



EAT TOGETHER

Set the table for the family... Set Roots for a Lifetime

EAT BETTER

When families eat together, they eat better. Eating together in a fun, relaxed setting improves nutrition, strengthens family bonds, and helps children do better in school.

Eat Together Eat Better is a program offered by WSU Extension. Participants will gather ideas and tips to make family meals a priority. Class topics include tips to include family members in preparing meals, ideas to have happy, relaxing conversation at mealtime, and simple ways to bring excitement and celebration into family meals.



Who: _____

When: _____

Where: _____

Contact Information:

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.

Artwork courtesy of The Washington State Dairy Council.

