



UNLOCK THE POTENTIAL OF FOOD...

to Bring us Together!

Food can bring friends and family together!

It can be hard to find time to eat with your family at the dining table, or have dinner with friends. But eating together can be powerful medicine for young and old alike. Not only do the discussions bring us closer and connect us, but we are more likely to eat a balanced diet when we eat with others too!

Why Share Meals?

- Children are more likely to eat healthy when they eat with their parents and other family members. Older relatives can set a positive example and be role models.
- Teens who share family meals are more family-oriented and are likely to have better health, grades, and relationships.
- Adults who eat together with friends and family also tend to make healthier choices.
- Older Adults who eat together have better intake which keeps them healthy. Social benefits to eating together are also good for Elders.



Start a Conversation

Sharing meals is a great way to interact with family and friends. It allows people to connect and share traditions, learn, communicate, and listen. If you are new to family meals, here are some tips:

1. **Give everyone at the table a chance to speak.**
2. **Don't use it as a time to scold or discipline picky eaters.**
3. **Ask open questions that allow for more than a 'yes' or 'no' answer. Examples could be:**
 - "How was your day?",
 - "Tell me something good that happened today."

Lastly, sharing family meals doesn't only mean dinner. If the family is busy, try to sit down for breakfast or brunch on the weekends instead to catch up on the week's events.

The Northern Health Region has Dietitians who would be happy to sit down with your family to help!

In Thompson, Call (204)677-1777

Outside Thompson, Call (204)677-5322

In Flin Flon, Call (204)681-1350

In The Pas, Call (204)623-9650

Have Diabetes? Call (204)677-5333



NORTHERN HEALTH REGION

Adapted from Dietitians of Canada, 2018