

### EATING TOGETHER: BETTER NUTRITION & MORE!

With busy schedules, it can be hard to find time for family meals. However, eating together, even just 1 adult with 1 child, has many benefits beyond nutrition.

Children who eat with an adult at least once a day:

- ◆ Are more connected to their families and friends
- ◆ Do better in school
- ◆ Are less likely to smoke, use drugs, or drink alcohol
- ◆ Have less risk of depression
- ◆ Eat a greater variety of foods, like vegetables, fruits, and foods high in calcium, iron, and fibre

Not sure how to get started? Here are some ideas:

- ◆ Eating together can happen at any meal or snack. Pick a time that works best for your family and make it a priority.
- ◆ Involve your children in planning, preparing and meal clean-up. Give everyone a job to do.
- ◆ Keep family meals positive and supportive. Focus on the good things that happened in everyone's day, such as things learned at school or good deeds done.

For meal ideas check out [Lunches to Go](#) (HealthLink BC) or [recipes](#) from Canada's Food Guide.

For more information:

- ◆ Island Health [Public Health Nutrition](#)
- ◆ Island Health [Eating Together, Eating Better](#)
- ◆ [HealthLink BC Dietitian Services](#) call (8-1-1) or email a Dietitian

Public Health Units: [www.islandhealth.ca/our-locations/health-unit-locations](http://www.islandhealth.ca/our-locations/health-unit-locations)

Healthy Schools: [www.islandhealth.ca/healthyschools](http://www.islandhealth.ca/healthyschools)