



# The Importance of Family Dinners



The following has been excerpted from the full article: Family Dinners are Important, by Jeanie Lerche Davis

**Research suggests that when families dine together, they tend to eat more vegetables and fruits -- and fewer fried foods, soda, and foods with trans fats. The National Center on Addiction and Substance Abuse at Columbia University (CASA) recently reported on a national phone survey of 1,000 teens and 829 parents of teens. Eating dinner as a family helped kids in many ways. It helped them get better grades, and kept them away from cigarettes, alcohol, and marijuana, and more!**

## Benefits:

- Everyone eats healthier meals.
- Kids are less likely to become overweight or obese.
- You and your kids will talk more.
- You'll be more likely to hear about a serious problem.
- There will be less stress and tension at home

## Tips:

- Set a goal. Twice a week, perhaps? Build from there.
- Keep it simple. Family meals don't have to be elaborate.
- Be prepared. Keep ingredients for healthful meals on hand, including plenty of fruits and vegetables.
- Let kids help prepare meals and set the table

Here's another hint -- no TV allowed, no phones answered! This is time for listening to each other, sharing the day's stories, and nurturing the family connection.

## Resources and Related Articles:

- The Family Dinner Project
- The Importance of Family Mealtime
- Mealtime talk that supports literacy development
- Family Dinners are Important
- The most important thing you can do with your kids? Eat dinner with them.
- Why the family meal is important