



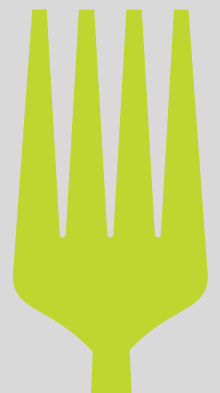
IT'S ABOUT MORE THAN FOOD! EATING TOGETHER IS GOOD FOR CHILDREN & TEENS

Studies support the lifelong benefits of family meals. Eating as a family leads to healthier eating, and improves children's learning and well-being.

A 2017 survey of Addison County high school students showed that teens who regularly ate family meals participated in fewer risky behaviors and had significantly lower substance use.

Dinner Together:

- ✓ **Helps Children Do Better in School**
- ✓ **Supports Social-Emotional Development**
- ✓ **Reduces Risky Behaviors**



For more information:
addison.risevt.org

THE
University of Vermont
HEALTH NETWORK
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RISE VT
Embracing Healthy Lifestyles



EATING TOGETHER HELPS CHILDREN DO BETTER IN SCHOOL

- Listening to adults exposes children to new words helping them develop larger vocabularies and read better.
- Table talk gives children and teens a safe place to express ideas, increasing confidence to speak up in class.
- Parents are likely to know more about how children are doing in school.
- Students are more likely to get better grades when they eat with their family.

EATING TOGETHER SUPPORTS SOCIAL-EMOTIONAL DEVELOPMENT

- Teens are more likely to have better self-esteem and less likely to experience depression or develop an eating disorder.
- Children are better able to manage negative emotions and have more positive interactions with others.
- Children learn important turn-taking skills, have improved communication skills, and learn how to share thoughts, feelings, and opinions.

EATING TOGETHER REDUCES RISKY BEHAVIORS

- Children are less likely to use marijuana, alcohol, tobacco, and other drugs, or have friends who use these substances.
- Regular family meals are associated with delayed sexual activity among teens.

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