Sample Media Release

FOR IMMEDIATE RELEASE

**For more information contact:**

[Date]

[Contact name & phone number]

[Your organization] Promotes *Eat Together, Eat Better Days*

[Your Community] Shows that Family Meals means Eating Together is Eating Better.

*City, State* — [your community] will participate in an *Eat Together, Eat Better event* — [date]. [your community] will conduct a series of activities to show how families eat better when they eat together.

Over the next [week, month], [your community] will be celebrating family meal times. All families are encouraged to take the time to participate in the community events and to eat together as a family says [your spokesperson]. “Sharing experiences around food is important for families. Researchers have shown that families who develop positive mealtimes, do better overall. Besides eating more healthfully, the families have stronger family bonds and the children do better in school. The families also save money.”

The benefit of children and adults eating together as a family occurs in all families. So whether a family is big or small, with two parents or one, with many children, or few, with grandparent and grandchild or stepparents and children, families can still celebrate family meals. Eating together in a fun, relaxed atmosphere improves nutrition, strengthens family bonds and helps children do better in school. This is an opportunity for families across the community to celebrate together.

*Eat Together, Eat Better event*, is an exciting time for our community to celebrate family mealtimes.

[Describe community activities here]

Other participants in *Eat Together, Eat Better Days* include [list local participants].

*Eat Together, Eat Better* is sponsored by your local community, Washington State University SNAP-Ed and U.S. Department of Agriculture, Food and Nutrition Service, and Washington State Dairy Council.