



# The Benefits of Sharing a Meal



Do your children eat meals while on an electronic device or on the run?  
 Are you thinking about “powering off” and bringing mealtime back to the table more often?  
 If you are, then read on to learn how eating meals together can help your children’s health.

## How eating together impacts children’s health?

Sharing meal times is linked to better food choices and healthier weights in children. Children who regularly sit down to eat dinner with a family member(s) eat more vegetables and fruit and less fried foods, sweets, salty snacks and sugar sweetened drinks like pop.

On the other hand, children who eat in front of a screen tend to eat fewer vegetables and fruit and more fatty foods and sugar sweetened drinks like pop.

## Let’s power-off and play



With the upcoming spring, the snow will melt soon. Enjoy the last snowflakes and sticky snow to build a snowman, or for colder days make bubbles and watch them freeze!

Follow us on THU webpage : [www.timiskaminghu.com/454/Northern-Fruit-Vegetable-Program](http://www.timiskaminghu.com/454/Northern-Fruit-Vegetable-Program)  
 Learn more about the **Power Off and Play** week: [www.temiskamingshores.ca/en/resident/HKCC.asp](http://www.temiskamingshores.ca/en/resident/HKCC.asp)

## Let’s try!

- ★ **Make a plan.** Meals should be quick and nutritious. Choose your meals in advance. This way you’ll be ready to whip up a meal in no time.
- ★ **Be flexible with meal timing.** When children are involved in sports or programs during mealtimes, plan to eat your meals when most of the family members can be there.
- ★ **Involve kids in meal preparation.** Kids who help make a meal are more likely to enjoy it and eat it too!
- ★ **Turn the TV and screens off.** Enjoy eating and talking together at mealtimes.

## Kitchen Corner

**Freezer cooking:** On nights when you are making an all-out dinner, double it and freeze the other half.

**Love your crock pot:** Get all your cooking done earlier, plug it in, and have it all ready to go at dinner time.

