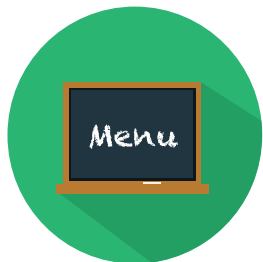




**MyPlate**  
**MyWins**

# Making family meals

Family meals around the table provide an opportunity to spend time together.  
Try these tips to help your family enjoy mealtimes together.



## Plan your meals

Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen.



## Prep ahead

Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.



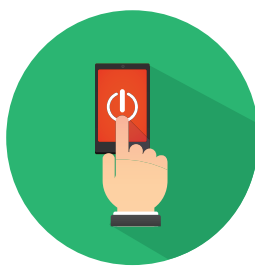
## Make mealtime a priority

Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



## Think beyond dinner

If evenings are too hectic at your house, consider other meals for family time such as a weekend brunch or even afternoon snack time.



## Keep meals fun and focused

Keep the family table a media- and stress-free zone. Use your valuable family time to “unplug,” interact, and focus on each other.



## List more tips

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# Youth Be Well!



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