

FORWARD CORNER

January is *National Sunday Supper* Month

FORWARD DuPage joins others across the county to celebrate “Sunday Supper Month”. This month, the Sunday Supper Movement resolves to bring back this family tradition. Life gets busy and it can be hard for families to prepare, sit down and enjoy a meal together, but if you can make time to do so, there are amazing benefits. For example, studies show that families who enjoy a meal together (five times a week for more), who get a good night’s sleep and limit TV viewing can reduce a child’s risk of being obese by 40%. Even simply enjoying regular family meals together can reduce a child’s risk of obesity by 25%. Why? How? Studies show that meals prepared and enjoyed at home as a family are more likely to:

- Include fruits, vegetables and calcium rich foods.
- Be nutrient rich, providing more vitamins and minerals.
- Serve milk or water as the preferred beverage, over sugar sweetened beverages.
- Contain 30 to 40 percent fewer calories than a fast food meal.

Share this link to encourage staff and families to take the Sunday Supper pledge:

<https://sundaysuppermovement.com/sunday-supper-pledge/>

For more information on the benefits of the family meal, click [here](#).

For information on the three household habits that reduce obesity by 40%, click [here](#).

For a list of Tips for Promoting Family Meals, click [here](#).

JOIN THE HEALTHY MOVEMENT TODAY BY TAKING ACTION!

Families: This January, vow to help your child maintain a healthy weight by scheduling Sunday meals together and then set a goal to increase the number of days each week that your family dines together.

Early Childhood Providers: Challenge your families to reduce their child’s risk for obesity by eating together as a family. Look for ways to document family’s efforts (families share dining pictures, center shares recipes, families signing onto a pledge posted on a bulletin board, etc.)

For information on healthy eating and activity initiatives in DuPage, check out www.forwarddupage.org.