



# COLONIAL NUTRITION NEWSLETTER

## Family Meals

Turn TV Off Week  
April 23<sup>rd</sup> - 29<sup>th</sup>

The days are longer, and warmer and there's no need for TV. And there really shouldn't be any TV during dinnertime.

**Dinner Time is Family Time.**



### Topics of Conversation:

- Homework
- School
- Sports or Sporting Events
- Music
- Current Events
- Plans for the day/week/weekend
- Stories or Jokes
- Dreams
- Whatever you want!

### Conversation Concepts:

Focus on Laughter and Learning...

Mealtime conversation is not the place for negative comments or discussion about stressful issues. Make a family commitment to focus on positive things. Share funny stories or talk about positive current events. This makes the experience enjoyable and something everyone can grow to appreciate. And don't forget to respect and involve everyone at the table!

### Go Figure!

The students who ate dinner as a family, got better grades in school, are less likely to drink alcohol or smoke.

### Scary Thought:

Your family may be cooler than you think...if you took the time to get to know them...Dinnertime is the perfect chance to find out!

### Eating as a Family...

Doesn't mean home-cooked meals and suffering through an hour of dinner each night. Family dinners can be ordered in, and last only 15 - 20 minutes. It means the entire family takes a break from everything to sit down together at the dinner table to share a meal...without the distractions of the TV being on, or cell phones in the room.