

Family Meals Matter: Barriers, Benefits, and Strategies for Eating Together

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References

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2. The importance of family dinners VII. National Center on Addiction and Substance Abuse website. <http://www.centeronaddiction.org/addiction-research/reports/importance-of-family-dinners-2011>. Published September 2011.
3. Hammons AJ, Fiese BH. Is frequency of shared family meals related to the nutritional health of adolescents? *Pediatrics*. 2011;127(6):e1565-e1574.
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Resources

1. The Family Dinner Project: <https://thefamilydinnerproject.org>
2. The Kids Cook Monday: <http://www.thekidscookmonday.org>
3. Ben's Beginners: <https://beginners.unclebens.com>
4. FMI, National Family Meals Month: <http://www.fmi.org/family-meals>
5. Sunday Supper Movement: <http://sundaysuppermovement.com>
6. Chop Chop Magazine: <http://www.chopchopmag.org/magazine>
7. The Nourished Child: <https://jillcastle.com/podcast/>
8. Liz's Healthy Table Podcast: <https://www.lizshealthytable.com/podcast/>