



MAKE FAMILY MEALS A PRIORITY



In addition to being a deterrent to various behaviors, the benefits of a family meal are:

**HEALTHIER
CHOICES**

**DINNERTIME
CONVERSATION**

**SAVING
MONEY**

**EXPLORING
NEW FOOD**

**STRESS
RELIEF**

Family meals have a positive impact on both kids and parents. While it can be a challenge, strive to eat a meal together at least five days a week. If schedules don't allow for eating dinner together, make breakfast your family meal time. Then watch the positive effects that family meals have on each member of your family!

**PERSONAL COACHING
GET STARTED**

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