

Eating together is one of the most powerful ways for adults to role model and support children in becoming competent eaters. Including children in meal planning and preparation helps to increase self-confidence, give hands-on learning experiences and sets the foundation to build and improve food skills. Eating together has many benefits.

Competent eaters

- Have positive attitudes about food and eating
- Are comfortable with food and able to learn to like new foods
- Listen to their hunger and fullness cues
- Can plan, prepare, and eat regular meals/snacks





DID YOU KNOW?

Families who share meals together enjoy a greater variety of foods and tend to eat more vegetables, fruits, and foods high in calcium, fibre, iron and other important nutrients.

Mealtime Conversations

Family meals can be a time for food, laughter and fun.

Use meal times to teach about family values, traditions and culture.

Eating together can happen at any meal or snack. Pick the time that works best for you.

Benefits are greatest when distractions like screens and toys are limited.

Use [conversation cards](#) to explore new and engaging topics.



Time Saving Tips

- Let children choose a favourite meal or snack and help with shopping and [cooking](#).
- Keep it simple - a sandwich, milk and fruit make a fast and nutritious meal.
- Buy bagged salads, pre-chopped vegetables or a roasted chicken to save time.
- Frozen and canned fruits and vegetables are nutritious options too. Look for unsweetened, unsalted versions.
- Batch cook and freeze in portions for your own pre-made freezer meals.
- Make the same meal for everybody.

More Information

[Families That Eat Together, Eat Better](#)
Kelty Mental Health



[Appetite to Play](#)



[Canada's Food Guide](#)

