gather around the table

Ages: Baby, Toddler, Preschooler, Gradeschooler, Teen
Topics: Breakfast, Dinner, Lunch

October is National Eat Better, Eat Together Month. If your family isn't already making dining together a priority, now is the perfect time to start!

Research shows family meals promote healthier eating and, far more, they give families time to talk, listen and build relationships. Families often have hectic schedules, making sitting down together difficult, but the benefits of family dinners will have lasting effects:

- Look at everyone's schedule and pick a mealtime that works for the entire family.
- On busy days, serve something quick and easy so there is more time to talk.
- Leave cell phones in a different room.
- Think of a question everyone can go around the table and answer such as, "What was your favorite part of the day?"

Eating together also gives parents the opportunity to be role models for healthful eating.

For more information on how to lead a healthier lifestyle, consult a registered dietitian.