

HOLIDAY FAMILY TIME



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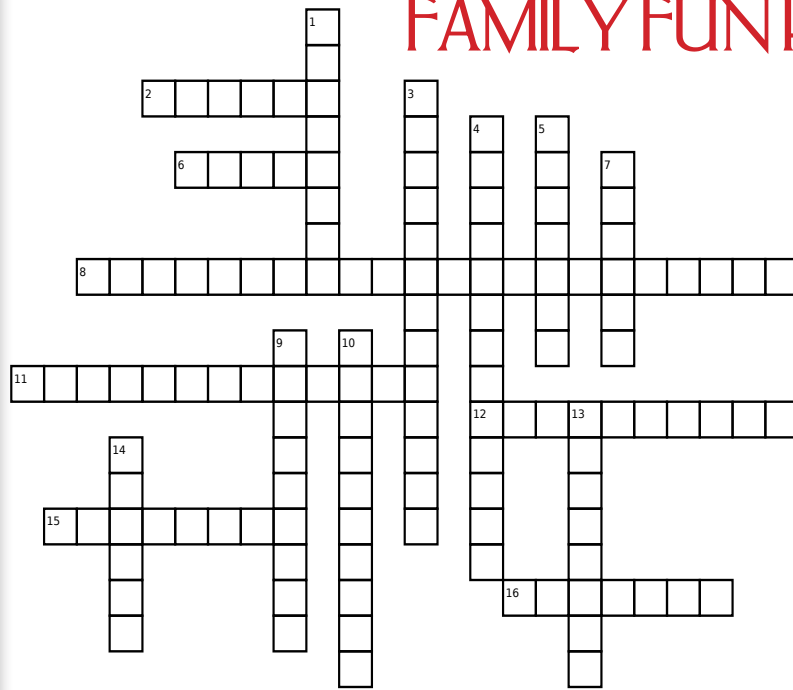
Family Mealtime

1. Set a SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal for your family when trying to implement family meals! If you know that it is unrealistic to have every meal together as a family, do not set that as your goal. Start off slow, for example make it a goal to have dinner together two times a week for one month.
2. Plan ahead! You do not need to meal prep, but having a weekly schedule will not only help eliminate stress, but also remind your family of the days you have set meals! Half the battle of getting food on the table is deciding what you are going to eat; however, planning ahead of time with your family will make sure that is a non-issue. Additionally, having everyone's input in mealtime ensures that the meals are ones everyone will enjoy! You can start off with a weekly meal plan and grow into a monthly plan.
3. Remove all distractions from the dining table. Family meals are more than just eating together at the same table, they are about interacting as a family unit. Turn off the TV, turn off music, silence phones, make a no texting policy, and make it a point to talk to one another. You would be surprised at how much we rely on technology to interact with one another.
4. Studies have repeatedly shown that children benefit immensely from family meals. Children who grow up in homes where families regularly have meals together have lower incidences of mood affective disorders (i.e. depression, anxiety).
5. Studies have also shown an inverse relationship between family meals and the incidence of childhood/adolescent obesity. Children in homes that have family mealtimes have, on average, lower rates of obesity and make healthier food choices.
6. Make mealtimes a positive experience! Avoid discussions that may be tense or confrontational. This would not be the time to bring up academic performance, work performance, or anything that might be stressful.
7. For those parents who work late or for those families whose children have extracurricular activities, consider doing a family tea night or hot cocoa/coffee night! A family "meal" does not need to be a full dinner or lunch; it can be an extended snack-time. The focus is not what you are eating, but rather how you are eating it—together as a unit!

