



[10] WAYS TO HELP MAKE COOKING TIME FAMILY TIME

- 1.** **TURN OFF THE TELEVISION** at mealtime.
- 2.** **SHARE RESPONSIBILITY** for all aspects of the meal with your children.
- 3.** **SHOP FOR DINNER WITH YOUR CHILDREN**, giving them an opportunity to suggest new things.
- 4.** **ESTABLISH A BUDGET** for each food category, so when you're shopping they begin to see that prepared foods are expensive and fresh foods go a long way.
- 5.** **START WITH RECIPES YOU KNOW THEY LOVE**, explaining that if they want to eat it, they have to help make it.
- 6.** For the very apathetic eater, **BEGIN BY ASKING YOUR CHILD TO HELP WITH A SIMPLE FRUIT DESSERT.**
- 7.** **MAKE THE DINNER TABLE SACRED** by keeping it permanently set with a tablecloth & cloth napkins (all washable), with designated places for each family member (so linens can get washed once a week).
- 8.** **WAIT UNTIL ALL FAMILY MEMBERS ARE SEATED & SERVED** before anyone is permitted to begin eating.
- 9.** **MAKE IT CLEAR: AT DINNER TIME YOU'RE ONLY AVAILABLE IN THE KITCHEN;** if they need you, they are welcome to join you there.
- 10.** **KEEP DINNER TIME DISCUSSION (DURING COOKING & EATING) TO TOPICS THAT WILL BE OF INTEREST TO YOUR CHILDREN.**