Family Time Tableside

Connect with your family around the table.

Relax, kick back, and enjoy a meal together. It’s a great way to get some focused “together” time during a busy week.

Menu

Plan Family Meals
Avoid mealtime stress. Create a weekly menu and post somewhere for everyone to see, like on a kitchen chalkboard.

Choose Any Meal
Turn a weekday breakfast into family time if your evenings are packed with sports, work or other engagements.

Involve Everyone
Make it a goal to cook, eat, and clean together. Then add to your household schedule of chores and more.

Shop & Chop Ahead
Pack your fridge with prepped meals for the week. Chop fruits and veggies and measure ingredients for quicker cooking.

Unplug with Family
Create a no phone zone. Use the time to catch up with one another and ask questions.

This week’s menu:

Sun     Spaghetti
Mon     Pork & watermelon kebabs
Tues    Tacos/watermelon granita
Wed     Salmon & watermelon skewers
Thurs   Chicken & salad
Fri     Pizza/watermelon sherbet
Sat     Stir fry

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