Dinner Together

It's about more than food!

EATING TOGETHER IS GOOD FOR CHILDREN & TEENS

It's a nice way for our family to come together at the end of the day."

– Starksboro parent

Dinner Together:

- **Improves Nutrition & Supports Growth**
- **Saves Money**
- **Encourages Family Togetherness**

For more information: **addison.risevt.org**

THE University of Vermont HEALTH NETWORK
Porter Medical Center

ok. you've got this

RISE VT
Embracing Healthy Lifestyles

EATING TOGETHER IMPROVES NUTRITION & SUPPORTS GOOD GROWTH

- Dinners at home are less likely to have too much sugar and unhealthy fats.
- Children eat more fruits and vegetables and get more variety of healthy foods.
- Children will make healthier food choices when they are on their own.
- Children are more likely to grow predicatably and steadily along their growth curve.

EATING TOGETHER CAN SAVE MONEY

- Planning meals and cooking from scratch costs less than many prepared or processed foods.
- Food dollars go farther when making larger family "batches" compared to buying individual or fast food meals.
- By cooking extra food for another meal, leftovers can save time in the kitchen and stretch food dollars.

EATING TOGETHER IS ENJOYABLE & ENCOURAGES FAMILY TOGETHERNESS

- Family mealtimes help everyone know each other and feel they belong to each other.
- When children can count on regular time with a parent (or other adults), they feel loved, safe, and secure.
- Children like eating with their families! Teens say they enjoy family meals, even if they may not show it.

For more information:
addison.risevt.org

Dinner Together