

# Family Meals

## Description

The Family Meals program endeavours to improve families' relationships, nutrition, and finances through shared meals and mealtimes. The interdisciplinary program is designed for parents and other family members caring for children. Participants will learn through workshops and group discussions to become more aware of the reasons why family meals are important. Family Meals participants will identify steps they can take to make positive changes in their current family mealtimes, while also increasing the frequency of those shared meals.

## Testimonials:



“Families who eat meals together are more likely to choose healthier foods, spend less on food and report having better communication”  
-Jo Britt-Rankin

## Information



importance of family meals  
and skills to use them



through workshops and  
discussions



improve family relationships,  
nutrition and finances

Improve families' relationships, nutrition, and finances through shared meals.