

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.

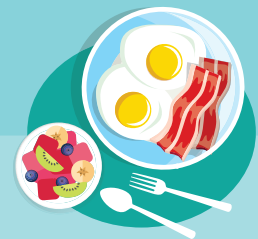


Shop & Chop Ahead

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

This week's menu:

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



Choose Any Meal

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



Unplug with Family

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

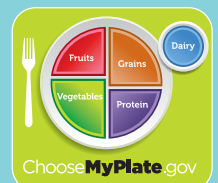


Involve Everyone

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



watermelon.org



Choose MyPlate.gov