



Families Eating Together

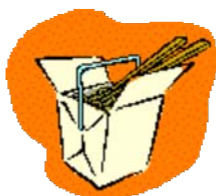
Making time to eat together lets family members know how much you love them and how special they are! Research shows that families who eat dinner together most days of the week tend to be happier and develop higher level of social skills. They eat more healthfully- more fruits and vegetables, fewer snacks. The children have a lower rate of smoking, drinking alcohol, and using illegal drugs.

Family meals are a time for humor, joyous celebration and catching up with each other.

How many times a week does our family eat...



Fast Food in the car



Orders take out



Eat at different times



Eat together

Think It Through:

My favorite meal is _____

What parts of preparing or cleaning up from a meal do I enjoy most? Least?
(i.e., cooking, setting the table, cleaning up, sweeping the floor, doing the dishes.)

What can we do to sit down as a family more often? _____

Act: Reflect on our family's table rules: Is everyone's presence expected? What common courtesies are expected at our table? Do we express gratitude for what we have? Do we remember the many hands involved in bringing food to our table: The hand of God, the hands of farmers, transporters, processors, grocers, preparers? How is food distributed and shared at our table? Are we expected to try a bit of everything? What is our family's attitude toward wasting food, toward overeating?

Scripture: Luke 22: 15- 18 When the hour came, he took his place at table with the apostles. He said to them, "I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it (again) until there is fulfillment in the kingdom of God." Then he took a cup, gave thanks, and said, "Take this and share it among yourselves; for I tell you (that) from this time on I shall not drink of the fruit of the vine until the kingdom of God comes."

Resources: Book: *The Surprising Power of Family Meals: How Eating Together Makes Us Smarter, Stronger, Healthier and Happier*, by Miriam Weinstein, Aug 2005, Steerforth