

Does Your Family Eat Meals Together?

Strong family bonds results from families spending time together. One way of spending more time together is by eating meals together. Although it may seem a simple and old-fashioned activity, taking time out for family meals offers lots of benefits.



Families who eat together:

- Improve family communication and bonding
- Eat more nutritious meals
- Have children who are more likely to make healthy food choices
- Create family traditions
- Have children who feel more positive about themselves and their family
- Often teach their children cooking skills
- Teenagers are less likely to smoke, use drugs or alcohol, or become depressed and more likely to do well in school and develop better relationships with other youth.

Family Walk!

Walking is a great family activity that keeps everyone in shape. Set a goal to walk together and keep a record of how far you walk in a month.

Date	Miles

Date	Miles

Date	Miles

**Did you know the distance around the state of Illinois is 1321 miles?*