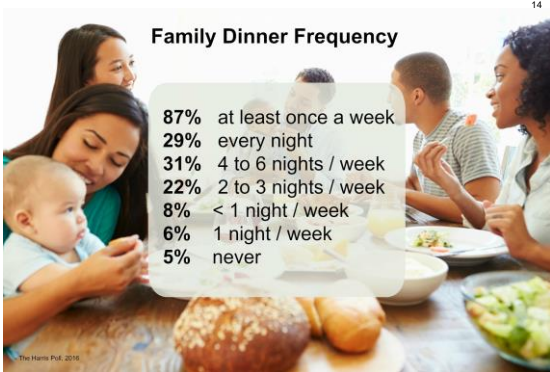




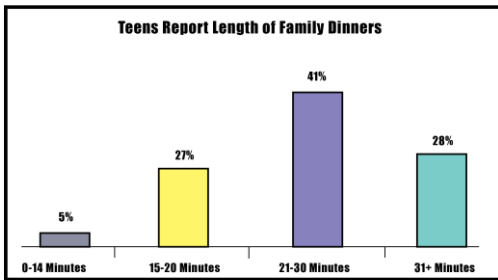
CHAPTER 1: MEMORIES





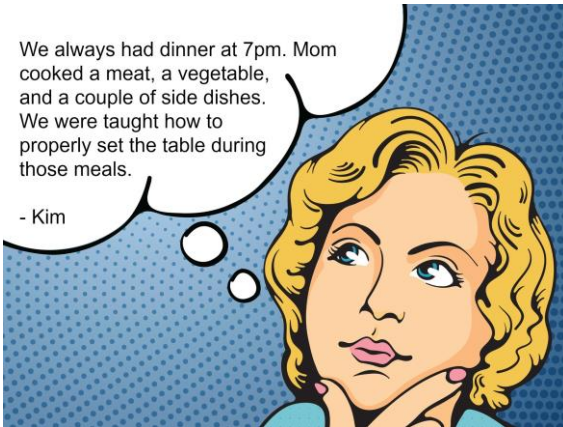


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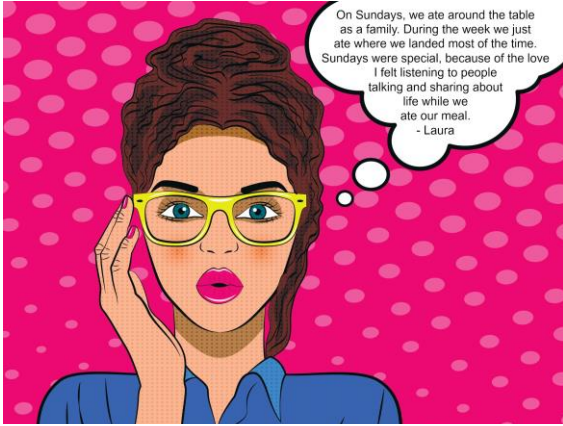


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CHAPTER 2: BENEFITS



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

- Fiese & Hammons, Pediatrics 2011

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

- Fiese & Hammon, Pediatrics 2011

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

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

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





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

**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





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

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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.