FREE Kindness and Bullying Prevention Information Available



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RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION
RMCcharity.org



FAMILY FUN Puzzle

Across

2. Family meals do not have to be dinner or lunch. They can be as simple as extended _____
6. To make planning family meals easier start by making a _____ goal
8. Depression and anxiety are examples of what type of mental health disorders?
11. Using this tool can help to make meal planning easier
12. Cellphones and tablets are examples of what?
15. Many great _____ can be formed around the dinner table
16. Children who grow up in homes with frequent family meals tend to make _____ food choices as adults

Down

1. To make family meals a _____ experience try to keep conversation topics to nonconfrontational topics
3. Family meals are one of the best tools to help strengthen _____ between family members
4. In today's world, where we interact with one another via technology, family meals provide a platform for in-person _____
5. Children who grow up in homes with frequent family meals have lower rates of _____
7. Children and adolescents who grow up with frequent family meals tend to do better in _____

9. Mealtimes together are the best way to get everyone in the household involved and are therefore considered to be _____
10. The phrase that describes everyone living in the same household
13. Most families come together for meals on _____ such as Thanksgiving
14. _____ meals do not need to be complicated



Need some recipe ideas? Scan the QR Code for some family friendly free cookbooks!

Tips for Kids

1. We know it might be hard giving up your phone, but technology is not a bad thing. If technology adds to the experience of mealtime and does not distract from it, then it can be a nice addition. While this is not the time to make weekend plans with friends, try playing trivia with your family or sharing funny memes or TikToks. If everyone is included and it sparks conversation, go for it!
2. Have a favorite meal? Make one of the family dinner nights yours! Hop in the kitchen and take control of dinner!
3. Make mealtime into a food challenge! Try making some of your favorite fast-food items at home! Try your hand at making that Popeye's Chicken Sandwich or your own version of an In-N-Out burger!

You can then have a blind taste test and see what you think.

4. Conversations at mealtimes do not have to be something you dread.you can help steer the conversation. Talk about new TV shows, new music, upcoming plans, sports, movies, etc. The possibilities are endless!
5. Have a "theme" night to make dinners more fun and interesting! Have an "under the sea" theme where everyone makes their favorite seafood! Or try a "build your own burrito bowl" night! Need some help starting up a conversation?? Scan the QR Code for some simple conversation starters



HEALTH APPS

Helping you with your journey.



Mealime is a simple way for busy singles, couples, and families to plan their meals and eat healthier. Meal plans & recipes are highly customizable so you can easily personalize a plan that works with your unique tastes and lifestyle.

V E G U T Q L A S C H E D U L E I K W G
 N S V A M T M E M O R I E S H L A A C G
 J A I H L H O L I D A Y S E E O S F W U
 R E C I P E S P A E E E A X A V Z N Q C
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 L S Q L V Y C L A L B O B O N I Y D D B
 S Z V R E L A X A T I O N N S T X Y S D

HEALTHY Word Search

- | | | |
|-------------------------------|----------------------------|---------------------|
| Extracurricular Relationships | Healthy Choices Relaxation | Together Creativity |
| Discussion | Holidays | Inclusivity |
| Mealtime | Memories | Healthy Calendar |
| Family | Comfort | Bonding |
| Conversations | Technology | Busy |
| Friends | Mood Disorders | |
| Love | Family Unit | |

Created by Puzzlemaker at DiscoveryEducation.com



Fun Online HOLIDAY ACTIVITIES
Plus Answer Keys

Family Mealtime Games/Activities

1. "Complete the story": One person at the table starts a story by saying a sentence out loud. Going in either a clockwise or counterclockwise circle each additional person at the table adds a sentence. One person can be the designated recorder and write down the story in its entirety to be able to read it back at a later time and day.
2. Have a sensory experience: Take turns blindfolding each other as you eat and try to distinguish the difference when using only 4 out of your 5 basic senses! Not being able to see will heighten your other senses and you might be able to taste and smell your food in more nuanced ways!
3. Story Prompts: Each person goes around the dinner table and asks someone "Tell me something that made you say...". The final word or phrase can be anything from "that's weird", "huh?", "that's amazing," and so on.
4. "Don't Get Caught": Have each person draw an "odd" word or phrase from a mason jar (e.g., "Olive you," "Chill, dog," "Thyme is money") and, without looking at it, place it under their dinner plate or placemat. Once everyone is seated for dinner, instruct them to read their word or phrase to themselves. Throughout dinner, the objective is to say your word/phrase without anyone noticing! Every time you use your word/phrase, give yourself a point. If you correctly guess someone's word/phrase, you also get a point. You lose points if you guess incorrectly or if someone guesses your word/phrase. The person with the most points at the end of dinner wins!
5. "High/Low": In this game everyone takes turns telling one another one "high" point in their day and one "low" point. Then, as a family unit, you all take turns discussing those moments.



