



CSREES and state Extension services cooperating

## Busy Families and Mealtime

Mealtime can be a special time for the family to talk and listen to each other. It provides a sense of belonging and a feeling of support.

Make mealtime quality time for the family.

- ▶ Share daily experiences and enjoy each others company.
- ▶ Avoid complaining and criticizing.

Preparing meals at home is usually cheaper than eating out or having take-out foods.

Home meals are generally more nutritious than those bought ready-made.

### Some helpful hints for enjoyable family meals:

- ▶ Establish a family meal hour, at least once or twice a week.
- ▶ Keep the T.V. off and do not answer the telephone.
- ▶ Alternate who plans the meals and who makes them. This is another possible way for parents to spend time talking with their children.
- ▶ Assign roles and rotate responsibilities for each family member. For example, one child can set the table while the other places the food on the table, and everyone helps with the cleanup.

***Good food  
and good  
times make  
strong and  
happy  
families!***



**Shirley S. Peterson**, Nutrition, Family & Consumer Sciences Advisor, University of California, Cooperative Extension, in collaboration with UC's Spanish News Service.

Extension Educational programs are open to all people without regard to race, color, sex, disability, religion, age or national origin. Other publications of Cooperative Extension at: <http://extensionenespanol.net>