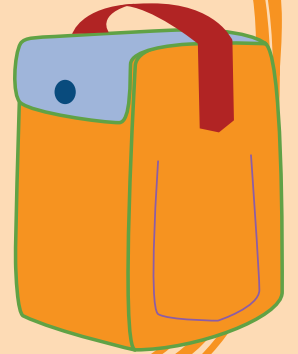


Share Mealtime

People of all ages eat better when they share meals with family and friends.

- Mealtime can be breakfast or lunch – it doesn't have to be dinner.
- Share lunchtime with a co-worker rather than skipping lunch or eating by yourself.
- Share lunch with your child at school.
- Go to your local senior center and share a meal with others.



Mealtime can happen at home or on-the-go. Be flexible and keep the food simple in order to make it happen. The important part is being together.



Sharing meals helps pass on traditions and form positive food memories that last a lifetime.

Think about:



Who could you invite to share a meal with you? Family? Friends? Neighbors? Coworkers?

What mealtime traditions do you want to make or keep?



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.