

# Cook and Eat - Together

Cooking and eating together are great ways to connect as a family and to learn life skills.

## Cooking together can:

- help children learn math, spelling, reading, science and health
- help kids learn to enjoy a variety of foods
- help adults model healthy eating habits for children
- happen at home, at school or during after school activities
- be a chance to learn together. Check for cooking classes at your local community centre, community college or a local grocery store.



## Eating together can:

- help families and friends to learn and listen to each other
- help preschoolers to learn more words
- help teens do better in school and avoid risky activities such as smoking, using drugs or alcohol
- help adults and children to have better eating habits
- be possible but needs to be a priority

## Making it happen

- Plan meals ahead: It is important to make a plan. If you leave it to chance, family meals will be hard to make happen regularly.
- Fit family meals in: Look at the activities for the week and as a family make a plan of action for how you will organize meals around the schedule. Once you have figured out what works best for your family's schedule, you can make an actual plan.
- Start small: Don't plan too many meals at once – small changes are easier. Start with 4 or 5 meals and give the family a few nights for leftovers or a meal out.
- Keep it easy. Change can be hard to maintain particularly when life gets busy. There is no need for fancy meals. Grilled cheese sandwiches and salad is a great dinner on a rushed night.

For more information about family meals or for quick recipes go to [www.dietitians.ca](http://www.dietitians.ca) or [www.canada.ca](http://www.canada.ca)