

Family meals provide an opportunity for **family** members to come together, strengthen ties and build better relationships. They build a sense of belonging which leads to better self-esteem. **Family meals** offer parents a chance to be role models. They can set an example of healthy **eating** and polite table manners.



Take the Family Table Dinner Challenge: Cross off each day you eat together as a family. Try to eat together at least 3 days a week.

November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		