Family Meal Planning



**More Info...
 Family Meal Project Website**



Take deeper dive into the importance of family meals? Check out this YouTube video for more information!




Yum is your smart cooking sidekick, offering personalized guidance every step of the way. From recipe recommendations just for you, to handy tools and helpful videos, Yum has everything you need to improve life in the kitchen. Experience what millions are enjoying on the web, free on your iPhone, iPad and iPod touch.



Cozi is a surprisingly simple way to manage everyday family life. With a shared calendar, reminders, grocery list and more, Cozi is a 3-time Mom's Choice Award Winner and The TODAY Show "must-have app" for a better life.




Family and individual health comes from planned eating. Famealy is the Do-It-Yourself meal calendar & planner for your family. It makes it very easy for you to plan ahead your meals for breakfast, lunch, dinner or snacks.




Use these tools for planning out your meals! If you plan it, you are more than likely going to stick to it!

Food, Fun, and Conversation

1 2 3 4 weeks to better family dinners

Food, Fun and Conversation: 4 weeks to better family dinners works best when you measure your own progress. Your family can check or update at any time, and by the end of the 4 weeks, you will be able to see where you succeeded and where you can work a bit more.

Just mark your progress! 

	Never 				Experts! 
Food					
Plan meals in advance					
Have fun preparing food together					
Eat nutritious meals					
Try new foods					
Fun					
Create a fun, inviting atmosphere					
Reduce distractions					
Tell funny stories and laugh together					
Play games at the table					
Conversation					
Learn about each other's day					
Make sure everyone has a voice at the table					
Talk about things that matter					
Talk about the kind of people we want to be					
Discuss the news, movies or books					

CREATE

FAMILY MEALTIME

Try to cross off five in a row over the month!
Family Mealtime Bingo Challenge

Turn off all electronics in the house before a family meal	Make a salad	Help make a two week menu	Have breakfast with the whole family	Put family mealtime on the calendar
Try a vegetable you have never had before	Make a list of 20 favorite meals to eat together as a family	Make dinner together as a family	Cook something in a muffin tin	Set the table for the whole family
Have breakfast for dinner	Use a crockpot	Free Space! 	Learn how to use a new kitchen tool with parent	Write an invitation to dinner for each member of the family
Put together a fruit salad	Plan a theme night for a family meal	Have lunch with the whole family	Try a fruit that you have never had before	Cook from a recipe
Make personalized pizzas with the whole family	At the table, tell each family member your favorite thing about them.	Make a meal with foods that all start with the same letter.	Have dinner for breakfast	Come up with a game that can be played at the table

Need more information? Scan the QR Code for a family mealtime toolkit filled with tips and tricks to make mealtimes fun!



DINNER MENU IDEAS

Create Family Mealtimes with this week's dinner menu! Find these, and more great recipes on extension.usu.edu/foodsense.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grilled Pork Chops Applesauce Roasted Sweet Potatoes	Roasted Eggplant and Chickpea Stew Sliced Baguette	Hamburgers Red Potato and Dill Salad Massaged Kale Salad	Black Bean Chili Corny Corn Bread	Thai Noodle Salad Sesame Ginger Snow Peas	Chicken BBQ Pizza Garlic Broccoli	Skillet Lasagna Tossed Salad

