



## IT'S ABOUT MORE THAN FOOD! EATING TOGETHER IS GOOD FOR CHILDREN & TEENS

"It's a nice way for our family to come together at the end of the day."

– Starksboro parent

### Dinner Together:

- ✓ Improves Nutrition & Supports Growth
- ✓ Saves Money
- ✓ Encourages Family Togetherness



For more information:  
[addison.risevt.org](http://addison.risevt.org)

THE  
University of Vermont  
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**RISE**   
Embracing Healthy Lifestyles



## EATING TOGETHER IMPROVES NUTRITION & SUPPORTS GOOD GROWTH

- Dinners at home are less likely to have too much sugar and unhealthy fats.
- Children eat more fruits and vegetables and get more variety of healthy foods.
- Children will make healthier food choices when they are on their own.
- Children are more likely to grow predictably and steadily along their growth curve.

## EATING TOGETHER CAN SAVE MONEY

- Planning meals and cooking from scratch costs less than many prepared or processed foods.
- Food dollars go farther when making larger family "batches" compared to buying individual or fast food meals.
- By cooking extra food for another meal, leftovers can save time in the kitchen and stretch food dollars.

## EATING TOGETHER IS ENJOYABLE AND ENCOURAGES FAMILY TOGETHERNESS

- Family mealtimes help everyone know each other and feel they belong to each other.
- When children can count on regular time with a parent (or other adults), they feel loved, safe, and secure.
- Children like eating with their families! Teens say they enjoy family meals, even if they may not show it.

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