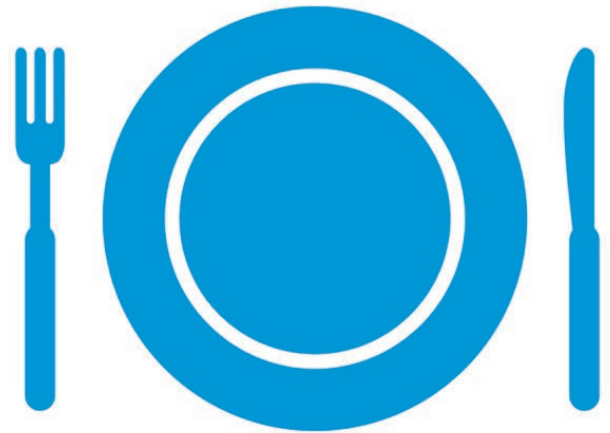




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DINNER TIME IS FAMILY TIME



Make your kids smarter: Having regular family meals has been proven to increase vocabulary of young children. Adolescents who eat dinner with their family are twice as likely to make A's in school.

Help kids eat healthier: Children who eat dinner with their family consume more fruits and vegetables than those who don't and eat less fried food and fewer soft drinks. They are also less likely to be overweight or obese.

Reduce problem behaviors in teens: Teens who eat dinner with their family are less likely to engage in high risk behaviors including drinking alcohol, smoking, using drugs, engaging in violence, and others.

Improved mental health: Eating regular family dinners is associated with lower rates of depression and suicidal thoughts. Teens also exhibit positive moods and a brighter outlook on the future when compared with peers who don't eat with their family.

Stay connected: Families who eat together find dinner to be the most reliable way to connect and find out what is going on in each others lives. Teens report they are most likely to talk to their parents during dinner.

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