



For Parents

Elementary School Edition

Get your kids excited about sharing family meals.

Why is this a good idea? Because the best way to share healthy foods is through family meals.

Comedy Club Dinner Hour

The family that laughs together, grows together. Start by having everyone sit down at the dinner table. Go around the table and have each person share a joke. Try to have each person bring a new joke to the table every week. Explain that it gives everyone something to look forward to, besides eating healthy foods!



Menu Maker and Restaurant Night

Let your kids design and create a “restaurant” menu. They can use paper, markers and crayons. Then, have a Restaurant Night. Pretend you are at a restaurant. Every family member has a role to play. For example: one person takes orders, one person serves the food, etc. Once the food is cooked, everyone eats!

Geography Night

Pick a country to learn about and prepare foods that come from that country. Some examples are, Chinese, Italian and Greek. Have each person learn one fact about the country to share at dinner.

For more activity ideas, visit eatwellbewell.org



GROW A HEALTHY CHILD.

Arizona Nutrition Network

This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-352-8401. This institution is an equal opportunity provider and employer.