Set the table for the entire family. Set roots for a lifetime.

you eat. you talk. you listen.
you laugh. you learn.

# FAMILY MEALS: more than just eating together

"When I was growing up, we didn't get called twice to the dinner table. Mom let us know that family meals were important and we'd better be there on time. That's when we connected as a family and got closer to each other.

I now have three children of my own. My life feels like it's stuck in fast-forward! But I want my children to have sweet memories of family meals so I make time for us to eat together at least once every day.

Nothing earth-shaking happens during our family meals. We talk. Laugh. Clean up spills. Share. Smile. But I know those tiny threads of togetherness weave us into a family.

Sometimes grandparents, aunts and uncles join us for meals. I'm thankful that we can celebrate the simple pleasure of eating together again. I want to give my children the same gift my parents gave me: a family that cares enough to enjoy each other daily."

Ygra, with daughter Nabrioska

**Ygra's tips for making family meals easier:**

- Prepare meals for the week on Sunday. Freeze them for quick meals throughout the week.
- Ask older children to wash vegetables. They will enjoy eating them more if they helped prepare them.
- Use the crock-pot to slow-cook stews, soups, and roasts. Come home to great smells and tastes.
- Kids love picnics anytime, even in the winter. Spread a blanket on the floor. (Hint: Even left-over food tastes great when served picnic style.)
- Turn off the TV so you can focus on your family.

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