

KOHL'S  
Healthy  
at Home



# Making the Most of Mealtimes

Mealtimes provide opportunities for all of us to nourish our bodies and make emotional connections with the people we love. For children and teenagers, sharing regular meals with loved ones can:<sup>1,2</sup>

Increase intake of healthy foods

Promote positive weight status

Strengthen emotional bonds

Improve communication skills

*Many of these benefits also extend to parents and caregivers!*



Provide exposure to healthy role models

Decrease the likelihood of experiencing mental health issues

Lower the risk of engaging in unhealthy behaviors

## MAKE MEALS ENJOYABLE FOR EVERYONE:

- Plan meals in advance to avoid last-minute stress
- Schedule a specific time for meals so everyone can be there
- Turn off electronics during mealtimes

## UNIVERSAL CONVERSATION STARTERS:

- What was your rose (favorite thing) and thorn (least favorite thing) about today?
- If you could have a superpower, what would it be?
- What is your favorite book/song right now and why?
- What is something new you would like to learn?
- If you had the opportunity to change the world, what would you do?

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## References

1. Dwyer, L., Oh, A., Patrick, H., & Hennessy, E. (2015). Promoting family meals: A review of existing interventions and opportunities for future research. *Adolescent Health, Medicine and Therapeutics*, 6, 115.
2. Utter, J., Larson, N., Berge, J. M., Eisenberg, M. E., Fulkerson, J. A., & Neumark-Sztainer, D. (2018). Family meals among parents: Associations with nutritional, social and emotional wellbeing. *Preventive Medicine*, 113, 7-12.