

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.

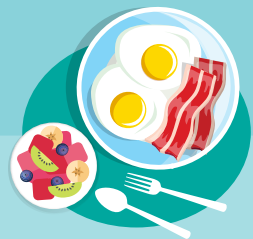
This week's menu:

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



Involve Everyone

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



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.

Eat Real Food



watermelon.org