



The Children's Hospital

# Family Meals at the Dinner Table!

## EAT AT HOME

- Eat as a family at least 5-6 times a week
  - **AT THE DINNER TABLE**
  - **TURN OFF THE TV**



- Limit eating outside of the home
  - Includes take out food like pizza

**Family Meals = Family Bonding!**

Eat as a family for:

- Breakfast
- Lunch and
- Dinner

Whenever it is possible!



**Eat a well balanced meal at home!**

Follow this plate model Dinner:

