

Eat Better, Eat Together Month

Family meals allow your young child to focus on the task of eating and give you a chance to model good behaviors. It may take a little work to bring everyone together for meals. Start eating meals together as a family when your kids are young and it will become a habit. Plan when you will eat together as a family. You may not be able to eat together every day but try to have family meals most days of the week. A meal together doesn't have to be the evening meal. Sometimes lunch may work better for your family.

Eat together.

Make family meals enjoyable.

- ◆ Focus on the meal and each other.
- 📺 Turn off the television.
- 📞 Take phone calls or texts later.
- 📺 Try to make meals a stress-free time.

Talk together.

Involve children in the conversation. Ask questions like:

- ✓ If you could invite anyone to eat with us today, who would it be?
 - What made you feel really happy today?
 - ❖ What's your favorite crunchy food? Why?
 - ✗ What made you laugh today?

As the school year starts it is often a challenge to fall back into a good routine. For families it can be a struggle to establish stricter bedtimes, agreeing on outfits that are appropriate for school, carving out time to do homework, and fitting in a nutritious dinner before jetting off to extra-curricular activities!!

Why Walk or Bike?

It's fun! Remember the thrill of riding a bike for the first time or walking to school that first day?

There's a feeling of joy and independence—a sense of adventure—that doesn't fade. When walking or biking, parents and children get to appreciate things they don't notice while driving—listening to the sounds of the neighborhood, seeing friends and neighbors and feeling connected with their community. Parents, children and friends can enjoy one another's company without the usual distractions.

Walking and bicycling events celebrate these experiences and help make them possible for others. They bring schools and communities together for a common purpose. Most of all, they are fun!

Healthier Habits

Walking and bicycling to school enables children to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime. Regular physical activity helps children build strong bones, muscles and joints.

